

**Stand Against Stigma Committee**  
**Circle of Friends – 36985 CA-299, Burney**  
**AGENDA**  
**May 14, 2019**  
**1:30-2:30 p.m.**

**Mission statement:** The Stand Against Stigma Committee works to promote mental wellness, increase community awareness of mental health, and end the stigma surrounding mental illness and substance abuse.

**Committee Members** – Janine Harper, Kurt Jankowski, Michael Blanco, Bernadette Bird, Don Lewis, Kristen McChristian (All Circle of Friends)

**Shasta HHSa Staff** – Carrie Jo Diamond, HHSa

Agenda Item	Discussion	Notes & Actions	Individuals Commenting
1. Welcome & Introductions	<i>Your name, role in the community and what you are doing to fight stigma.</i>		
2. Special Guest, Presentation and/or Discussion	<b>New Brave Faces speaker, Jullie Calkins</b>	<p>Jullie Calkins shared her story of recovery for the first time. Her diagnosis is bipolar disorder. She spoke about growing up with a mother who had mental illness and how that led to substance use issues in her teen years and adulthood. She found sobriety after becoming pregnant with her first child, and was able to manage her mental wellness with counseling and medication. However, after an issue came up with her insurance she was unable to get the medication she needed. Shortly after that she turned to IV drugs to help with her symptoms. The road to recovery began when a kind nurse in the syringe exchange program gave her the encouragement that she could get well again. About a year after that Jullie started to recovery. Her primary wellness tool is WRAP (Wellness Recovery Action Plan). She eventually began using medication again, once she felt comfortable that she would have regular access to it.</p> <p>The committee gave positive and heartfelt feedback about Jullie’s story.</p>	

<p>3. April/May in Review</p>	<p><b>Speaking Engagements</b></p> <ul style="list-style-type: none"> <li>• April – One Safe Place (4/8 &amp; 4/19), IOT (4/11), Shasta College Sociology (4/29)</li> <li>• May – Tehama County Behavioral Health (5/2); Minds Matter (5/10); SASC Meeting in Burney (5/14);</li> </ul> <p><b>Community Outreach</b></p> <ul style="list-style-type: none"> <li>• April – Take Back The Night (4/3), Sportsman’s Expo (4/6-4/7); Shasta CAPCC Week of the Young Child (4/10), Whole Earth and Watershed Festival (4/20);</li> <li>• May - Minds Matter (5/10)</li> </ul> <p><b>Events</b></p> <ul style="list-style-type: none"> <li>• <b>Becoming Brave Training</b> - (5/4)</li> <li>• <b>Minds Matter</b> – Friday, May 10<sup>th</sup>, 5-9 p.m. at the Sundial Bridge; Resource Fair 5-9 p.m., Headline Musical Acts 5-6 p.m., Hope Is Alive! Open Mic 6-9 p.m.</li> </ul>	<p>Carrie Jo asked for feedback on the Minds Matter Mental Health Fair. The committee pleased with the event.</p>	
<p>4. Upcoming Events, Presentations and Outreach</p>	<p><b>Speaking Engagements</b></p> <ul style="list-style-type: none"> <li>• CIT Training (5/15)</li> <li>• June – RPD Records Techs and Cadets (6/20)</li> </ul> <p><b>Community Outreach</b></p> <ul style="list-style-type: none"> <li>• May - Minds Matter (5/10)</li> <li>• June – Shasta County Employee Appreciation Day (6/12)</li> </ul> <p><b>Events (* = Tentative)</b></p> <ul style="list-style-type: none"> <li>• May <ul style="list-style-type: none"> <li>○ <b>Intermountain Mental Health Week</b> – <ul style="list-style-type: none"> <li>▪ M - 5/13 – Mental Health First Aid</li> <li>▪ T – 5/14 – SASC Mtg. in Burney</li> <li>▪ W – 5/15 – Resilience Screening</li> <li>▪ Th – 5/16- Mindfulness Skills Workshop</li> <li>▪ F – 5/17 – Hope Is Alive! Open Mic</li> </ul> </li> </ul> </li> <li>• July <ul style="list-style-type: none"> <li>○ <b>Stand Against Stigma Visioning Meeting</b> – Tuesday, July 9, 2019, 8 a.m.-5 p.m., Location TBA.</li> </ul> </li> </ul>	<p>Carrie Jo reminded the committee about the remaining Intermountain Mental Health Week events.</p>	
<p>5. Gallery</p>	<p><b>New portraits</b></p> <ul style="list-style-type: none"> <li>• Coming soon – David Wharton, Crystal Johnson, Aiden Mares, Denise Green.</li> </ul>		

	<p><b>Currently on display at:</b></p> <ul style="list-style-type: none"> <li>• Shingletown Medical Center, HHSA Office of the Director, Wintu Museum, WHS, Opportunity Center, One Safe Place and Anderson Teen Center, Circle of Friends, Shasta County Admin Building (1/2-3/31/2019)</li> </ul>		
6. Social Media/Website	<p><b>Facebook</b></p> <ul style="list-style-type: none"> <li>• Minds Matter TV trailer (coming soon)</li> <li>• Facebook events for Hope Is Alive! Open Mic</li> </ul> <p><b>Instagram</b></p> <ul style="list-style-type: none"> <li>• @shastabravefaces</li> </ul> <p><b>Website</b></p> <ul style="list-style-type: none"> <li>• Revamp expected soon and will include Minds Matter Media</li> </ul>		
7. Minds Matter TV/Podcast	<ul style="list-style-type: none"> <li>• <b>Housing as Treatment for Mental Health Issues</b> with Chante Catt and Donnell Ewert – currently being edited.</li> <li>• <b>ACEs</b> with Crystal Johnson and Rick Crowley – in editing.</li> <li>• <b>Minds Matter TV Trailer</b> - coming soon to social media.</li> </ul>		
8. Resource Sharing	<p><b>Community Partner Updates</b> – Open to all</p> <p><b>Carr Fire Recovery Mental Health Related Resources</b></p> <ul style="list-style-type: none"> <li>• <a href="http://www.shastareddingrecovers.org">www.shastareddingrecovers.org</a></li> <li>• California HOPE Shasta Update (NVCSS)</li> </ul>		
9. Community Planning, Education and Collaboration	<p><b>Intermountain Mental Health Week 2020</b></p>		