

Stand Against Stigma Committee
Hill Country CARE Center - 1400 Gold St.
MINUTES
June 12, 2018

Committee Members – Katy Mouzakis (Brave Face); Dee Madden (Olberg Center/NVCSS); Jeanine Gonzales (Circle of Friends); Bernadette Bird (Circle of Friends); Cheryl Boughton (Disability Action Center)

Shasta HHS Staff – Tracy Osterday, Jacob Hahn, Kim Limon, Carrie Jo Diamond, Gene Ward, Phil Crawford

Agenda Item	Discussion	Action	Individuals Commenting
1. Welcome and Introductions	Carrie Jo Diamond read the mission statement, welcomed everyone to the meeting and asked attendees to introduce themselves.		Carrie Jo, Stand Against Stigma Coordinator CES
2. MAY/JUN in Review	Carrie Jo recapped Stand Against Stigma activities that happened in May <ul style="list-style-type: none"> a. Speaking Engagements <ul style="list-style-type: none"> a. May – UPrep, Foothill High School, Project X b. Gallery Install - None c. Events – Minds Matter and Intermountain Mental Health Week (Finding Hope In Our Neighbors, Hope Is Alive! Open Mic, Becoming Brave Training) d. Community Outreach – Minds Matter 		Carrie Jo, Stand Against Stigma Coordinator CES
3. Upcoming Events, Presentations and Outreach	Carrie Jo spoke about upcoming destig activities in the community <ul style="list-style-type: none"> a. Speaking engagements <ul style="list-style-type: none"> i. June – Mental Health Awareness Training for RPD Records Technicians, CRRC, Wright Education Services, HHSa Clerical All Staff Meeting ii. July – Social Security Administration b. Gallery Displays <ul style="list-style-type: none"> i. Shasta County Admin, Shingletown Medical Center, Mountain Valley Medical Center, HHSa Office of the Director, Planned Parenthood, Wintu Museum, WHS, Opportunity Center, One Safe Place and Anderson Teen Center, Circle of Friends c. Events (* = Tentative) <ul style="list-style-type: none"> i. HOPE IS ALIVE! OPEN MIC Fri., July 13th Old City Hall Performer Sign-in 5:30 p.m., Open Mic 6-9 p.m. ii. BECOMING BRAVE TRAINING Sat., August 4th Boggs 10 a.m.-4 p.m. 		Carrie Jo, Stand Against Stigma Coordinator CES

	<ul style="list-style-type: none"> d. Community Outreach <ul style="list-style-type: none"> i. June – Shasta County Employee Appreciation Event and Running Brave – The Race to End Suicide <ul style="list-style-type: none"> a. July – Good Medicine Health Fair in Burney b. August – Discover Health Fair – Redding Rancheria c. September – Out of the Darkness Walk, Suicide Prevention Symposium, Latino Independence Fiesta, Redding LGBTQ+ Pride 		
4. Social Media/Website	<ul style="list-style-type: none"> a. Carrie Jo gave a preview of the Hope Is Alive! Open Mic video teasers that will be used to promote the July 13th Open Mic. 		Carrie Jo, Stand Against Stigma Coordinator CES
5. Minds Matter TV/Podcast	<ul style="list-style-type: none"> a. Carrie Jo announced that work has begun on Minds Matter TV, a talk show with Brave Faces and local professionals, that will cover a variety of mental health topics. The committee was asked for suggestions for episodes. The committee came up with: <ul style="list-style-type: none"> a. Desigmatizing PTSD – PTSD is often thought of only as a diagnosis for combat veterans, but encompasses so much more. b. Destigmatizing Traumatic Brain Injury c. Who are the homeless or housing insecure? d. The effects of weather on mental illness e. ACEs and epigenetics f. Family and Peer Support g. Cultural Competency h. Loneliness in our society 		All Committee Members Present
7. Resource Sharing	<ul style="list-style-type: none"> a. There were no updates from members present. 		
8. Community Planning and Collaboration	<ul style="list-style-type: none"> a. Minds Matter Debriefing and 2019 Planning – the committee was given another opportunity to provide feedback on the Minds Matter Mental Health Fair and was informed of 2019 planning. The committee was comfortable with the changes for next year. b. Proposed schedule for 2018-2019 was presented to the committee. Added suggestions included incorporating resiliency into events, such as the forums, and/or scheduling another screening of the Resilience Documentary. Feedback on Intermountain Mental Health Week was that the events were 		All committee members present

	<p>good and it should be done in the future; scheduling the Hope Is Alive! Open Mic close to the QPR training was helpful, because it was a positive note to finish on, especially after dealing with a deep topic. Other suggestions were to space events out so that a morning event doesn't follow immediately after an evening one. The "wishlist" for next year is to have Mental Health First Aid and QPR trainings, a Stand Against Stigma Committee Meeting, Brave Faces Forum and Hope Is Alive! Open Mic and possibly a screening of the Resiliency film.</p> <ul style="list-style-type: none">c. Social Media Outreach for 2018-19 brainstorm – The committee suggested having information about events available on the Stand Against Stigma website, or another website where non-social media users could access it.d. While the discussion was not formally on the agenda, Carrie Jo asked the committee what they hoped to hear about in the July meeting. Responses included updates on Recovery Happens plans, the Mental Health Services Guide, the search for the new Suicide Prevention Coordinator, any progress on housing in Eastern Shasta County, about Minds Matter TV. It was also suggested that each person shares at least two mental health related resources they know about or use locally during the Resource Sharing time.		
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