

**Stand Against Stigma Committee**  
**Hill Country CARE Center - 1401 Gold St.**  
**MINUTES**  
**July 9, 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** – Tina Short, Olberg Wellness Center; Lorem Hoskins, Olberg Wellness Center; Jessica Mitchell, Community Member; Norma Villafranco, Olberg Wellness Center; Paul M. Prinzing, Community Member; Joel Covert, Community Member  
**Shasta HHSa Staff** – Rhonda Schultz, HHSa Whole Person Care; Danielle Lazarus, HHSa CES; Tracy Osterday, HHSa Public Health Nurse; Jehoisabiah Englin, HHSa Peer Support; Zach Crow, HHSa CES

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>Mind-Body Workshop</b> with Lindsay Tibbetts, HHSa Suicide Prevention Coordinator.	Lindsay is a certified group facilitator through the Center for Mind Body Medicine. The groups help people process trauma and build resilience. She led an introductory workshop on mindfulness skills, such as breathing techniques. This allowed the committee to develop a valuable mental health tool that can be used at any time as part of their treatment. Being open to mind-body practices also helps reduce the stigma of seeking help, as they are a way a person can control their responses to trauma, and self-care.	
3. 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> <li>• Anniversary Resource Fair – 7/27 at City Hall 10 a.m.-2 p.m.</li> </ul>	<p>Carrie Jo announced the upcoming Cal HOPE Shasta Carr Fire Anniversary Resource Fair being planned for Saturday, July 27. Organizations interested in having a table can contact Cal HOPE Shasta directly for more information.</p> <p>Carrie Jo also informed the committee that August 30<sup>th</sup> would be the Cal HOPE Shasta program’s last day. The program was housed with NVCSS, who will</p>	

		still be able to provide some disaster case management services through a different grant.	
4. Community Planning, Education and Collaboration	<b>Minds Matter Fair Video</b>		
5. June/July in Review	<p><b>Speaking Engagements</b></p> <ul style="list-style-type: none"> <li>June – Stand Against Stigma Mtg. (6/11), Suicide Prevention Mtg., RPD Records Techs.</li> </ul> <p><b>Community Outreach</b></p> <ul style="list-style-type: none"> <li>June – Shasta County Employee Appreciation Day (6/12), Shasta District Fair (6/19-6/21); Colt 45s Game (6/21)</li> </ul> <p><b>Events</b></p> <ul style="list-style-type: none"> <li>None for June</li> </ul>		
6. Upcoming Events, Presentations and Outreach	<p><b>Speaking Engagements</b></p> <ul style="list-style-type: none"> <li>July – Simpson College Human Sexuality Class (7/23), Adult Services Outpatient Staff (7/26)</li> </ul> <p><b>Community Outreach</b></p> <ul style="list-style-type: none"> <li>July – Pitt River Health Fair (7/12)</li> <li>August – Rancheria Health Fair (8/7)</li> </ul> <p><b>Events (* = Tentative)</b></p> <ul style="list-style-type: none"> <li>July <ul style="list-style-type: none"> <li><b>Becoming Brave Training</b> – Saturday, July 27<sup>th</sup>, 10 a.m.-4 p.m. in the Boggs Conference Center 2420 Breslauer Way</li> </ul> </li> <li>September <ul style="list-style-type: none"> <li><b>Recovery Happens Month 2019 - Recovering Together – Unity in Our Community</b> <ul style="list-style-type: none"> <li><b>Next planning meeting</b> – July 18, 3-4 p.m., Redding Library Foundation Reading Room</li> </ul> </li> </ul> </li> </ul>		

	<ul style="list-style-type: none"> <li>▪ <b>*September 9 – Recovery March</b> Downtown Redding, 5:30-6:30 p.m. sign making; 6:30-7:30 p.m. march.</li> <li>▪ <b>*September 16-20 - Recovery Program Passport</b> (Open houses at different recovery programs/facilities)</li> <li>▪ <b>*September 28 – Recovery Happens Event</b>, Lake Redding Park Gazebo 10 a.m.- 3 p.m. <ul style="list-style-type: none"> <li>○ <b>Hope Is Alive! Open Mic - Suicide Prevention</b></li> </ul> </li> </ul> <ul style="list-style-type: none"> <li>• October <ul style="list-style-type: none"> <li>○ <b>Hope Is Alive! Open Mic</b> in Burney</li> </ul> </li> <li>• November <ul style="list-style-type: none"> <li>○ <b>Hope Is Alive! Open Mic w/ Art from the Ashes</b> (???)</li> </ul> </li> </ul>		
7. Gallery	<p><b>New portraits</b></p> <ul style="list-style-type: none"> <li>• Coming soon – David Wharton, Crystal Johnson, Aiden Mares, Denise Green, Jullie Calkins, Joel Covert</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> <li>• Shasta County Mental Health</li> </ul>		
8. Social Media/Website	<p><b>Facebook</b></p> <ul style="list-style-type: none"> <li>• Facebook events for Hope Is Alive! Open Mic and Becoming Brave</li> <li>• #MentalHealthRocks and #MindfulnessMonday</li> <li>• New Brave Faces</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>		
9. Minds Matter TV/Podcast	<p><b>Episodes</b></p> <ul style="list-style-type: none"> <li>• <b>Housing as Treatment for Mental Health Issues</b> with Chante Catt and Donnell Ewert – in editing.</li> </ul>		

- **ACEs** with Crystal Johnson and Rick Crowley - in editing.
- **Minds Matter TV Trailer** - coming soon to social media.