

**Stand Against Stigma Committee**  
**Hill Country CARE Center - 1401 Gold St.**  
**MINUTES**  
**December 10, 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** – Marci Fernandez, Community Member; Connie Webber, MHADAB Member

**Shasta HHSa Staff** – Kim Limon, Adult Services Front Office Supervisor; Ajia McAferty, Community Education Specialist MCAH

Agenda Item	Discussion	Notes & Actions
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	<p><b>Discussion:</b> Suggestions for committee meeting topics/structure and increasing involvement for stigma reduction efforts in the community.</p> <p><b>MHSA Stakeholder Survey:</b>  <a href="https://shastahhsa.sjc1.qualtrics.com/jfe/form/SV_9YtXKOUoFIHkTCI">https://shastahhsa.sjc1.qualtrics.com/jfe/form/SV_9YtXKOUoFIHkTCI</a></p>	<p>The committee members present brainstormed some discussion topics and presentations they thought would be helpful to have over the next year.</p> <ul style="list-style-type: none"> <li>• Intellectual/Developmental Disabilities and Dual Diagnosis. Connie Webber recently attended a conference on the topic and would be willing to present the</li> <li>• Sparkpoint Academy</li> <li>• Wellness Centers – Circle of Friends and Olberg.</li> <li>• SHS Wellness Center</li> <li>• Wellness Recovery Action Plan</li> <li>• Updates on CARE Center and Mobile Crisis Team.</li> <li>• Brave Faces</li> </ul>
3. Resource Sharing	<b>Community Partner Updates</b> – Open to all	None
4. Community Planning,	<b>Updates from Community Partners</b>	

Education and Collaboration		
5. October/November in Review	<p><b>Speaking Engagements</b></p> <ul style="list-style-type: none"> <li>November – Institute of Technology (11/13)</li> </ul> <p><b>Community Outreach</b></p> <ul style="list-style-type: none"> <li>November - None</li> </ul> <p><b>Events</b></p> <ul style="list-style-type: none"> <li>Becoming Brave Training (11/16)</li> </ul>	Carrie Jo talked about activities that happened in November. The Brave Faces presentation at the Institute of Technology featured speakers Mike Skondin and David Martinez. Both addressed the impacts of childhood and intergenerational trauma on their mental health struggles later in life. Carrie Jo also talked about the Becoming Brave Training which was well attended.
6. Upcoming Events, Presentations and Outreach	<p><b>Speaking Engagements</b></p> <ul style="list-style-type: none"> <li>December – National University Masters in Counseling Cohort (12/10)</li> </ul> <p><b>Community Outreach</b></p> <ul style="list-style-type: none"> <li>January – Redding Health Expo (1/4)</li> </ul> <p><b>Events (* = Tentative)</b></p> <ul style="list-style-type: none"> <li><b>Becoming Brave Training (s)</b> – 2020 training dates – 2/22, 6/6, 7/18, 11/14; 10 a.m.-5 p.m. in the Boggs Conference Center</li> </ul>	Carrie Jo gave a brief update on activities to come and also mentioned that the next Hope Is Alive! Open Mic will be scheduled as soon as the contract with the Arts Council is approved.
7. Gallery	<p><b>New portraits</b></p> <ul style="list-style-type: none"> <li>Coming soon - Crystal Johnson, Aiden Mares, Denise Green, Jullie Calkins</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.</li> <li>Shasta County Mental Health</li> </ul>	Brave Faces stories for Denise Green, Aiden Mares and Jullie Calkins are progressing and will be published with the new website.
8. Social Media/Website	<p><b>Facebook</b></p> <ul style="list-style-type: none"> <li>Monthly Brave Faces presentation highlights</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>Hoping to launch in January or February 2020</li> </ul>	

9. Minds Matter TV/Podcast	<b>On pause</b>	The Minds Matter TV/Podcast is on pause, but not forgotten. Carrie Jo is working with the Arts Council to finish up the episodes that have already been taped.
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