

Stand Against Stigma Committee
Hill Country CARE Center - 1401 Gold St.
AGENDA
March 10, 2020
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 -
Shasta HHS Staff -

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	Journaling as a wellness tool using ORID Focused Conversation	
3. Resource Sharing	Community Partner Updates - Open to all	
4. Community Planning, Education and Collaboration	Minds Matter and Mental Health Month	
5. Review of Recent Events, Presentations and Outreach	<p>Speaking Engagements</p> <ul style="list-style-type: none"> • April - One Safe Place (4/30) <p>Community Outreach</p> <ul style="list-style-type: none"> • Cancelled due to COVID-19 <p>Events</p> <ul style="list-style-type: none"> • Cancelled Due to COVID-19 	

<p>6. Upcoming Events, Presentations and Outreach</p>	<p>Speaking Engagements</p> <ul style="list-style-type: none"> • Open to requests for online presentations. Themed presentations to come. <p>Community Outreach</p> <ul style="list-style-type: none"> • Cancelled due to COVID-19 <p>Events (* = Tentative)</p> <ul style="list-style-type: none"> • Virtual Mental Health Month <ul style="list-style-type: none"> ○ Mental Wellness Forum – TBA (sometime May 25-29, 2020) ○ What is WRAP – TBA (sometime May 25-29, 2020) ○ Mind-Body Skills Workshop (CMBM) (sometime May 25-29, 2020) ○ Brave Faces Presentation - TBA (sometime May 25-29, 2020) • Becoming Brave Training (s) – 2020 training dates – 2/22, 6/6, 7/18, 11/14; 10 a.m.-5 p.m. online. 	
<p>7. Gallery</p>	<p>New portraits</p> <ul style="list-style-type: none"> • Coming soon - Crystal Johnson, Aiden Mares, Denise Green, Jullie Calkins, Joel Covert, Josie Englin <p>Currently on display at:</p> <ul style="list-style-type: none"> • Shingletown Medical Center, HHS Office of the Director, Wintu Museum, WHS, Opportunity Center, One Safe Place and Anderson Teen Center, Circle of Friends, Shasta County Admin Building. • Shasta County Mental Health 	
<p>8. Social Media/Website</p>	<p>Facebook</p> <ul style="list-style-type: none"> • Monthly Brave Faces presentation highlights <p>Instagram</p> <ul style="list-style-type: none"> • @shastabravefaces <p>Website</p> <ul style="list-style-type: none"> • Hoping to launch in May 2020 	
<p>9. Minds Matter TV/Podcast</p>	<p>On pause due to COVID-19</p>	