

**Stand Against Stigma Committee**  
**Hill Country CARE Center - 1401 Gold St.**

**AGENDA**  
**May 12, 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** – Nancy Saeteurn, Shasta Community Health Center Behavioral Health; Chelsea Sabin, Circle of Friends; Margaret Crawford, Rowell Family Empowerment; Marci Fernandez, Community Member and Parent

**Shasta HHS Staff** – Christopher Diamond, Stand Against Stigma Coordinator; Kimberly Limon, HHS Adult Services; Amy Koslosky, HHS Community Relations; Tracy Osterday, HHS PHN; Josie Englin, HHS Peer Support; Lindsay Tibbetts, HHS Suicide Prevention; Zach Crow, HHS Public Health.

Agenda Item	Discussion	Notes & Actions
1. Welcome & Introductions	<i><b>Your name, role in the community and what you are doing to fight stigma.</b></i>	
2. Special Guest, Presentation and/or Discussion	<b>Journaling as a wellness tool using ORID Focused Conversation</b>	Committee members participated in a journaling exercise using a focused conversation format (ORID). All acknowledged that the exercised helped settle their thoughts and get some temporary stress relief.
3. Resource Sharing	<b>Community Partner Updates</b> – Open to all	No updates from community partners. Christopher reminded the committee about the ShastaReady.org website that contains reliable information about COVID-19 in Shasta County. Weekly COVID-19 media briefings are posted to the “Current News” section of the website and contain the same information that the media uses. This could be a good option for people who are weary of the constant news cycle to get their information straight from the source and in more manageable pieces of time.

4. Community Planning, Education and Collaboration	<b>Minds Matter and Mental Health Month</b>	The Minds Matter event was cancelled for 2020 due to COVID-19.
5. Review of Recent Events, Presentations and Outreach	<b>Speaking Engagements</b> <ul style="list-style-type: none"> <li>• April – One Safe Place (4/30)</li> </ul> <b>Community Outreach</b> <ul style="list-style-type: none"> <li>• Cancelled due to COVID-19</li> </ul> <b>Events</b> <ul style="list-style-type: none"> <li>• Cancelled Due to COVID-19</li> </ul>	Brave Faces Advocate, Jullie Calkins, gave a talk for One Safe Place volunteers in training. The presentation took place online via One Safe Place’s Zoom account. Christopher let the committee know that we would still take requests for presentations and will be offering them online through GoToMeeting.
6. Upcoming Events, Presentations and Outreach	<b>Speaking Engagements</b> <ul style="list-style-type: none"> <li>• Open to requests for online presentations. Themed presentations to come.</li> </ul> <b>Community Outreach</b> <ul style="list-style-type: none"> <li>• Cancelled due to COVID-19</li> </ul> <b>Events (* = Tentative)</b> <ul style="list-style-type: none"> <li>• <b>Virtual Mental Health Month</b> <ul style="list-style-type: none"> <li>○ <b>Mental Wellness Forum</b> – TBA (sometime May 25-29, 2020)</li> <li>○ <b>What is WRAP</b> – TBA (sometime May 25-29, 2020)</li> <li>○ <b>Mind-Body Skills Workshop (CMBM)</b> (sometime May 25-29, 2020)</li> <li>○ <b>Brave Faces Presentation</b> - TBA (sometime May 25-29, 2020)</li> </ul> </li> <li>• <b>Becoming Brave Training (s)</b> – 2020 training dates – 2/22, 6/6, 7/18, 11/14; 10 a.m.-5 p.m. online.</li> </ul>	Christopher Diamond gave an update on online events that are in the works and will hopefully come to fruition within mental health month, but may have to be postponed until June, depending on how quickly the approval process moves along.
7. Gallery	<b>New portraits</b> <ul style="list-style-type: none"> <li>• Coming soon - Crystal Johnson, Aiden Mares, Denise Green, Jullie Calkins, Joel Covert, Josie Englin</li> </ul> <b>Currently on display at:</b> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Shasta County Mental Health</li> </ul>	New portraits and gallery moves are temporarily on hold due to COVID-19.

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 May 2020</li> </ul>	Website publishing schedule is being pushed back due to COVID-19. Captain Awesome and Brave Faces posts are being scheduled in May into June.
9. Minds Matter TV/Podcast	On pause due to COVID-19	Research is being done to purchase podcasting equipment to be able to produce the podcast "in house."