

**Stand Against Stigma Committee**  
**Hill Country CARE Center - 1401 Gold St.**  
**AGENDA**  
**June 9, 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 HHSa 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	<b>Brainstorming session:</b> <ul style="list-style-type: none"> <li>• Grief and loss during COVID-19; online forum or Minds Matter podcast episode.</li> <li>• Minority Mental Health Month (July).</li> </ul>	
3. Resource Sharing	<b>Community Partner Updates</b> – Open to all	
4. Community Planning, Education and Collaboration	<b>Minds Matter and Mental Health Month</b>	
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>	

<p>6. Upcoming Events, Presentations and Outreach</p>	<p><b>Speaking Engagements</b></p> <ul style="list-style-type: none"> <li>• IOT (6/16)</li> <li>• Open to requests for online presentations. Themed presentations to come.</li> </ul> <p><b>Community Outreach</b></p> <ul style="list-style-type: none"> <li>• Cancelled due to COVID-19</li> </ul> <p><b>Events (* = Tentative)</b></p> <ul style="list-style-type: none"> <li>• <b>Virtual Mental Health Month</b> <ul style="list-style-type: none"> <li>○ <b>Mind-Body Skills Workshop</b> – 6-8 p.m., Wednesday, 6/24</li> <li>○ <b>What is WRAP</b> – 12-1 p.m., Friday, 6/26</li> <li>○ <b>Refocus (Journaling)</b> - 11 a.m.-1 p.m., Tuesday, 6/30</li> <li>○ <b>Untangling Uncertainty</b> – TBA (sometime May 25-29, 2020)</li> </ul> </li> <li>• <b>Becoming Brave Training (s)</b> – 2020 training dates – 7/18, 11/14; 10 a.m.-5 p.m. online.</li> </ul>	
<p>7. Gallery</p>	<p><b>New portraits</b></p> <ul style="list-style-type: none"> <li>• Coming soon - Crystal Johnson, Aiden Mares, Denise Green, Jullie Calkins, Joel Covert, Josie Englin</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>	
<p>8. Social Media/Website</p>	<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>	
<p>9. Minds Matter TV/Podcast</p>	<p>On pause due to COVID-19</p>	