

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

MINUTES
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 –Tina Short (Olberg), Kimberly Michelle (Circle of Friends), Tina Stephanitch (Olberg), Lorie Ratliff (Pathways to Hope for Children)

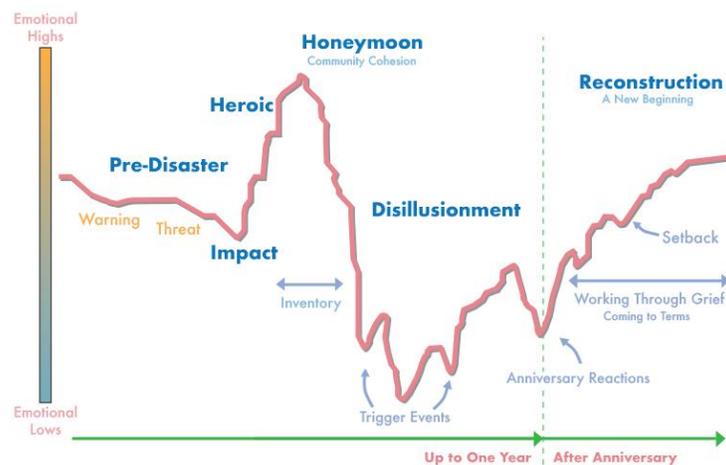
Shasta HHS Staff – Leah Shuffleton (BHT), Josie Englin (Peer Support), Denise Green (Peer Support), Tracy Osterday (Public Health Nurse), Jenefier Winchell (CFS Peer Support), Kimberly Limon (Adult Services), Zach Crow (CES, Public Health), Robin Bowman (Adult Service Deputy Branch Director), Gene Ward (Alcohol and Drug Counselor), Pamela Heisler (CFS Peer Support), Amy Koslosky (Supervising CES, Community Relations)

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>Brainstorming session:</p> <ul style="list-style-type: none"> • Grief and loss during COVID-19; online forum or Minds Matter podcast episode. • Minority Mental Health Month (July). 	The committee had a lively discussion about mental health needs during COVID-19 and brainstormed possible topics to address during Minority Mental Health Month (July). See attached notes for ideas brought up in the discussion.
3. Resource Sharing	Community Partner Updates – Open to all	The discussion took up all of the meeting time. No community updates to report.
4. Community Planning, Education and Collaboration	See discussion.	
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>	

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6. Upcoming Events, Presentations and Outreach	<p>Speaking Engagements</p> <ul style="list-style-type: none"> IOT (6/16) – GoToMeeting Open to requests for online presentations. Themed presentations to come. <p>Community Outreach</p> <ul style="list-style-type: none"> Postponed due to COVID-19 <p>Events (* = Tentative)</p> <ul style="list-style-type: none"> Virtual Mental Health Month <ul style="list-style-type: none"> Mind-Body Skills Workshop – 6-8 p.m., Wednesday, 6/24 What is WRAP – 12-1 p.m., Friday, 6/26 Refocus (Journaling) - 11 a.m.-1 p.m., Tuesday, 6/30 Untangling Uncertainty – TBA (sometime May 25-29, 2020) Becoming Brave Training (s) – 2020 training dates – 7/18, 11/14; 10 a.m.-5 p.m. online. 	Chris Diamond briefly covered upcoming mental wellness tools events. Becoming Brave trainings are scheduled, but still need to be put in an online format or will have to wait until social distancing is relaxed.
7. Gallery	<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 	
8. Social Media/Website	<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 by end of June 2020 if it makes it through the approval process quickly 	
9. Minds Matter TV/Podcast	Hoping to tape shows in July	

Mental Wellness Needs During COVID-19

- Different stressors like depression and loneliness; people who are being abused may be at home with their abuser all day.
- Misinformation, what we know about COVID-19 and what we don't know. The need for accurate information.
- People who haven't had anxiety all the sudden are having symptoms of anxiety; loss of connection to community, which can take away things that are important to their wellness.
- The stress is ongoing, even if you're distracted in the moment it's always there. People start feeling a little worn down. Part of your life everyday all day.
- Adolescents may be self-harming more.
- Difficult to get parents engaged through Zoom; once they were engaged it was easier to get them involved in parenting classes; decrease in CFS referrals because there aren't eyes on them.
- A lot of new referrals for more intensive cases, situations have declined. Anticipate increased referrals coming in.
- It's compounding all other life experiences
- It's very atmospheric; it's one of those things that's almost like the weather; before you're doing anything, you check it. It is a catalyst for all the stressors in the day.
- There was a difficult adjustment period to doing wellness check ins on Zoom, but it has helped reduce isolation for some.
- It's affecting the most marginalized; high stress for the most vulnerable, people who don't have stable jobs. Everyone is experiencing a different layer; being a minority adds another level of stress. Not to minimize anyone's stress, but it's compounded for the marginalized. Isolated without childcare or transportation. There's a need to be self-aware of our privileges and what people who are underprivileged are experiencing.
- Exposure of how insufficient our societal structures are, as a result we are experiencing isolation. How our systems are failing us and as a result we are experiencing isolation and strain we were not expecting.
- Everyone is having a different reaction to the failure of societal systems. People are angry and frustrated.
- Phases of Disaster Distress: <https://www.samhsa.gov/dtac/recovering-disasters/phases-disaster>



- Loss of routine or having to adapt routine; people may lack ideas for how to adapt their routine to a social distancing model.
- Doing outreach to communities that may be more marginalized. Bring bags of food or resources to them.
- Increasing access to parent resources, such as Triple P trainings

Minority Mental Health Month

- There is a need to address the trauma experienced by marginalized groups when incidents of discrimination or hate happen, such as what is happening on a national level. A need to create understanding around how mental health is impacted just by being a born a minority in our society.
- Conversations with or presentations by local minority group leaders. Illustrates the local experience and can build trust with communities that do not always feel included in our institutions.
- Conversations surrounding spirituality and mental health. A lot of the time faith leaders are on the front lines and interacting with people who have mental health needs. More should be done to educate the faith community about mental illness.
- Could draw off some of the past presentations that the HHSA Cultural Competency Committee has used in the past.