

Stand Against Stigma Committee

GoToMeeting

AGENDA

July 14, 2020

1:30-3 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 – Amber Alexander, Community Member; Marci Fernandez, Community Member and NAMI parent; Lorie Ratliff, Pathways to Hope for Children; Barbara Jackson, Anderson Teen Center; Tina Stephanitch, Olberg Wellness Center; Chelsea Sabin, Circle of Friends;

Shasta HHS Staff – Christopher Diamond, HHS Stand Against Stigma Coordinator; Tracy Osterday, HHS PHN; Denise Green, HHS Peer Support Specialist; Zach Crow, HHS Community Wellbeing; Kim Limon, HHS Adult Services; Robin Bowman, HHS Deputy Branch Director; Pamela Heisler, HHS Peer Support Specialist – Children’s; Amy Koslosky, HHS 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	Brainstorming session: <ul style="list-style-type: none">Minds Matter TV/Podcast Episodes	The Minds Matter TV/Podcast is being revived. Production began in 2018 but was put on the backburner for several reasons. New podcasting equipment has arrived to be able to record episodes “in house.” Previously, several episode ideas were developed in 2018, but it was determined the list could use some updating. The committee was asked to provide feedback and brainstorm new ideas for episode that tackle mental health stigma topics. (See attached notes for what was brought up in discussion).
3. Resource Sharing	Community Partner Updates – Open to all	ShastaReady.org – COVID-19 information for Shasta County.

4. Community Planning, Education and Collaboration	Future events	TBD
5. Review of Recent Events, Presentations and Outreach	Speaking Engagements <ul style="list-style-type: none"> • IOT (6/16) Community Outreach <ul style="list-style-type: none"> • Cancelled due to COVID-19 Events <ul style="list-style-type: none"> • Virtual Mental Health Tools Workshops <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 - 6-8 p.m. 7/7 	
6. Upcoming Events, Presentations and Outreach	Speaking Engagements <ul style="list-style-type: none"> • Simpson College master's in counseling class (8/4) • Open to requests for online presentations. Themed presentations to come. Community Outreach <ul style="list-style-type: none"> • Cancelled due to COVID-19 Events (* = Tentative) <ul style="list-style-type: none"> • Becoming Brave Training (s) - ? 	
7. Gallery	New portraits <ul style="list-style-type: none"> • Coming soon - Crystal Johnson, Aiden Mares, Denise Green, Jullie Calkins, Joel Covert, Josie Englin Currently on display at: <ul style="list-style-type: none"> • 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. • Shasta County Mental Health 	New Brave Faces portraits and gallery moves on hold due to COVID-19.

8. Social Media/Website	Facebook <ul style="list-style-type: none">• Monthly Brave Faces presentation highlights Instagram <ul style="list-style-type: none">• @shastabravefaces Website <ul style="list-style-type: none">• Hoping to launch in August 2020	
9. Minds Matter TV/Podcast	Launching soon.	