

Stand Against Stigma Committee
GoToMeeting
MINUTES
September 8, 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 – Marci Fernandez, Community Member and NAMI parent; Amber Alexander, Olberg Wellness Center; Tina Stephanitch, Olberg Wellness Center Director

Shasta HHS Staff – Tracy Osterday, HHS PHN; Christopher Diamond, HHS Stand Against Stigma Coordinator

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"> Mental Health Month 2021 	<ul style="list-style-type: none"> Addressing the disconnection that exists in community and the nation, whether that is a product of disaster and activism fatigue, politics or belief. That there is a need to restore unity and refocus on what our commonalities are, instead of what might divide us. There was the suggestion to be more intentional with inviting other communities to be a part of the committee and have a stake in organizing mental health month, getting together different groups to brainstorm. Time commitments would need to be considered, as there are many communities, particularly marginalized communities that are sustained primarily by volunteers who have

		<p>many other aspects of their lives to attend to.</p> <ul style="list-style-type: none">• Cultivating stories of our community and making resources relevant to different communities that might have different experiences accessing mental health services or different cultural beliefs. Drawing inspiration off community expertise, utilizing all different mediums of personal and group expression.• Investing in building people up instead of breaking them down. Focusing on positivity, both for the individual and the county. How do we flip the negative attitudes of so many of our neighbors?• Getting away from the word “wellness” and moving to “recovery.” Wellness implies that you are sick whereas recovery means that you are working toward your goals and finding ways to contribute to the community and support peers.• Confronting the “otherness” stigma produces. Flipping the script on peoples’ perceptions of substance use and people experiencing homelessness.• Creating a culture of gratitude and kindness. Simple activities that elicit gratitude and build connection.
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3. Resource Sharing	<ul style="list-style-type: none"> • Community Partner Updates – Open to all • Suicide Prevention Week 	Christopher will send out an email with links to the Each Mind Matters Suicide Prevention Week online activities and the Suicide Prevention Summit.
4. Community Planning, Education and Collaboration	None	
5. Review of Recent Events, Presentations and Outreach	<p>Speaking Engagements</p> <ul style="list-style-type: none"> • CIT Training (8/26) <p>Community Outreach</p> <ul style="list-style-type: none"> • Cancelled due to COVID-19 <p>Events</p> <ul style="list-style-type: none"> • None since July meeting 	Christopher provided an update on the Brave Faces presentation to the law enforcement CIT training. Brave Faces Denise Green and Jullie Calkins both did a wonderful job with their talks. There were significant technical issues that made the presentation less interactive than usual.
6. Upcoming Events, Presentations and Outreach	<p>Speaking Engagements</p> <ul style="list-style-type: none"> • Open to requests for online presentations. <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"> • Mind-Body Skills Workshop – Tuesday, 9/22/2020, 6-8 p.m. on GoToMeeting • CMBM 8-week small group – 6-8 p.m. weekly on Tuesdays, starting 9/29/2020 • Becoming Brave Training - Saturday 11/14/2020, 10 a.m.-4 p.m. on GoToMeeting 	<p>Committee members shared ideas and contacts for places to do Brave Faces presentations. They would like there to be a focus on the faith community, perhaps contacting the Interfaith Forum.</p> <p>Christopher went over upcoming Stand Against Stigma events.</p>
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, Gene Ward 	New galleries are coming soon. Some have been in the works for a while. In October/November we will be pulling all of the galleries to do an inventory and make

	<p>Currently on display at:</p> <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. 	updates to any of the stories, then continually circulate galleries through the community. Even if they are in places that we've already used, we can swap out the pictures to keep the stories out in the community.
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 in August 2020; currently transferring Brave Faces Galleries 	Website is currently being worked on.
9. Minds Matter TV/Podcast	Going into production soon.	September will be a prep month for all the little details that need to be in place before production starts. Hoping to start recording in October.