

Stand Against Stigma Committee
GoToMeeting
Minutes
October 13, 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, Volunteer Sunrise Mountain;
Shasta HHS 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	Guest presentation: Kalyn Jones, MHADAB Member and Shasta County MHSAOAC Youth Innovation Project Planning Committee Representative – Youth Idea Lab	Kalyn Jones presented on the work of MHSAOC's Youth Innovations Idea Lab . The project empowers youth to come up with creative solutions to mental health issues that are important to them. They also invite adult allies to attend a portion of the Idea Lab to help facilitate connections in the local community with the end goal of keeping ideas moving forward. There is also a multimedia art contest youth can participate in (see artwork here). The Idea Lab is scheduled to take place on November 12 and 13, 2020 from 3:30-6:00 p.m. via Zoom.
3. Resource Sharing	<ul style="list-style-type: none"> • Community Partner Updates – Open to all • Suicide Prevention Week 	No resource sharing.
4. Community Planning, Education and Collaboration	None	None to report.
5. Review of Recent Events,	Speaking Engagements <ul style="list-style-type: none"> • None 	Christopher Diamond reminded the committee that they can request Brave

Presentations and Outreach	<p>Community Outreach</p> <ul style="list-style-type: none"> Cancelled due to COVID-19 <p>Events</p> <ul style="list-style-type: none"> CMBM Workshop (9/22) 	<p>Faces speaker. There is the ability to have hold them online.</p> <p>The Center for Mind Body Medicine mindfulness workshop took place on 9/22. Only a handful attended. Attendance has been down overall. Many anecdotally cite growing fatigue from online forums. Participant who did attend found the workshop helpful and two went on to register for the 8-week small group starting 10/1.</p>
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"> Becoming Brave Training - Saturday 11/14/2020, 10 a.m.-4 p.m. on GoToMeeting 	<p>A Becoming Brave Training is tentatively scheduled for November, depending on Christopher's scheduling availability, since COVID-19 communications has become a significant part of his workload.</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 <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. 	<p>The portrait gallery is currently being pulled from all locations to be inventoried and rotated to familiar locations throughout the county. Some new Brave Faces have been added to the mix and some are on break from the campaign and a some have passed away. Shingletown Medical Center and the CARE Center have both had portraits in the past and are looking forward to a refresh on the stories.</p>
8. Social Media/Website	<p>Facebook</p> <ul style="list-style-type: none"> Events and trainings <p>Instagram</p> <ul style="list-style-type: none"> @shastabravefaces <p>Website</p> <ul style="list-style-type: none"> Hoping to launch by the end of 2020 	

9. Minds Matter TV/Podcast	Going into production in soon.	
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