

Stand Against Stigma Committee
GoToMeeting
MINUTES
November 10, 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, Parent/NAMI; Jeanine Gonzales, Circle of Friends; Tina Stephenitch, Sunrise Mountain Wellness Center

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

Agenda Item	Discussion	Notes & Actions
1. Welcome, Opening Meditation & 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>Tribute: Brave Face Susan Guiton Screening: Hope Is Alive! Open Mic</p>	<p>The committee viewed video recordings of Susan Guiton, a Brave Face who passed away due to cancer in October. Susan was in the original 2012 cohort of Brave Faces Advocates. She began sharing her story during a time when we were not sure how receptive the community would be to hearing personal stories on mental health. Her courage in sharing her experience coping with the loss of her nephew to suicide opened up important conversations. In addition to being a Brave Face, Susan volunteered with the Shasta Suicide Prevention Workgroup and helped organize the annual Out of the Darkness Walk and local International Suicide Loss Survivors Day.</p> <p>The committee also viewed a video of a Hope Is Alive! Open Mic that took place in 2018 at the Shasta County Arts Council. The intention was to allow some of the newer</p>

		members of the committee to see what the open mics are like, as well as to have a little break from the stress and fatigue of the pandemic.
3. Resource Sharing	<ul style="list-style-type: none"> • Community Partner Updates – Open to all • Youth Idea Lab • International Conference on Stigma (Online) 	Christopher Diamond reminded the committee about the upcoming Youth Idea Lab happening later in the week. They are still looking for youth to participate. Christopher will attend as an adult ally. Jeanine Gonzales from Circle of Friends talked about the food pantry and community closet they are running out of the center to help their usual clientele, plus those who are experiencing difficulties meeting their basic needs due to COVID-19. Donations are welcome, especially winter clothing, blankets, socks and underwear, non-perishable foods that don't require heat, handwarmers, etc. Email jgonzales@hillcountryclinic.org to arrange a drop off time. Marci Fernandez gave a call for volunteers to help with a monthly lunch her church does in coordination with the HOPE Van. They need strong bodies to assist in set up and tear down.
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"> • None <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 	
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, December 12, 2020, 10 a.m. – 5 p.m. on GoToTraining – RSVP no later than 	Delays due to COVID-19 duties, Becoming Brave Training is being postponed to a date yet to be determined.
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, 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. 	Portraits are in the process of being framed and scheduling for oral histories of new Brave Faces is in the works, but there have been delays related to COVID-19. Shingletown Medical Center will be getting a new gallery hung hopefully before Thanksgiving.
8. Social Media/Website	<p>Facebook</p> <ul style="list-style-type: none"> • Stay updated on events, mental health resources and Brave Faces. <p>Instagram</p> <ul style="list-style-type: none"> • @shastabravefaces <p>Website</p> <ul style="list-style-type: none"> • Hoping to launch in January 	
9. Minds Matter TV/Podcast	Going into production soon.	