

Stand Against Stigma Committee
GoToMeeting
MINUTES
December 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 –
Shasta HHSa Staff –

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	Brave Face Denise Green shares her story.	Brave Face Denise Green has shared her story with the committee before but wanted to practice without a script. Committee members were very appreciative of hearing her story and commented on her courage in being open about her mental health journey with schizophrenia.
3. Resource Sharing	<p>Share resources, as well as upcoming events and trainings</p> <ul style="list-style-type: none"> • Drug Medi-Cal Organized Delivery System, renamed “Wellness & Recovery” program brochure. • Coronavirus Anxiety Workbook • ShastaReady.org • ShastaSelfCare.org 	Other resources shared: Circle of Friends is currently being trained and will be able to distribute Narcan soon; #OUT4MentalHealth is offering an online advocacy workshop for anyone wanting to support the LGBTQ+ community (register here ; HHSa Quality Improvement Coordinator, Leah Shuffleton encouraged members of the committee to get involved in meetings where they can give input on county mental health services. Email lshuffleton@co.shasta.ca.us for more information.

4. Community Planning, Education and Collaboration	None	None for this meeting.
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"> • CMBM Mindfulness Small Group • Youth Innovations Idea Lab 	Christopher reminded the committee that online Brave Faces presentations are an option, though there haven't been any for the past couple of months. Community Outreach has been mostly cancelled due to COVID-19 and 2021 Mental Health Month activities will be online this year. Stand Against Stigma/HHSA has been offering CMBM groups and they have been successful. Christopher also talked about the MHSOAC Youth Innovations Idea Labs and that the youth who attended want to see mental health become mandatory curriculum in the schools. Christopher will follow up with Kalyn Jones, MHSOAC youth representative, to try to connect with youth and see what is needed to work toward this goal, whether that's starting out small with a training or working with community stakeholders and decision makers.
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"> • None 	Christopher is working with Sunrise Mountain Wellness Center, Circle of Friends and HHSA peer support specialists to put on a Becoming Brave training for members. The next CMBM mindfulness workshop and 8-week group is in the works for February.
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 	Inventory is complete and new Brave Faces galleries are being worked on. There have been delays in getting the oral history recordings due to COVID-19. Shingletown Medical Center has a fresh set of five

	<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. 	<p>portrait sets installed at the clinic in November. The CARE Center had portraits in the past and is interested and there are four sets of portraits hung in the county mental health building. In addition to scouting for new locations, the goal is to rotate one or two sets of portraits to these locations quarterly to keep the gallery moving throughout the county.</p>
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 2021 	<p>The new website launch has been delayed several times this year due to COVID-19, but Christopher will be making it a priority for the month of December. He is hoping to have it up by early January, depending on how long the approval process takes.</p>
9. Minds Matter TV/Podcast	<p>Going into production soon.</p>	<p>After the website is up, production will begin on the TV/podcast. The TV/podcast will be housed on the website.</p>