

**Stand Against Stigma Committee**  
**GoToTraining**  
**AGENDA**  
**February 9, 2021**  
**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	<p><b>Mental Health Month</b></p> <ul style="list-style-type: none"> <li>• Activities <ul style="list-style-type: none"> <li>○ Minds Matter Drive Thru - *5/1/2021</li> <li>○ Mind-Body Skills 5/25/2021</li> <li>○ Refocus – Journaling?</li> <li>○ Intro to WRAP?</li> </ul> </li> <li>• Social Media <ul style="list-style-type: none"> <li>○ 31-days of Gratitude Challenge</li> <li>○ Brave Faces memes</li> <li>○ Hope Is Alive! Open Mic performances, possibly a live stream with the Arts Council.</li> </ul> </li> </ul>	
3. Resource Sharing	<p><b>Share resources, as well as upcoming events and trainings</b></p> <ul style="list-style-type: none"> <li>• Drug Medi-Cal Organized Delivery System, renamed “Wellness &amp; Recovery” program brochure.</li> <li>• Coronavirus Anxiety Workbook</li> <li>• ShastaReady.org</li> <li>• ShastaSelfCare.org</li> </ul>	
4. Community Planning,	<b>None</b>	

Education and Collaboration		
5. Review of Recent Events, Presentations and Outreach	<p><b>Speaking Engagements</b></p> <ul style="list-style-type: none"> <li>• Sunrise Mountain Wellness Center</li> </ul> <p><b>Community Outreach</b></p> <ul style="list-style-type: none"> <li>• Cancelled due to COVID-19</li> </ul> <p><b>Events</b></p> <ul style="list-style-type: none"> <li>• Becoming Brave training for Wellness Centers</li> </ul>	
6. Upcoming Events, Presentations and Outreach	<p><b>Speaking Engagements</b></p> <ul style="list-style-type: none"> <li>• Open to requests for online presentations.</li> </ul> <p><b>Community Outreach</b></p> <ul style="list-style-type: none"> <li>• Cancelled due to COVID-19</li> </ul> <p><b>Events (* = Tentative)</b></p> <ul style="list-style-type: none"> <li>• None</li> </ul>	
7. Gallery	<p><b>New portraits</b></p> <ul style="list-style-type: none"> <li>• Coming soon - Crystal Johnson, Aiden Mares, Denise Green, Jullie Calkins, Joel Covert, Josie Englin, Gene Ward</li> </ul> <p><b>Currently on display at:</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Shasta County Mental Health.</li> </ul>	
8. Social Media/Website	<p><b>Facebook</b></p> <ul style="list-style-type: none"> <li>• Stay updated on events, mental health resources and Brave Faces.</li> </ul> <p><b>Instagram</b></p> <ul style="list-style-type: none"> <li>• @shastabravefaces</li> </ul> <p><b>Website</b></p> <ul style="list-style-type: none"> <li>• Hoping to launch in January 2021</li> </ul>	

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