

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

Education and Collaboration		
5. Review of Recent Events, Presentations and Outreach	<p>Speaking Engagements</p> <ul style="list-style-type: none"> • None for February <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 for February 	
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"> • Mental Health Month - May • Minds Matter Drive Thru – Saturday, May 1st 	
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. 	
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"> • Tentatively launching in March 2021 	

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