

Stand Against Stigma Committee

GoToTraining

MINUTES

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.

Community Members – Julie Driver, KIXE; Marci Fernandez, NAMI; Jeanine Gonzales, Circle of Friends; Bonnie Hyatt, NorCal OUTreach; Mandy Saulsbury, Pathways to Hope for Children; Tina Stephenitch, Sunrise Mountain Wellness Center

Shasta HHS Staff – Pamela Heisler, HHS Peer Support; Tracy Osterday, HHS PHN

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. 	<p>The committee continued the discussion on Mental Health Month plans. The primary focus was the drive thru event. The committee was presented with a map with the drive thru route. We talked about the possibility of having people waving signs to help draw attention to the event. It would also create additional volunteer opportunities. However, COVID safety guidance would have to be a priority. The committee also talked about additional events. Jullie Calkins has agreed to do WRAP workshops. Christopher Diamond will be doing a CMBM workshop and starting a group in June.</p>
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 	<p>Christopher Diamond brought up COVID vaccinations. The committee gave feedback on the ShastaReady.org Vaccinations webpage. Many of the people on the committee have found the process frustrating and confusing. Christopher said</p>

	<ul style="list-style-type: none"> • ShastaSelfCare.org 	he would pass the committee's feedback on to public health.
4. Community Planning, Education and Collaboration	<p>Updates</p> <ul style="list-style-type: none"> • Stand Against Stigma Committee switching to bi-monthly meeting schedule, with day and evening meeting options. 	The committee discussed the idea of moving to a bimonthly meeting schedule with subcommittees for different projects. The change would allow for more thoughtfully planned agendas and an additional evening meeting time for people who cannot attend during the daytime. Committee members often also want to be involved in the Suicide Prevention Workgroup but attending both meetings in a month is a strain on their schedule. Stand Against Stigma meetings would meet on the months that the Suicide Prevention Workgroup doesn't meet. The committee agreed the change would be beneficial. The committee will meet in April, as planned, and the new schedule would start in June, with no meeting in May.
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 1* 	

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. 	Christopher reminded the committee to check out Brave Face Chante Catt's story that is on display in the County Admin building. Included is some of the work she has done with the homeless community and homeless students in Humboldt county.
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.	