

Stand Against Stigma Committee
GoToTraining
MINUTES
April 13, 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 – Bonnie Hyatt, NorCal OUTreach Project; Mandy Saulsbury, Pathways to Hope for Children; Tina Stephenitch; Sunrise Mountain Wellness Center

Shasta HHSa Staff – Christopher Diamond, HHSa Stand Against Stigma Coordinator; Pamela Heisler, HHSa Peer Support (Children’s)

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 - *5/22/2021, 10 a.m.-2 p.m. <ul style="list-style-type: none"> ▪ Sign Making – 5/21/2021, schedule appointment to come pick up poster board or to come in and use supplies. ○ Mind-Body Skills Workshop – 5/18 and 5/25/2021, 6-8 p.m. <ul style="list-style-type: none"> ▪ CMBM group starts 6/1/2021 ○ Refocus: Journaling – 5/7/2021, 12-1 p.m. and 6:30-7:30 p.m. ○ Intro to WRAP – Each Saturday in May 12-1 p.m. • Social Media <ul style="list-style-type: none"> ○ Mental Health Action Day (MentalHealthActionDay.org) – 5/20/2021 ○ 31-days of Gratitude Challenge ○ Brave Faces 	The committee continued discussion on Mental Health Month activities. Including volunteer opportunities.
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 	<p>The committee spent time networking.</p> <ul style="list-style-type: none"> • Bonnie Hyatt talked about activities happening with NorCal OUTreach Project including a listening Session for County, LGBTQ Listening Session May 19, 6-8 p.m., recruiting, June 16,

		<p>6-8 p.m. listening session for mental health providers – anyone who works in the mental health industry. Out4Mental Health Convening.</p> <ul style="list-style-type: none"> • Mandy Saulsbury from Pathways to Hope for Children talked about the Week of the Young Child Event happening Wednesday, April 14th from 11-2 p.m. – Families register through website hopeshasta.org; Different tables in the parking lot Welcome to the Jungle. Road to Resilience. • Pamela Heisler spoke about HHS Children’s rapidly trying to get in person groups going again, including parent and youth groups like IMPACT.
<p>4. Community Planning, Education and Collaboration</p>	<p>Updates</p>	
<p>5. Review of Recent Events, Presentations and Outreach</p>	<p>Speaking Engagements</p> <ul style="list-style-type: none"> • None for March <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 March 	
<p>6. Upcoming Events, Presentations and Outreach</p>	<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 25th* 	
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.	