

Stand Against Stigma Committee
GoToTraining
AGENDA
May 11, 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 HHS 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 - *5/22/2021, 10 a.m.-2 p.m. <ul style="list-style-type: none"> ▪ Virtual Sign Making – 5/15/2021 starting at 3 p.m. ○ 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 	
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, Education and Collaboration	<p>Updates</p>	
5. Review of Recent Events, Presentations and Outreach	<p>Speaking Engagements</p> <ul style="list-style-type: none"> • None for April <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 	
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"> • Minds Matter Drive Thru - *5/22/2021, 10 a.m.-2 p.m. <ul style="list-style-type: none"> ○ Virtual Sign Making – 5/15/2021 starting at 3 p.m. • 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. 	
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. 	

	Instagram <ul style="list-style-type: none">• @shastabravefaces Website <ul style="list-style-type: none">• Tentatively launching in May 2021	
9. Minds Matter TV/Podcast	Going into production soon.	