

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 – Connie Webber, MHADAB Board Member; Mandy Saulsbury, Pathways to Hope for Children; Christina Falosk, Sunrise Mountain Wellness Center; Paul Prinzing, Sunrise Mountain Wellness Center; Marci Fernandez, NAMI;
Shasta HHSa Staff – Christopher Diamond, Stand Against Stigma Coordinator; Tracy Osterday, HHSa PHN, Pamela Heisler, HHSa Peer Support; John Bergen, HHSa Peer Support

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 – 5/14/2021, 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 	Christopher provided an overview of Mental Health Month plans and talked about volunteer opportunities for the Minds Matter Drive Thru.

<p>3. Resource Sharing (continued on next page)</p>	<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	<ul style="list-style-type: none">• Pamela Heisler said that HHS Children’s Service’s parent groups starting back up, in person and they are gathering feedback on how to reopen.• Mandy Saulsbury from Pathways to Hope for Children talked about Teen Cafes happening at Anderson Teen center. Youth can register through
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3. Resource Sharing (continued)

Eventbrite. There is also an upcoming Parent Café for parents of teens happening on Wednesday, June 9th. It is a drive-thru dinner pick up and virtual meeting. Learn about resources, building relationships, connecting. 9 a.m.-12 p.m. Family Resource Center – www.hopeshasta.org

- John Bergen, HHSA Peer Support Specialist has been supporting the needle exchange program and providing resources to clients.
- Tracy Osterday, HHSA Public Health Nurse said that the Women’s Connect program, which supports pregnant mothers living with substance use challenges, is getting a website refresh.
- Connie Webber, MHADAB board member and North American Mental Health Services nurse will be doing a training for Adult Services on serving people living with severe mental illness who also live with developmental disabilities.
- Marci Fernandez said NAMI is trying to get back together. She also talked about Assisted Outpatient Treatment being available again. It is going to be run through Kings View.
- Christina Falosk said submissions for Chico’s Iverson Wellness Center’s annual Diverse Minds book will start being accepted soon. People can submit up to 5 items. Application

		should come out sometime in May. It is open to anyone in North State that is living with mental illness or family members.
4. Community Planning, Education and Collaboration	Updates	
5. Review of Recent Events, Presentations and Outreach	Speaking Engagements <ul style="list-style-type: none"> • None for April Community Outreach <ul style="list-style-type: none"> • Cancelled due to COVID-19 Events <ul style="list-style-type: none"> • None for April 	
6. Upcoming Events, Presentations and Outreach	Speaking Engagements <ul style="list-style-type: none"> • Open to requests for online presentations. Community Outreach <ul style="list-style-type: none"> • Cancelled due to COVID-19 Events (* = Tentative) <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	New portraits <ul style="list-style-type: none"> • Coming soon - Crystal Johnson, Aiden Mares, Denise Green, Jullie Calkins, Joel Covert, Josie Englin, Gene Ward Currently on display at:	

	<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 May or June 2021 	
9. Minds Matter TV/Podcast	Going into production soon.	