



- 🏠 Location: GoToTraining
- 📅 Date: Tuesday, August 10, 2021
- 🕒 Time: 1:30 – 3:00 p.m.

Stand Against Stigma Committee

MINUTES

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 use.

I. In attendance – Christopher Diamond, HHS Stand Against Stigma Coordinator; Jullie Calkins, Sunrise Mountain Wellness Center (SMWC); Christina Falosk, SMWC; Alan Martin, SMWC; Paul Prinzing, SMWC; Molly, SMWC; Marci Fernandez, NAMI; Mandy Saulsbury, Pathways to Hope for Children; Julie Driver, KIXE; Leah Shuffleton, HHS Quality Improvement; Tracy Osterday, HHS PHN; Shana Akers, Partnership Health Plan; Denise Green, HHS Peer Support

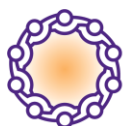
II. Presentation – Community Resource: Sunrise Mountain Wellness Center

Jullie Calkins and Christina Falosk from Sunrise Mountain Wellness Center gave a presentation to give committee members a broad picture of what the center has to offer. The Center is firmly rooted in the peer model of recovery. Peer support is central to their philosophy and operations. They help individuals understand the Milestones of Recovery Scale to give them an understanding of where they are at in their wellness.

Center services are most appropriate for people age 18+ who are early in mental health recovery, are not experiencing homelessness and have some ability to cope with their current situation. They provide coaching for wellness, but not case management. No formal referral is needed to participate in Center activities and support groups. There is an intake process to evaluate a person's recovery goals and strengths.

The Center has been meeting and providing support groups virtually since the pandemic began in March 2020. They offer 5 online classes a day, 5 days a week. Even after the pandemic has subsided, they plan to continue to offer a hybrid of online and in-person options. Classes are rooted in WRAP (Wellness Recovery Action Plan). They collaborate with Shasta County HHS Peer Support.

They are looking forward to opening a new 2500 sq ft facility at 1300 Hilltop Drive. Once construction is complete and COVID guidelines allow, the Center will open for in person activities. In addition to a





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lounge and meeting area, the facility will have a full kitchen where people can obtain a food handler certificate and cooking classes taught through a partnership with CalFresh. There will be a computer lab and computer training. They have a partnership with Providence Garden of Hope to provide opportunities for members to learn gardening. Volunteering and job readiness are also important focuses for the Center.

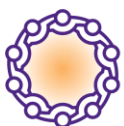
Anyone interested in becoming a Center member can contact Jullie Calkins at jcalkins@kingsview.org or (530) 440-1874.

III. Community Partner Updates and Resource Sharing

- a) Mandy Saulsbury from Pathways to Hope for Children said their organization continues to offer monthly Parent Café's. Event information can be found at <https://hopeshasta.org/events/>
- b) Julie Driver from KIXE said they are currently featuring a series of documentaries called '[Mysteries of Mental Illness](#),' exploring the mental illness, science and society. They also recommend a program called '[Well Beings](#)' featuring stories from youth about their journeys with mental health recovery.
- c) Leah Shuffleton from HHSA talked about Kids Turn, a local program that helps children through family separations. More information about the program can be found here: <https://www.kidsturnredding.org/>

IV. Stand Against Stigma Updates

- a) *Special Projects* – A destig symposium is in the works as a means of addressing mental health stigma in medical settings. It will tentatively take place in fall of 2022. It will feature Brave Faces and local mental health providers who are working with people living with serious mental illness or are experiencing crisis. Christopher is waiting on approval from leadership. Once approved, a subcommittee will be set up to help plan the symposium.
- b) *Website and Social Media* – The new Stand Against Stigma website is live. Brave Faces galleries, educational information about stigma, information on activities, a blog and home for the Minds Matter Video Podcast are all available in one place. It is a 'living document' and still has content





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that will need to be developed and published at a later date. The next focus is to flesh out the resource pages.

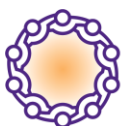
- c) *Brave Faces* – There were high hopes for Brave Faces presentations to start back up after the state moved ‘Beyond the Blueprint’ in June. However, the rise in COVID cases and low vaccination rates have put things on pause. Denise Green’s gallery is next in line to be published.

One of the bigger projects this year will be to celebrate the 10-year anniversary of the Brave Faces program. It will likely be a significant part of Mental Health Month in May and highlight long time speakers and their wellness journeys.

- d) *Becoming Brave Training* – While it is dependent on COVID conditions and the availability of the Boggs Building, the next training is tentatively scheduled for 10 a.m. – 5 p.m. on Saturday, November 6, 2021, in-person. A flyer should be available at the October 12th committee meeting, only if the Boggs is no longer used for COVID testing.

Christopher also mentioned that he will be following up with members of Sunrise Mountain Wellness Center who took the January 2021 Becoming Brave Training. Once the new facility opens he hopes to have regular meetings there to work on sharing stories or other activities members find useful.

- e) *Hope Is Alive! Open Mic* – Similar to Brave Faces presentations, open mics are on pause due to COVID conditions.
- f) *Minds Matter Podcast* – The first two episodes are almost ready and going through an approval process. Once approved, they will be posted on the Stand Against Stigma website and across HHSA and Stand Against Stigma social media. A third episode is about to go into production.
- g) *Minds Matter Mental Health Fair* – There are some resource bags still available. Once the new Sunrise Mountain Wellness Center facility is open, bags will be dropped off there. NorCal OUTreach also requested some once they are open for in-person activities.





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- h) *Recovery Happens* – Is in the planning stages. It will either be celebrated with a traditional BBQ event or a series of testimonial videos and social media campaign.
- i) *Upcoming Volunteer Opportunities* – There are two opportunities coming up to help with table outreach. One is the Shasta College Health and Safety Fair happening from 10 a.m. – 2 p.m. on Thursday, September 2, 2021 in the campus quad. The other is the Redding Pride Festival which is taking place from 10 a.m. – 3 p.m. on Sunday, September 26.

V. Open Discussion – None for this meeting.

Next meeting – 1:30 – 3 p.m., Tuesday, October 12, 2021; Location TBD

