

**Stand Against Stigma Committee**  
**GoToTraining**  
**MINUTES**  
**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><b>Mental Health Month Planning Continued</b></p> <ul style="list-style-type: none"> <li>• Activities <ul style="list-style-type: none"> <li>○ Minds Matter Drive Thru - *5/22/2021, 10 a.m.-2 p.m. <ul style="list-style-type: none"> <li>▪ Virtual Sign Making – 5/15/2021 starting at 3 p.m.</li> </ul> </li> <li>○ Mind-Body Skills Workshop – 5/18 and 5/25/2021, 6-8 p.m. <ul style="list-style-type: none"> <li>▪ CMBM group starts 6/1/2021</li> </ul> </li> <li>○ Refocus: Journaling – 5/14/2021, 12-1 p.m. and 6:30-7:30 p.m.</li> <li>○ Intro to WRAP – Each Saturday in May 12-1 p.m.</li> </ul> </li> <li>• Social Media <ul style="list-style-type: none"> <li>○ Mental Health Action Day (MentalHealthActionDay.org) – 5/20/2021</li> <li>○ 31-days of Gratitude Challenge</li> <li>○ Brave Faces</li> </ul> </li> </ul> | Christopher provided an overview of Mental Health Month plans and talked about volunteer opportunities for the Minds Matter Drive Thru. |

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| <p>3. Resource Sharing<br/>(continued on next page)</p> | <p><b>Share resources, as well as upcoming events and trainings</b></p> <ul style="list-style-type: none"><li>• Vaccinations Page of ShastaReady.org</li><li>• “Wellness &amp; Recovery” program brochure</li><li>• Coronavirus Anxiety Workbook</li><li>• ShastaReady.org</li><li>• ShastaSelfCare.org</li></ul> | <ul style="list-style-type: none"><li>• 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.</li><li>• Mandy Saulsbury from Pathways to Hope for Children talked about Teen Cafes happening at Anderson Teen center. Youth can register through</li></ul> |
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3. Resource Sharing (continued)

Eventbrite. There is also an upcoming Parent Café for parents of teens happening on Wednesday, June 9<sup>th</sup>. 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](http://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

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|                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 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     | <b>Updates</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                            |
| 5. Review of Recent Events, Presentations and Outreach | <b>Speaking Engagements</b> <ul style="list-style-type: none"> <li>• None for April</li> </ul> <b>Community Outreach</b> <ul style="list-style-type: none"> <li>• Cancelled due to COVID-19</li> </ul> <b>Events</b> <ul style="list-style-type: none"> <li>• None for April</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                            |
| 6. Upcoming Events, Presentations and Outreach         | <b>Speaking Engagements</b> <ul style="list-style-type: none"> <li>• Open to requests for online presentations.</li> </ul> <b>Community Outreach</b> <ul style="list-style-type: none"> <li>• Cancelled due to COVID-19</li> </ul> <b>Events (* = Tentative)</b> <ul style="list-style-type: none"> <li>• Minds Matter Drive Thru - *5/22/2021, 10 a.m.-2 p.m. <ul style="list-style-type: none"> <li>○ Virtual Sign Making – 5/15/2021 starting at 3 p.m.</li> </ul> </li> <li>• Mind-Body Skills Workshop – 5/18 and 5/25/2021, 6-8 p.m. <ul style="list-style-type: none"> <li>○ CMBM group starts 6/1/2021</li> </ul> </li> <li>• Refocus: Journaling – 5/7/2021, 12-1 p.m. and 6:30-7:30 p.m.</li> <li>• Intro to WRAP – Each Saturday in May 12-1 p.m.</li> </ul> |                                                                                                                            |
| 7. Gallery                                             | <b>New portraits</b> <ul style="list-style-type: none"> <li>• Coming soon - Crystal Johnson, Aiden Mares, Denise Green, Jullie Calkins, Joel Covert, Josie Englin, Gene Ward</li> </ul><br><b>Currently on display at:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                            |

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|                            | <ul style="list-style-type: none"> <li>• 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.</li> <li>• Shasta County Mental Health</li> </ul>                                                                          |  |
| 8. Social Media/Website    | <p><b>Facebook</b></p> <ul style="list-style-type: none"> <li>• Stay updated on events, mental health resources and Brave Faces.</li> </ul> <p><b>Instagram</b></p> <ul style="list-style-type: none"> <li>• @shastabravefaces</li> </ul> <p><b>Website</b></p> <ul style="list-style-type: none"> <li>• Tentatively launching in May or June 2021</li> </ul> |  |
| 9. Minds Matter TV/Podcast | Going into production soon.                                                                                                                                                                                                                                                                                                                                   |  |