



Location: GoToTraining



Date: Tuesday, June 14, 2022



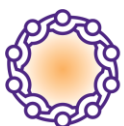
Time: 1:30 – 3:00 p.m.

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. **Introductions** – Name, pronouns, role at work or in the community
- II. **Feedback** – *Stand Against Stigma Website Resource Pages* – The committee reviewed the new resource pages on the website and felt they were comprehensive and useful. The one suggestion was to create another tab on the ‘Where to Start’ page with the question, “What if I have other needs?” with social service information.
- III. **Collaborative Planning** – *What do you want to see on social media?* – The committee brainstormed some ideas for social media. Posts that are the most successful are plain and simple. One person said that they are always interested in what peers respond to, since it might not be the same thing that engages professionals.
- IV. **Community Partner Updates and Resource Sharing** – NorCal OUTreach has a number of events coming up for Pride month in June. Details can be found on their social media. The organization is also working on a peer mentor program and will soon be able to work more on health equity efforts with a new grant they’re expected to receive.
- V. **Stand Against Stigma Updates**
 - a) Special Projects – *Destig Symposium looking for a new location. Tentatively scheduled for 11/1/2022. Working to draft document for nursing CEUs and contact guests within the next two weeks.*
 - b) Brave Faces – *10-year anniversary starting in May 2022; Getting in contact with Brave Faces that have been in the program for a long time and are still local, as well as those who have moved away, to get updates on where they are now in their recovery. Currently working on the*





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- c) *backlog of Brave Faces galleries, starting with Denise Green. Possibly doing a reshoot with a couple of Brave Faces.*
- d) *Becoming Brave Training – Working on a location. Tentatively scheduled for July 2022.*
- e) *Hope Is Alive! Open Mic – Pictures from the May 20 open mic are available on Facebook and Instagram for those that signed a media release. Next open mic is Friday, August 26 at Sunrise Mountain Wellness Center 5:30 – 6 p.m. Performer sign-in; 6-9 p.m. Open Mic. Possible October open mic in Eastern Shasta County.*
- f) *Minds Matter Podcast – Outlook for launch is better. Waiting on new studio before taping new episodes.*
- g) *Minds Matter Mental Health Fair – “Meet and Greet” took place Wednesday, May 18. Suggestions for next year.*
- h) *Recovery Happens Month – Social media and/or podcast episode, possible event and other activities depending on time and resources.*
- i) *Community Outreach – Project Homeless Connect (5/17); Redding Health Expo (6/4); Rancheria Discover Health Fair (8/3/2022).*
- j) *Upcoming Volunteer Opportunities – Outreach tabling*

VI. Open Discussion

Next meeting – 1:30 – 3 p.m., Tuesday, August 9, 2022. Location TBD.

