



Location: GoToTraining



Date: Tuesday, December 13, 2022



Time: 1:30 – 3:00 p.m.

Stand Against Stigma Committee

AGENDA

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

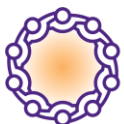
II. Feedback

- a) Revamping the GetBetterTogether.org website, a resource for youth.
- b) Meeting time and day; In-person or hybrid?

III. Community Partner Updates and Resource Sharing

IV. Stand Against Stigma Updates

- a) Special Projects – Symposium - *The Boggs building is now an option. Being pushed out to 2023 and a meeting with potential speakers/panelists is being planned for early January.*
- b) Brave Faces – *10-year anniversary starting in May 2022; Circle of Friends Gallery Opening was a success. About 20 people participated. In addition to the Brave Faces galleries, there was member art on display. Denise Green's gallery was published to the website and social media on November 17. Galleries are in progress for several HHS Peer Support Specialists.*
- c) Becoming Brave Training – *HHS Peer Support Specialist and Recovery Coaches were trained in November. The next community training is happening on Saturday, February 4, 2023, from 10 a.m. – 5p.m. in the Boggs building at 2420 Breslauer Way. Advertising will start sometime this month.*
- d) Hope Is Alive! Open Mic – *The December 9th open mic was attended by about 15 people. Most people came to watch. However, we were able to catch up with some regular performers from the past that haven't participated in a while due to the pandemic.*





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- e) Minds Matter Podcast – *Looking to tape episodes in January.*
- f) Mental Health Month – *Working on arranging a site visit with Redding Teen Center as a possible location for this year's Minds Matter event. Exhibitor invites will go out in January, along with an option to be a part of the "Passport" open house circuit.*
- g) Recovery Happens Month – *The first planning meeting is being arranged for early January.*
- h) Community Outreach – *We were present at Project Homeless Connect (5/17), Redding Health Expo (6/4), Rancheria Discover Health Fair (8/3) and Redding LGBTQ+ Pride (9/24) this year. Table season will pick up again sometime in March in 2023.*
- i) Upcoming Volunteer Opportunities – *TBD*

V. Open Discussion

Next meeting – 1:30 – 3 p.m., Tuesday, December 14, 2023, 2420 Breslauer Way (Boggs building).

