



Stigma & Discrimination Reduction activities

Fiscal Year 2020-2021

The goal of the Stand Against Stigma campaign is to reduce stigma and discrimination associated with mental illness. Stigma and Discrimination Reduction activities include trainings, social media campaigns, speaking engagements, outreach exhibits, events, and more.

In 2020-2021, Stand Against Stigma adapted its activities due to the pandemic.

Community Outreach and Education:

- The Stand Against Stigma Committee continued to meet monthly throughout the year.
- Brave Faces presentations were given in a virtual format. Brave Faces shared their stories with Simpson College Masters in Counseling students, One Safe Place volunteers, Sunrise Mountain Wellness Center members and law enforcement officers attending a Crisis Intervention Team training.
- To directly address the uncertainty caused by the pandemic, an online forum called "Untangling Uncertainty" was made available to the community. The panel featured Adult Services Branch Director, Paige Greene, and HHSA Peer Support Specialists, Denise Green and Josie Englin.
- The pandemic upended many peoples' self-care routines. Stand Against Stigma offered Intro to Wellness Recovery Action Plan (WRAP) and workshops on journaling, as well as two, 8-week, mind-body skills groups.
- One online Becoming Brave training was given to local wellness centers in an online format.
- The Minds Matter Mental Health Fair was converted to a COVID-19 safe drive thru event. Fourteen health and mental health provider organization donated materials for 200 resource bags. About 60 bags were handed out the day of the event. The remainder were given to wellness centers or handed out at other community drive thru events.
- The new Stand Against Stigma website was launched in June 2021, making information about activities, Brave Faces galleries, anti-stigma education and mental health resources available in one place.