

# MHSA VOLUNTEER NEWSLETTER

Shasta County Mental Health

APRIL 2016

## Challenging Stigma

Stigma is defined as a mark of disgrace associated with a particular quality, circumstance, or person. Relating to people with mental illness, stigma reflects discriminatory attitudes, shame, and stereotypes. Studies have found almost nine out of ten persons with mental illness have faced stigma.

Unfortunately, it can be a huge barrier to people seeking help. Some ways we can challenge stigma in our community are to educate ourselves and others about mental health issues, show empathy and compassion for those living with a mental health condition, and talk openly about mental health issues and recovery. We can also attend community events such as the upcoming Hope is Alive!-Open Mic Night, tell our story and bring some friends. When we become more involved in our local community and show others the face of recovery from mental illness we can start shattering some of the stereotypes that are so prevalent in our community.

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**“It is an odd paradox that a society , which can now speak openly and unabashedly about topics that were once unspeakable, still remains largely silent when it comes to mental illness.”**

**-Glenn Close**

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### In This Issue

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## Volunteer Spotlight

My name is Cory Beard and I am a student at Simpson University majoring in Psychology and currently enrolled in the MHSA Academy to become a peer support counselor. I have suffered from both depression and anxiety off and on for most of my life. I had a tendency to avoid people out of fear that they would think I was "broken" or "weird" and I definitely never shared my thoughts or feelings with anyone. I always felt I was different, in a negative way, from everyone else. I thought that I had missed something somewhere along the way, like some how I didn't get the memo at birth for "how to be happy" that everyone else had. One day I opened up to someone that I truly looked up to. This person was my role model and I thought that they had everything figured out in their personal and professional life. To my surprise this person actually struggled with depression and anxiety also! I couldn't believe it, they were successful and appeared happy but they were recovering just like I was. In that moment I realized that I wasn't alone, that I wasn't terminally unique. Just being able to speak with this person and be honest about what I was walking through in my life, my grief, my panic attacks, everything, it made me feel understood and taught me that I wasn't alone. I started to feel like maybe just maybe I could trust people and that while what I was going through was difficult, I shouldn't be ashamed or be isolated. That happened four years ago and today I have come leaps and bounds to a place where I have the tools to help me deal with my mental illness. To think it all started by talking to someone I trusted. I encourage anyone no matter what you are going through, find someone you trust and respect and tell them if you are struggling. You may be surprised by the response.



**“The two most powerful words when we’re in struggle: “Me too”.**

W R A P A S N O I T A M R I F F A D T L  
 E N B V E Z J G Z M L K D X G R H E V N  
 A W U Z Z C M E U R H S H S C N I U Q J  
 R R E F S K O S S U E N T O G D H D P G  
 L E D L S T I M M I C S M O Y W A W O O  
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 N O C L G Y R S A N O U D R T R A Q I R  
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 J O E S Y A D D O O G T F J S P B F O I  
 P R S S E L F A D V O C A C Y V J A H F

ADEQUATE SLEEP   AFFIRMATIONS   ART   BAD DAYS   COMMUNICATION  
 COMMUNIITY   CRISIS PLAN   DAILY MAINTENANCE   EARLY WARNING SIGNS  
 EXERCISE   GOOD DAYS   HEALTHY DIET   HUMOR   JOURNALING   MUSIC  
 PEER SUPPORT   POST CRISIS PLAN   RECOVERY   RELAXATION   RESOURCES  
 SELF ADVOCACY   SELF CARE   STORIES   STRESS REDUCTION  
 SYSTEM SUPPORT   TRIGGERS   WELLNESS TOOLBOX   WRAP

## Contact Us

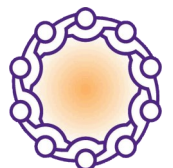
Give us a call for more information:

(530)-225-3678

Email us at  
[mhsa@co.shasta.ca.us](mailto:mhsa@co.shasta.ca.us)

Visit us on the web at  
[www.shastamhsa.com](http://www.shastamhsa.com)

**Want to share a piece of your story, thoughts  
 on the recovery process, art or poetry?  
 Please email us by May 14 so we can  
 include it in our next newsletter.**



**Stand Against Stigma**  
 Changing minds about mental illness

## Upcoming Events

- **Hope Is Alive!- Open Mic Night.**  
Celebrate how art helps healing and understanding.  
5/8/16 6-8pm  
Atrium in the Downtown Promenade  
1670 Market Street Redding, CA 96001
- **Minds Matter Mental Health Resource Fair**  
5/7/16 12-6pm  
Library Park  
1552 Placer Street Redding, CA 96001
- **Coming Out Proud**  
Training on mental health disclosure.  
6/1/16 & 6/2/16 1-5pm  
Redding Library Community Room  
1100 Parkview Ave. Redding, CA 96001  
*RSVP to Marc Dadigan (530)-225-5970*

## Community Resources

Shasta County has two consumer-run wellness centers. Both centers provide a safe and welcoming environment for individuals with mental illness and/or their family members to engage in wellness and recovery activities.

### **Olberg Wellness Center**

2757 Churn Creek Road, Suite D

Redding, CA 96002

(530)-247-3321

**Center Hours: Monday– Friday 10 am – 3pm**

### **Circle of Friends**

37095 Main Street, Suite C

Burney, CA 96013

(530)-335-4222

**Center Hours: Monday, Wednesday, Friday  
12:30pm – 3:30pm**

## **MHSA CLASS SCHEDULES**

- **MHSA Academy  
Tuesdays**  
Feb. 23– May 25  
8am– 12pm
- **General Volunteer  
Training**  
Wednesdays  
1pm-3pm
- **Student Internship  
Training**  
April 29, May 20  
2pm– 4pm

