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October 19th, 2020

Steering Committee (Zoom) Meeting minutes

Introduction of new committee member representing Richland Co- Patti Hutchcroft from Senior Life Solutions

Objectives:

* Recap the work we did last meeting
* Debrief- reactions to our discussion
* Creating brave spaces and responding to unexpected ouches

September Meeting recap

* Introduction of five cultural models of how people think about mental health (more detailed information on each model can be found in an email from Bridget on 9/21)
	+ Mentalism
	+ Health Individualism
	+ Chemistry is genetics
	+ Spectrum of normality
	+ Stoicism
* Discussion of the models and identifying where we’ve seen them in our communities

Debrief

* Responses from members with lived experience were shared (out of respect for the individuals who disclosed to the group, only thematic elements will be repeated here)
	+ If people hold these models, it’s powerful- these models are more than intellectual topics when they affect us in the real world
	+ Conversations around these stigmas/attitudes can be painful
	+ Effects of intellectualizing- just a number? Not to those who have lived it

Creating brave spaces and responding to ouches

* Julie- ouches are inevitable in discussions around implicit bias, people without lived experience need to do the heavy lifting- this will be difficult and painful
* Undermine ourselves- examine how society has shaped our thinking
* Cultural norms- can be crushing, but can be impetus for change
* External factors affect how we receive information- triggers can be dynamic
* What is the audience? Importance of crafting a message to a specific audience
	+ Coming from different perspectives
* We’re perpetuating stigma whether we realize it or not- we need to be mindful of this
* Could pity be progress in a level of concern?
	+ If before they were marginalizing the other, could pity/sympathy perhaps be a bridge to empathy?
* Those who are opting in to learn and those who aren’t are very different audiences

Meeting Overview

* Reactions to previous discussion were processed by the group
* Discussions on being mindful in conversations about stigma going forward, encouraging people to share from their experience in a “brave space”
* Meeting left open-ended, with plans to finish the discussion in November meeting, and talk about next steps