



CREATING COMMUNITIES OF COMPASSION AND CARE: MENTAL ILLNESS: THE CHURCH'S RESPONSE

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GOALS

- ▶ Building awareness, addressing stigma and misconceptions, and developing understanding.
- ▶ Actively welcoming individuals and families who face mental illness, addictions, and trauma.
- ▶ Becoming a community of healing and a center of support for healing and recovery.
- ▶ Offering wellness services — mental health ministries, companionship, small groups, and concrete resources such as referrals, shelter, housing, and employment.
- ▶ Advocating for understanding in your neighborhood and for an effective community mental health system.

OBJECTIVES

01

Provide examples of actual mental health issues.

02

Discuss the prevalence of mental health issues in America.

03

Outline the importance of pastoral ministry to those with mental illness.

04

Outline the need for training for clergy and leadership around mental health and mental illness concerns.

05

Provide a structure and strategy for developing mental health referral resources for your community.

Embodying and Promoting Holistic Wellness

MIND

BODY

SPIRIT

SOUL

Embodying and Promoting Holistic Wellness



Scriptures on Mental Illness

“Bear one another burdens, and in this way, you will fulfill the law of Christ.” Galatians 6:2

“Jesus went through all the towns and villages, teaching in their synagogues, proclaiming the good news of the kingdom and healing every disease and sickness.” Matthew 9:35

“I well remember them, and my soul is downcast within me. Yet this I call to mind and therefore I have hope: Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.” Lamentations 3:20-23

“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ. If we are distressed, it is for your comfort and salvation; if we are comforted, it is for your comfort, which produces in you patient endurance of the same sufferings we suffer. And our hope for you is firm, because we know that just as you share in our sufferings, so also you share in our comfort.” 2 Corinthians 1:3-6

Isaiah 43:1-2

But now, this is what the LORD says—
he who created you, Jacob,
he who formed you, Israel:
“Do not fear, for I have redeemed you;
I have summoned you by name; you are mine.
² When you pass through the waters,
I will be with you;
and when you pass through the rivers,
they will not sweep over you.
When you walk through the fire,
you will not be burned;
the flames will not set you ablaze

MENTAL HEALTH

VS

MENTAL ILLNESS

WHAT IS MENTAL HEALTH?

Mental Health is a state of well being in which the person realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community.

INDICATORS OF GOOD MENTAL HEALTH



TIPS TO MAINTAIN GOOD MENTAL HEALTH



EAT A HEALTHY DIET



CONNECT WITH OTHERS



STAY POSITIVE



BE PHYSICALLY ACTIVE



GET ENOUGH SLEEP



FIND YOUR WORK/LIFE BALANCE

POSITIVE MENTAL HEALTH ALLOWS PEOPLE TO:

REALIZE THEIR FULL POTENTIAL

COPE WITH THE STRESSES OF LIFE

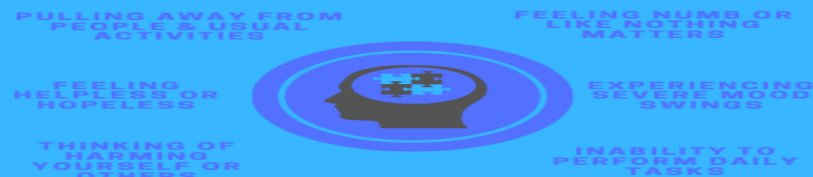
MAKE MEANINGFUL CONTRIBUTIONS TO THE COMMUNITY

WORK PRODUCTIVELY

WHAT IS MENTAL ILLNESS?

Mental Illness is defined as a health condition that affects a person's thinking, feeling, behavior or mood. Such conditions may affect someone's ability to relate to others and function each day.

INDICATORS OF MENTAL ILLNESS



MENTAL ILLNESS RISK FACTORS



HAVING A BLOOD RELATIVE WITH MENTAL ILLNESS



STRESSFUL LIFE SITUATIONS



CHRONIC MEDICAL CONDITIONS



TRAUMATIC EXPERIENCES



USE OF DRUGS AND ALCOHOL

SKILLS TO COPE WITH MENTAL ILLNESS

LEARN ABOUT YOUR MENTAL ILLNESS

JOIN A SUPPORT GROUP

STAY CONNECTED WITH FRIENDS & FAMILY

SEEK SUPPORT FROM A BEHAVIORAL HEALTH PROVIDER

IF YOU OR SOMEONE YOU KNOW NEEDS HELP WITH A MENTAL ILLNESS, CALL YOUR DOCTOR OR MAKE AN APPOINTMENT AT UNION HEALTH CENTER AT 212-924-2510.

Differentiating Mental Health Ministry vs. Mental Health Treatment

▶ Mental Health Ministry

1. Accompaniment- Journey with others as they experience God.
2. Faith-based and God-centered without direct implementations of psychological interventions.
3. Mental Health Ministers/Providers can provide a spiritual and social support; a renewed sense of meaning and purpose, feel grounded in faith or other spiritual practice, and increase social connection as needed.
4. Mental Health Ministry considers the all-important existential questions to seek God's will and presence during the hardship.
5. Mental Health Ministry will have its limitations, but its maintenance as God-centered will undoubtedly contribute to healing and wellness.

▶ Mental Health Treatment

- ▶ A mental health diagnosis that manifests itself in a pervasive manner
- ▶ The goal of treatment is to address the symptoms and treat the disorder.
- ▶ May involve several professionals to guide the treatment and to monitor medication management or any other medical concerns.
- ▶ Professionally trained to ask the question, "Where is God present in this?" or "Where is God in the suffering?"
- ▶ Treatment will have its limitations-existing in a system of managed care and insurance barriers, but there are effective methods.

Six Principles- Ministry of Hope and Healing

- ▶ Principle 1- *Christ calls us to attend to those who suffer from mental illness and provide hope and healing.*
- ▶ Principle 2- *The scope and burden of mental illness in our society is enormous.*
- ▶ Principle 3- *Those suffering mental illness should not be stigmatized or judged. Mental illness remains poorly understood even by clergy and others in positions of influence.*
- ▶ Principle 4- *The Church, health care professionals and scientific researchers should work together to improve mental health care.*
- ▶ Principle 5- *We must meet and attend to those in need where they are.*
- ▶ Principle 6- *Those impacted by suicide need our compassionate response.*

Statistics on Mental Illness

1 in 5 American adults suffered from mental illness in the past year.

1 in 25 American adults (approximately 10 million people) have a mental illness that is severe enough to impair their daily functioning.

1 in 5 adolescents have currently, or previously had, a debilitating mental disorder.

Mental, neurological and substance use disorders are the leading cause of disability in the U.S.

Rates of depression and anxiety are increasing more rapidly in adolescents than other age groups.

Drug overdose is now the leading cause of death for Americans under the age of 50, with the number of deaths from opioids quadrupling since 1999.

How Common Are Mental Health Concerns in the Church?

- ▶ 200 families
 - ▶ 57 will be suffering from mild/moderate psychiatric symptoms
 - ▶ Depression
 - ▶ Anxiety
 - ▶ Substance Abuse
 - ▶ 18 will be suffering from severe psychiatric symptoms
 - ▶ Schizophrenia
 - ▶ Bipolar Disorder
 - ▶ Addiction

Examples Of Actual Mental Health Concerns

- ▶ An unbaptized construction worker contracts AIDS and approaches the pastor for pastoral care.
- ▶ A depressed adult female parishioner confesses her acute suicidality but “swears” the pastor to secrecy.
- ▶ The leadership team deals with a disruptive male parishioner with mania and delusions.
- ▶ A depressed and anxious teenager is having a difficult time adjusting to high school.
- ▶ A husband and wife are being physically abusive towards one another on a regular basis.
- ▶ Two young children are experiencing homelessness and hunger and come from a poor neighborhood.
- ▶ WHAT EXAMPLES CAN YOU PROVIDE?

Barriers in Developing Welcoming Congregations

Stigma/unawareness

Lack of training for clergy
& leaders

Lack of time/resources

Barriers in Developing Welcoming Congregations

Stigma/unawareness

Most faith groups have found stigma, often based on a lack of awareness about mental health conditions, to be the main obstacle to starting an effective mental health outreach ministry. Congregations that are successful often begin by educating the clergy about mental health conditions and the challenges they bring. Prejudice can also be due to a theological misunderstanding: Clergy and congregants may feel that experiences such as depression and anxiety can be managed with prayer and faith alone. This can change when clergy speak from the pulpit about mental health conditions or when concerned congregants, whether peers or not, start projects to educate the congregation about the realities of mental health conditions and recovery.

Why Are We Afraid to Talk About Mental Health?

- ▶ Psycho
- ▶ Weirdo
- ▶ Crazy
- ▶ Schizo
- ▶ Basketcase
- ▶ Wacko
- ▶ Stigma is when someone views you in a negative way because you have a distinguishing characteristic or personal trait that's thought to be a disadvantage.

Barriers in Developing Welcoming Congregations

Lack of training for clergy and leaders

Another barrier is a lack of training. Most seminaries don't train clergy and leaders in mental health interventions. This can result in many faith communities seeing mental health conditions as a moral or spiritual failure on the part of the individual. Some organizations are stepping in to fill this void. For example, Mental Health: A Guide for Faith Leaders, Pathways to Promise has started a Mental Health Training Collaborative to help faith communities empower peers and their families; the Caring Congregations Curriculum includes workshops and other materials to help congregations welcome and integrate peers and their families; and the Interfaith Network on Mental Illness has developed training tools and videos as part of their Caring Clergy Project.

How Can You Be a Friend to Someone With Mental Illness?

- ▶ Reach out. You may want to say:
- ▶ I've been worried about you. How are you—really?
- ▶ I've noticed some changes in you lately, and I wanted to check in with you.
- ▶ It sounds like you're having a tough time. It must be really hard to try to hold everything together when you're feeling this bad.
- ▶ When did you start feeling like this? Did something happen that started it?
- ▶ I understand. How can I help you to find help?
- ▶ Feeling depressed or having a mental illness isn't a sign of weakness. It takes courage to speak up.

Things You DON'T SAY to a person with Mental Illness

- ▶ Don't make the person regret opening up to you. It takes courage to speak about mental illness. DO NOT say:
- ▶ You can pray it away. Just give it to God.
- ▶ You are possess by a demon/demonic spirit.
- ▶ It's all in your head.
- ▶ You're just having a bad day.
- ▶ You just need to get right with God.
- ▶ I'm sure it's nothing to worry about. God will heal you.
- ▶ Man/Woman up. You can deal with this on your own.
- ▶ Why are you talking about this stuff?
- ▶ You don't want people to think you're crazy.
- ▶ Counseling is for the weak.
- ▶ What will your family say?
- ▶ You will go to hell (suicide ideation/attempt)

Barriers in Developing Welcoming Congregations

Lack of time/resources

Clergy may be overwhelmed by all the issues surrounding mental health, especially when they lack the time and resources to effectively address them. Congregations can help individuals with mental health conditions not only through support and prayer, but also using organized and personalized strategies for including them in the life of the congregation. Organizations such as Mental Health Ministries, a web-based group, and the Caring Clergy Project make videos available to church leadership that are informative and short, working within busy clergy's time constraints.

Strategies That Work

Include and address the needs of people with mental illness to the best of their capability at every level of congregational life—in worship, in programs, in social occasions, for children, youth and adults—welcoming not only their presence, but the gifts of their lives as well.

Assumes the presence of people with mental illness, learns to support them, and, with their permission, includes their stories in worship, Christian Education and other programs.

Encourages development of spiritual resources - exploration of a personal sense of truth and meaning in a place of safety and acceptance - to aid in caring for those with mental illness and their families

Provides pastoral care for people with mental illness and their families, as is done for people with other kinds of situations of need

Strategies That Work

Includes a nondiscrimination clause in by-laws and other official documents affecting congregational life.

Engages in outreach to those with mental illness in its advertising and by actively supporting groups that address mental health, both secular and sacred.

Is aware of resources to address mental health concerns and challenges in their community and provides referrals for people with mental illness and their families

Keeps track of legislative developments and works to advocate and promote justice, freedom, and equality in the larger society.

Encourages and provides support groups for people with mental illness and their families.

Speaks out when the rights of people with mental illness and their families are at stake.

Strategies That Work

- ▶ DOC W.I.S.E. for Mental Health
- ▶ Create an atmosphere of openness and acceptance in a congregation makes members, friends, and visitors more likely to feel safe and free from judgment. This acceptance and sense of safety can help create a place of belonging, where truly everyone, no matter where they are on life's journey, is welcome.
- ▶ WHAT IS A W.I.S.E. CONGREGATION?
- ▶ A W.I.S.E. congregation has joined the mission to being Welcoming, Inclusive, Supportive, and Engaged in the Mental Health of the community and the wider world. The objective of W.I.S.E. is to encourage our congregations to become more **welcoming** of those living with mental health challenges, to expand our **inclusion** of those who are living with mental health challenges, to be **supportive** of all who are affected by mental health conditions, and to **engage** in ways to live our commitment to be W.I.S.E. about mental health. Read more in the W.I.S.E. Congregations Resolution.
- ▶ How does a congregation become W.I.S.E.?
- ▶ The Becoming a W.I.S.E. Congregation for Mental Health Booklet outlines and guides you through the 10 steps of becoming W.I.S.E.

Recommended Action Items for a Mental Health Ministry:

Listen

- Listen with compassion; form relationships.

Learn

- Learn about local mental health systems. Invite someone from there to speak to staff, leaders and members.

Believe

- Believe in recovery and encourage it.

Refer

- Know how and where to make a referral for adults, youth, and children

Pray

- Include petitions relating to mental illness in Prayers, Litanies and Sermons

Recommended Action Items for a Mental Health Ministry:

Include

- Include parents, siblings, spouses, children and extended family in pastoral care; they are impacted as well

Invite

- Invite persons with mental illness who live in group homes or apartments near your church to worship and social events.

Accompany

- Specifically include mention of mental illness when inviting persons to a prayer and healing service.

Visit

- Visit the mentally ill at home, in the hospital, on the streets, or in jail. Stigma is still far to present for people with a mental illness.

Educate & Advocate

- Invite groups to have speakers on mental illness at their meetings. Especially consider peer support specialists.

Congregational Care Mental Health Toolkit

You can use these toolkits to educate your congregation about mental health, mental illness and mental wellness. Each toolkit contains information, handouts, tips for clergy, worship resources, a list of ways your congregation can help and additional resources.

Congregational Care Mental Health Toolkit

We encourage you to adapt these general resources to your particular faith and local community. We also encourage you to consult and collaborate with mental health professionals and providers in your community. The toolkit contains content in the areas of education, community, hospitality, service and advocacy

CREATING COMMUNITIES OF COMPASSION AND CARE: “WHAT’S IN YOUR MENTAL HEALTH TOOLKIT?”

Concrete Resources & Coping Practices	Cultivate a Welcoming Environment	Counter Stigma & Silence Shame	Commitment to Promoting Holistic Wellness
Cultivate Caring Relationships	Create Covenantal Partnerships	Clinically Informed Education and Support	Community Engagements
Collaborate and Connect	Celebrate Stories of Compassion and Diversity	Congregational Sustainability, Innovation & Initiatives	Concerns for Advocacy, Activism, Equity and Justice

Steps to Implementing Mental Health Ministry



Section One: Education

- ▶ I. Section One: Education: Building awareness, addressing stigma, and developing understanding
- ▶ Purpose of Caring Congregation Mental Health Toolkit Letter
- ▶ Introduction:
 - ▶ Mental Health Overview
 - ▶ What Is Mental Illness?
 - ▶ Common Mental Illnesses
 - ▶ Suicide Warning Signs & Risk Factors
 - ▶ Diagnosis
 - ▶ Mental Health & Culture
 - ▶ Mental Health & Religion/Spirituality
 - ▶ Mental Health Treatment and Forms of Therapy
 - ▶ Alternative Therapies
 - ▶ Support and Self Help
 - ▶ Exercise
 - ▶ Yoga
 - ▶ Relaxation Techniques
 - ▶ Support Groups
 - ▶ Medications for Mental Health Conditions
 - ▶ Types of Mental Health Professionals
 - ▶ The Connection Between Mental & Physical Connections
 - ▶ The Connection Between Mental and Physical Conditions
 - ▶ Recovery, Wellness, and Building Resilience

Section One: Education

- ▶ How to get started “Ten steps for developing a Mental Health Ministry in your congregation”
- ▶ An annual education checklist for mental health ministry
- ▶ Distribute Mental Illness Awareness Resources
- ▶ Creating Caring Congregations
- ▶ Scheduling a presentation of “In Our Own Voice” or “Sharing Hope”
- ▶ Walking Together
- ▶ Organizing a book study
- ▶ Distribute materials for Alcohol Awareness Month
- ▶ Share literature about Mental Health Month and Children’s Mental Health Awareness Month
- ▶ Specific online locations of information referred to in this section
- ▶ Reviewing mental health resources from NBA
- ▶ Specific online locations for mental health information

Annual Mental Health Checklist- Monthly Events

JANUARY Present a “Walking Together” workshop

FEBRUARY Invite a pastoral counselor to lead a workshop/webinar

MARCH Organize a book study group

APRIL Distribute materials for Alcohol Awareness Month

MAY Share literature about Mental Health Month and Children’s Mental Health Awareness Day

JUNE Schedule a presentation or discussion on trauma and abuse

JULY Review and discuss mental health resources specific to your community of faith

AUGUST Invite your spiritual leader or a guest to reflect on spiritual care and mental health

SEPTEMBER Write a letter of hope and concern to your clergy, leadership group, or congregation

OCTOBER Distribute Mental Illness Awareness Week resources

NOVEMBER View and discuss the “Creating Caring Congregations” video

DECEMBER Schedule a presentation of “In our Own Voice or “Sharing Hope”

“Walking Together: A Training Workshop for Faith Communities Interested in Supporting People with Mental Illness.”

Reduce	Empower	Create	Encourage
Reduce the stigma associated with mental illness and reduce the discrimination experienced by people with mental illness	Empower those who experience mental illness to be equal and respected members of the church community	Create a safe place in our churches for those who experience mental illness	Encourage each participant to become more accepting and welcoming within their faith communities

“Walking Together: A Training Workshop for Faith Communities Interested in Supporting People with Mental Illness.”



Section Two: Community

- ▶ Section Two: Community- Building commitment and community as a caring congregation
 - ▶ Mental Health ministry and our faith community
 - ▶ A sample mental health ministry covenant
 - ▶ Resources for clergy and congregations

Section Two: Community

- ▶ How Congregations Can Be More Inclusive/Welcoming
- ▶ When to Make a Referral to a Mental Health Professional
- ▶ How to Make a Referral for Mental Health Treatment
- ▶ Dealing With Resistance to Accepting Mental Health Treatment
- ▶ Distinguishing Religious or Spiritual Problems From Mental Illness
- ▶ Approaching a Person With an Urgent Mental Health Concern

▶ What is your faith community doing now by way of mental health ministry? What more might you be doing? You may find the following checklist helpful as you look at what you are now doing. As you review and reflect, you may be inspired to add activities or move in new directions.

▶ Education

▶ We provide education on:

- ▶ Mental illness Alcohol and drugs (substance abuse, chemical dependency, addictions)
- ▶ Trauma and abuse Child development and parenting
- ▶ Personal growth
- ▶ Marriage and family issues
- ▶ Aging
- ▶ Special mental health needs in our congregation and wider community

▶ Caring congregation

- ▶ We are building a caring congregation by: Adopting mental health ministry as a care and concern
- ▶ Encouraging the formation of a mental health task force
- ▶ Providing clergy and staff support
- ▶ Developing a statement of our faith and commitment to mental health ministry

▶ Support/advocacy

- ▶ We welcome, support, and advocate for persons on the journey of healing and recovery in our:
- ▶ Fellowship and small group life Children's, youth, and adult education programs
- ▶ Pastoral care, spiritual growth and healing ministries
- ▶ Outreach, charity, and service Public witness and advocacy for justice
- ▶ Prayers, meetings, and worship

- ▶ The following is taken from a covenant adopted by the First Congregational Church of Boulder, Colorado in collaboration with the Mental Illness Network of the United Church of Christ(UCC). This covenant suggests some ideas and principles to include in a mental health ministry covenant. You may wish to develop a similar statement for your national or regional faith organization – or for your local congregation.

A Sample Mental Health Ministry Covenant

We, the First Congregational Church, United Church of Christ, of Boulder, Colorado, vote to continue to be a *welcoming, inclusive, supportive and engaged* (WISE) congregation for mental health.

Call to action:

We pledge to create a *welcoming* environment for people with mental health challenges and their families: · We pledge to educate ourselves and offer educational opportunities to help our whole congregation understand the issues surrounding the mental health challenges such as mental illnesses/brain disorders, addictions and trauma and the implications of this covenant.

- In an effort to reduce social stigma, we pledge to examine our own attitudes and preconceived notions about mental health challenges and mental health and to confront our own ingrained stigma.
- We pledge to actively welcome those with mental health challenges into our faith community and provide a safe environment in which people can tell their stories and share their journeys.

We pledge to *include* people with mental health challenges in the life, work and leadership of the congregation:

- We commit to recruiting, nominating and supporting persons with mental health challenges to serve on teams and in leadership positions within the congregation.
- When calling clergy and other staff, we pledge to be open to hiring persons with mental health challenges.

We pledge to *support* people in our congregation who have mental health challenges and their families: · We pledge to reach out to those suffering from brain disorders/mental illnesses, addictions, and trauma in the same way we reach out to those living with other physical illnesses.

- We pledge to offer companionship and compassion for individuals and families living with mental health challenges.

We pledge to *engage* with other organizations that work at the intersection of mental health and faith/spirituality/religion:

- We pledge to welcome and encourage outside groups who deal with mental health challenges, brain disorders/mental illnesses, addictions, and trauma to use our church facilities.
- We pledge to engage with other organizations to find opportunities to be in shared mission, ministry and advocacy together. This includes working with our church's Mental Health Ministry team, the UCC Mental Health Network and the UCC Disabilities Ministry.

Note: For online information about the UCC Mental Illness Network visit <http://mhn-ucc.blogspot.com/>

Notice any changes?

- ▶ Psychological
- ▶ Spiritual
- ▶ Biological
- ▶ Social



Initiating Timely Referral to Professional Mental Health Providers

- At what point does a minister/leader need to recommend a medical professional?
- Lovingly move a person to professional help?
- Know where to find help

Know where to find help

Individuals and families may ask for help or a referral. It's useful to have a basic list of local resources to call on for direct assistance or consultation in creating mental health ministry services in your faith community.

- List of contact information for:
 1. Mental health ministry local resources
 2. Name of Resource Contact Information i.e. phone, email, website
 3. Pastoral counselor
 4. Psychologist, therapist, counselor
 5. Addiction Recovery counselor
 6. Psychiatrist
 7. Community mental health center
 8. Walk-in clinic
 9. Crisis line
 10. Emergency room
 11. Emergency 911 (Crisis Intervention Team)
 12. Local mental health department
 13. NAMI (National Alliance on Mental Illness)
 14. Mental health chaplain

How to Make a Referral for Mental Health Treatment

- ▶ Communicate clearly about the need for referral. Make the referral a collaborative process between the person and/or family and the faith leader. “Let us think together about the helping resources that will be of most value to you.” Be clear about the difference between spiritual support and professional clinical care.
- ▶ Reassure the individual and family that you will journey with them and will help navigate any obstacles. Seek to understand possible barriers or preconceived ideas that may hinder the process (fears, stigmas, religious misunderstandings, economical challenges, and so on). Ask about medical insurance.
- ▶ If possible, have a list of professionals at hand for immediate reference. In some instances, it may be helpful to provide help with finding a professional and making an appointment.
- ▶ Follow up. Remain connected with the family to see how the situation evolves. Provide the spiritual encouragement necessary to stay the course. Offer community resources. Support the person’s re-integration into the faith community

Emergency/Crisis

- ▶ Seek immediate assistance if a person poses a danger to self or others, call 911 and request a person with Crisis Intervention Team (CIT) Training
- ▶ WHEN TO CALL
 - ▶ Person says they want to hurt themselves or another person and have a plan and the means to do so.
 - ▶ Person is harming themselves such as cutting, burning or hitting self
 - ▶ Person is becoming aggressive or not redirectable
 - ▶ ASK:
 - ▶ ARE YOU THINKING OF HURTING YOURSELF?
 - ▶ DO YOU HAVE A PLAN?
 - ▶ DO YOU WANT TO HURT SOMEONE ELSE?
 - ▶ Assessing the person
 - ▶ Level of distress - How much distress, discomfort, or anguish is he/she feeling? How well is he/she able to tolerate, manage or cope?
 - ▶ Level of functioning - Is he/she capable of caring for self? Able to problem solve and make decisions?
 - ▶ Possibility for danger - Is there danger to self or others, including thoughts of suicide or risky behavior?

Guides and Resources



- ▶ [GAMHI Resource List- www.gadisciples.org](http://www.gadisciples.org)
- ▶ [Mental Illness Sermon Series](#)
- ▶ [Spiritual Support Group Guidelines](#)
- ▶ [The Basics: How one church started and grew a Mental Health Ministry](#)
- ▶ [A congregation's journey toward become W.I.S.E](#)
- ▶ [Adopt a covenant on welcoming and supporting people in their congregation who have mental illnesses. \(You can find more WISE Covenants on WISE Congregations page](#)
- ▶ [Congregational Resource Guide-](#) is an extensive and fully annotated list of more than 60 mental health ministry resources, including books and videos.
- ▶ [“Starting a Spiritual Support Group for Mental Health and Wellness in Your Faith Community”](#) is a booklet that offers helpful tips for starting a spiritual support group. It is based on the experience of the First Congregation Church in Boulder, CO.
- ▶ [“10 Things Faith Community Leaders Can Do to Make The World a Better Place for People with Mental Illnesses”](#) is a one-page summary published by the [Interfaith Network on Mental Illness](#)
- ▶ [Interested in starting a mental health ministry at your church but not sure how to go about it? See this handout: “10 steps for developing a mental health ministry in your congregation.”](#)
- ▶ [Mental Health Ministry - Lenten Discussion Series submitted by Kent UCC](#)
- ▶ [Worship Resources in Various Languages](#)

Guides and Resources

- ▶ [Becoming a WISE Congregation for Mental Health-**Checklist for Faith Communities: Becoming a Welcoming, Inclusive, Supportive, and Engaged \(WISE\)**](#)
- ▶ Introduction to Mental Illness
- ▶ Mental Health: A Guide for Faith Leaders
- ▶ Mental Health Resources for People of Color
- ▶ Mental Health Ministry with Children and Families
- ▶ Creative ways to use technology to promote mental health
 - ▶ Online Platforms, Websites, Social Media, Zoom, Webinars, YouTube, TeleMental Health
- ▶ Crisis Resources- Crisis Hotline
- ▶ Substance Abuse Toolkit
- ▶ Dementia/Alzheimer's
- ▶ Post-Traumatic Stress Disorder (PTSD)
- ▶ Suicide Prevention
- ▶ LGBTQI+ Resources
- ▶ Clergy Self-Care
- ▶ Assessment of Congregational Mental Health Needs Introduction
- ▶ Assessment of Congregational Mental Health Needs

Helpful Organizations

- ▶ [GAMHI](#)
 - ▶ [Georgia Mental Health Initiative](#)
- ▶ [National Benevolent Association](#)
 - ▶ [Mental Health Affinity Group \(MHAG\)](#)
- ▶ [Pension Fund | Learn To Live](#)-The Pension Fund of the Christian Church (DOC) has launched a new free online mental health support program for clergy and their families
- ▶ [Interfaith Network on Mental Illness \(INMI\)](#) offers tools for faith communities to better welcome, include and support people with mental illnesses and their families.
- ▶ [Mental Health Ministries](#) provides educational resources to help erase the stigma of mental illness in our faith communities.
- ▶ [The Caring Clergy Project](#) offers videos and other resources designed specifically for faith community leaders.
- ▶ [NAMI FaithNet](#) is a network of members and friends of the National Alliance on Mental Illness. It was established to help faith communities develop non-threatening, supportive environment for those with serious mental illness and their families.
- ▶ [Pathways to Promise](#) is an interfaith cooperative that provide assistance and resources, including liturgical and educational materials, program models and caring ministry with people experiencing a mental illness and their families.

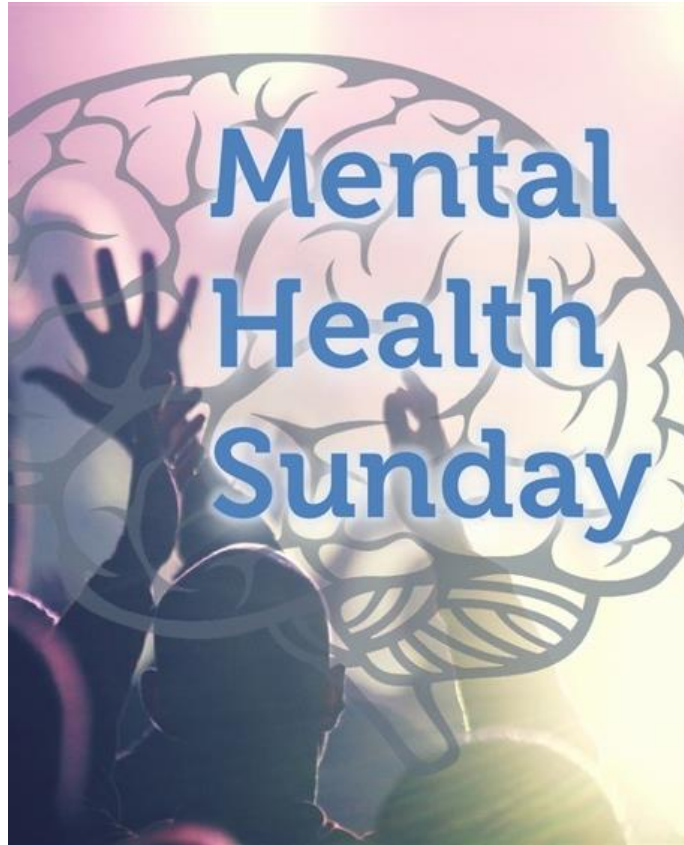
Section Three: Welcome & Hospitality

- ▶ Section Three: Hospitality
 - ▶ A Hospitality Review
 - ▶ Signs of care and hospitality
 - ▶ Guidelines for ushers and greeters
 - ▶ Companionship

Section Four: Service

- ▶ Section Four: Service Resources and models for serving those in need
 - ▶ Know where to find help- mental health ministry local resources
 - ▶ Mental Health First Aid Training
 - ▶ Assess for suicide or harm
 - ▶ Listen nonjudgmentally
 - ▶ Give reassurance and information
 - ▶ Encourage appropriate professional help
 - ▶ Encourage self-help and other support strategies
 - ▶ Pastoral Crisis Intervention
 - ▶ Suggestions for clergy: Providing pastoral care to persons with mental illness
 - ▶ Spiritual care resources
 - ▶ Example Models of service
 - ▶ Video, blogs and podcasts resources
 - ▶ Guided Meditation
 - ▶ Mindfulness
 - ▶ Mental Health Trainings and Webinars Series
 - ▶ Mental Health Fairs, Forums and Panel Discussions
 - ▶ Health Fairs
 - ▶ Programs that promote holistic health- physical, spiritual and mental
 - ▶ Testimonials
 - ▶ Infomercials
 - ▶ Covid 19 Resources
 - ▶ Support Groups
 - ▶ Training Curriculum

Mental Health Sunday



- ▶ **What is Mental Health Sunday?**
- ▶ We see Mental Health Sunday as a way for your congregation to begin or to continue to provide education and support to your members around mental health challenges.
- ▶ **When is Mental Health Sunday?**
- ▶ During the month May or any Sunday that suits the congregation schedule.
- ▶ **How Can We Do Mental Health Sunday?**
- ▶ We encourage you to: Plan a Sunday with the theme: “Widen the Welcome”
- ▶ Use the collection of worship resources in the Resource Guide for Mental Health Sunday.. Worship resources include
 - ▶ Worship Resources
 - ▶ Sermon ideas
 - ▶ Suggested Songs/hymns
 - ▶ Order of worships
 - ▶ Call to Worship
 - ▶ Litanies
 - ▶ Prayers
 - ▶ Children’s Message
 - ▶ Scriptural Resources
 - ▶ Books
 - ▶ Articles
 - ▶ Bulletin inserts
 - ▶ Brochures
 - ▶ Handouts/Flyers
- ▶ Feel free to use the resources as they are or adapt them to meet the specific needs of your congregation. You can also develop your own resources, and if you do, we encourage you to share them with us so we can make them available to other congregations.

W.I.S.E. Litany

A W.I.S.E. Litany (Welcoming, Inclusive, Supportive, Engaged)

One: On our own, we forget that we are a bundle of bones, animated by the breath of God.

All: On our own, we forget that human ways lead to a dry and dusty valley.

One: When we remember God's promise of life and Love, we can become more than we are.

All: When we remember the igniting power of the Holy Spirit, we become alive again to follow God's Holy Ways.

One: Seeking to live in God's ways, means leaving fear behind and living in welcome.

All: Seeking to embody Love, means including all our neighbors, especially those who are made vulnerable by mental illness.

One: As the Spirit sets us on fire once again, we yearn to strengthen the Body of Christ by reaching out to those who experience the world as a place where chaos and confusion often reign.

All: As the Spirit opens our hearts, we strive to be a community of love and support for those who live with mental illness. One: We hear the groan of Creation. We feel it in our own lives. We hide our fears of inadequacy and our sense of brokenness deep within, forgetting that God is present in the depths as well as the heights.

All: As we groan with the whole of Creation, waiting for God's healing grace, we commit to sharing our whole selves with God and one another. We will engage each other, with friends, with family, and with our neighbors, leaving no one out, especially those who have been stigmatized because of mental illness.

One: On this Pentecost Sunday, we celebrate the amazing power of the Spirit to humble us, unite us, and make us new.

All: Come, Holy Spirit, Come. Blow through our hearts and minds, through the fears and foolishness that separate us one from another, and reshape us into the Body needed here and now.

One: Come, Holy Spirit, Come. Fill us with new life, free of fear, ignorance, and stigma that we may truly welcome, include, support, and engage all your children, particularly those who struggle with symptoms of mental illness.

All: Come, Holy Spirit, Come. Make us W.I.S.E. Amen.

Section Five: Advocacy

- ▶ Section Five: Advocacy- toward individual healing and a more just system
 - ▶ A prayer of advocacy
 - ▶ The community and its resources
 - ▶ Christian Church (Disciples of Christ) statements on mental illness
 - ▶ List of national mental health organizations

Legal & Ethical Issues in Mental Health Minsitry

- ▶ Confidentiality
- ▶ Boundaries
- ▶ Historical Trauma
- ▶ Mandated Reporting

GAMHI NEEDS YOU!!

- ▶ Georgia Mental Health Initiative (GAMHI)
 - ▶ [Georgia Mental Health Initiative – \(gadisciples.org\)](http://gadisciples.org)
- ▶ **The purpose of the Georgia Mental Health Initiative (GAMHI) is to help counter the stigma of mental illness by providing resources and encouraging innovative mental health ministries in congregations in the Christian Church (Disciples of Christ) in Georgia.**
- ▶ Meet Every 3rd Tuesday for one hour from 8pm-9pm via Zoom
- ▶ Upcoming Events
 - ▶ Oct 7, 2021
 - ▶ [Mental Illness: The Church's Response](#)
 - ▶ Oct 21, 2021
 - ▶ [Domestic Violence 101: What You Need to Know](#)
 - ▶ Oct 24, 2021
 - ▶ [Out of the Darkness Walk - Barrow County](#)
 - ▶ Dec 14, 2021
 - ▶ [Blue Christmas Service](#)
 - ▶ Jan 22, 2022
 - ▶ [Know the Basics on Preventing Child Abuse](#)

Closing
Prayer/Benediction
(Example)

May the grace that says “you are not alone” encourage you.

May the mercy that says “you are enough” comfort you.

May the love that says “you are loved” embrace you this day and every day. Amen.

Reference

- ▶ <https://www.cacatholic.org/article/hope-and-healing>
- ▶ <https://www.pathways2promise.org>
- ▶ <https://www.mhn-ucc.org/congregational-toolkits/>
- ▶ <https://ga.disciples.org/resolutions/2015/1523-becoming-a-people-of-welcome-and-support-to-people-with-mental-illness/>

- ▶ https://www.nbacares.org/resources/page/4/?program_area=46
- ▶ <https://ucctcm.org/wise/>
- ▶ <https://www.mhn-ucc.org/coming-out-on-mental-health-sunday/>
- ▶ <https://www.mhn-ucc.org/mental-health-sunday/>
- ▶ http://www.mentalhealthministries.net/resources/mental_health_month/WTW-Resource-Guide-FINAL2.pdf
- ▶ http://www.mentalhealthministries.net/resources/caring_congregations_model.html
- ▶ <https://www.psychiatry.org/psychiatrists/cultural-competency/engagement-opportunities/mental-health-and-faith-community-partnership>
- ▶ <https://www.resourceumc.org/en/content/resources-for-mental-health-ministries>