Building a Congregation-Based Mental Health Ministry

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Getting Started...

What do we believe regarding mental health?

Congregational assessment for readiness

Who is our ministry for?

Internal vs. external, population demographics

What area of mental health do we want to focus?

Specific mental health challenge vs. general support

What structures and protocols do we have in place?

What are our limits and boundaries for accommodation?



Types of Ministries

Education and Resourcing Support Services Mental Health Services Pastoral Care and Spiritual Support Social and Relational Programming **Advocacy and Justice** Referral Support

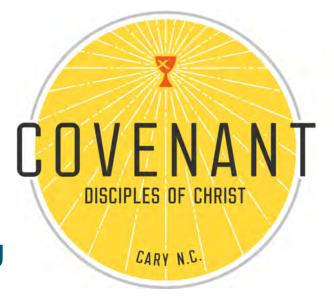




Covenant Christian Church

You Are Not Alone Mental Health Support Group

You Are Not Alone provides a community of support and encouragement to those living with the effects of mental illness, while incorporating elements of faith and spirituality in our ongoing conversation.



YANA is open to anyone in the community affected by mental illness, including friends, family, spouses, or parents who may be offering support to someone living with a mental illness.



How It Works



- Two ongoing spiritual support groups that meet twice monthly
- Facilitated by one mental health professional and one ministry professional
- Structured around a set of 14 guidelines that provide mutual accountability, as well as a set routine for beginning meetings



Loudon Avenue Christian Church Faith Health Ministry

DISCIPLES OF CHRIST

Our mission is to develop a culturally, competent, Biblically informed wellness program to meet physical, mental, socialemotional, and spiritual needs through education, outreach, and counseling that is affordable, accessible, and available.

The Faith Health Ministry serves congregations and community.



Faith Health Ministry Programs

Community Health Faith/Parish Nurse Ministry

Sowing Seeds of Wellness

Faith in Action Program

Social Advocacy





First Christian Church, Midland

RISE: Respect, Include, Support, Embrace



RISE is a ministry to children and youth with special needs and their families.

- Special Needs Sunday School
- Inclusion-Sunday School, youth groups, leading worship, liturgical dance
- Shepherd Program an adult who assists the child in Sunday School, youth groups, church camps, mission trips



First Christian Church, Midland

SHINE: Supporting Hearts In New Environments

SHINE is a ministry to young adults who have special needs (18-25) and no longer qualify for youth groups.

- Extension of youth groups, which provide fellowship and spiritual growth
- Social groups
- Mentoring by typical young adults
- Sunday School







What motivated your ministry's beginning or expansion into mental health services, and what parameters and limitations did you consider when deciding your ministry's focus and reach?





Who sustains the ministry, and how did you go about securing resources for the ministry?





What are the possibilities for community expansion and development?



SHARE

SHARE partners with all members of families where there are children with special needs, supporting their efforts to establish and maintain strong successful families.

SHARE

SHARE serves families who care for children ages (0-18) with special needs, which includes but is not limited to autism, Down syndrome, cerebral palsy, fetal alcohol syndrome, and other physical and developmental disabilities.



SHARE Supports Families Through:



Respite Care

Facility-based, in-home, medical needs

Parent Support

 Counseling, support groups, family events, celebrations, Mom's Night Out, Father's Network

Sibling Support

 Sibshops, SibCamp, Sibling Celebration Dinner, Sibling Socials



New Horizons Healthcare

- Church Basement
- Module on Purchased Land
- Rental Property
- New Horizons Healthcare
 - Federally Qualified Health Center
 - Sliding Scale







What wisdom or advice do you have for those discerning their own mental health ministry?



The Health Cabinet Model

- Sponsoring health-related activities through already existing structures and gatherings, such as the worship service, Sunday school classes, and youth groups
- Sponsoring new programs or activities
- Looking at the overall health and "unhealthy" in the life of the whole congregation



UCC Mental Health Network



UCC Mental Health Network

http://mhn-ucc.blogspot.com/p/about.html



10 Steps to Developing a Mental Health Ministry

- 1. Make a commitment
- 2. Educate yourself
- 3. Get buy-in from your clergy / board of directors
- 4. Form a task force or ministry team
- 5. Decide with your team what you want to offer / accomplish



- 6. Define strategies for keeping the congregation, board, and clergy involved
- 7. Make an inventory of available resources
- 8. Join with other organizations
- 9. Communicate
- 10. Be prepared to nurture your ministry



Closing and Q&A

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