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*edited by
Florence Kraft*



**Mental Illness Awareness
Week
October 7-13**

Pathways has developed materials that are appropriate to use during Mental Illness Awareness Week and Mental Health Month in May. They include pamphlets, booklets and bulletin inserts that are helpful in planning an interfaith event or incorporating material on mental illness in a service in an individual congregation. Visit our web site, <pathways2promise.org>, to see a listing of these materials or contact the Pathways to Promise office at 5400 Arsenal Street, St. Louis, MO 63139. Telephone: (314) 644-8400; FAX: (314) 644-8834; email: pathways@mimh.edu.

National mental health organizations also have educational resources designed for use during Mental Illness Awareness Week and Mental Health Month, or at a time of the year that is appropriate for your faith community. Contact your local chapter of the organizations listed below or use the national addresses as follows:

- ▶ National Alliance for the Mentally Ill (NAMI), 200 N. Glebe Rd, Suite 1015, Arlington, VA 22203-3754; (703) 524-7600; <www.nami.org>
- ▶ National Mental Health Association, 1021 Prince Street, Alexandria, VA 22314-2971; (800) 969-6642 or (703) 684-7722; <www.nmha.org>
- ▶ National Depressive and Manic Depressive Association, 730 North Franklin St., Suite 501, Chicago, IL 60610; (800) 826-3632 or (312) 642-0049; <www.ndmda.org>
- ▶ American Psychiatric Association, Division of Public Affairs, 1400 K St., N.W., Washington, DC 20005, (202) 682-6220; <www.psych.org>

Lifetime Achievement Award Presentation

A special *Lifetime Achievement Award* was presented by the United Church of Christ to Jennifer Shifrin, "In recognition of her service to those experiencing a mental illness, to their loved ones, and to their faith communities." Shown with Jennifer, who recently retired as Executive Director of Pathways to Promise, is Bob Dell, Chair of the U.C.C Mental Illness Network.



Membership Update

The Board and staff are grateful to those of you who have become members of Pathways. Without this monetary support we could not continue. The individuals who have joined are too numerous to list. However we would like to share with you the faith groups, congregations, organizations and agencies that have joined Pathways since we last published a Newsletter.

National Religious Bodies and Organizations

Lutheran Church-Missouri Synod

Union of American Hebrew Congregations, Department of Jewish Family Concerns

Congregations, Groups and Agencies

Church of the Advent, Cincinnati, OH

Diocese of Kalamazoo, MI

First United Methodist Church, Tulsa, OK

Fulton State Hospital, Fulton, MO

Jewish Community Centers of Greater Boston, MA

Knox Presbyterian Church, Naperville, IL

Lakeview United Methodist Church, Sun City, AZ

Larned State Hospital, Larned, KS

Mennonite Central Committee Supportive Care Services, Abbotsford, Canada

NAMI-San Antonio, TX

NAMI-Sun Cities/West Valley Alliance for the Mentally Ill, Sun City West, AZ

NAMI-Dupage County, Wheaton, IL

N. W. Synod of Wisconsin of the ELCA

Philhaven Pastoral Services, Mt. Gretna, PA

Rudnick Charitable Foundation, Inc.

St. Joseph Catholic Church, Social Ministry, Hilo, Hawaii

St. Luke's United Church of Christ, Trappe, PA

For those would like to become members of Pathways please fill out the membership form listed below.

2001 Pathways to Promise Membership Form

All categories of membership include the benefit of a subscription to the Pathways to Promise Newsletter

Please check **ONE** of the following membership categories

Individual - \$20

Congregation - \$50

Other Local Group/Agency - \$50

Regional Body or Chapter of an Organization - \$150

National Religious Body - \$300*

Other National Organization/Agency - \$300*

Individual Honorary/Lifetime Membership - \$500

**Current Bylaws provide membership in this category includes a seat on the Pathways Board of Representatives.*

Additional Contributions to Pathways are welcome and tax deductible

\$ Gift to Pathways \$ Gift to Pathways in Honor or in Memory of

Name:

Faith Group, Congregation or Organization:

Address:

City: State: Zip Code:

Telephone: FAX Email:

Please make checks payable to: **Pathways to Promise** and send membership form to: Pathways to Promise, 5400 Arsenal Street, St. Louis, MO 63139.



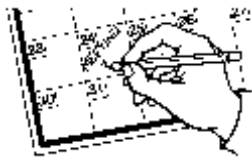
In Memoriam

Memorial contributions have been made to Pathways to Promise in memory of the following people.

In memory of:

Jonathan Lee Barnes
Robert & Becky Barnes

Christopher Hall
Catherine West



Mark Your Calendar

Sept. 13: "A Symposium on Optimal Mental Health for African American Families" featuring Keynote Speaker Dr. Alvin Poussaint, psychiatrist author of *Lay My Burden Down: Unraveling Suicide and the Mental Health Crisis among African Americans*, will be presented by the Black Mental Health Alliance at New Shiloh Baptist Church, Baltimore, MD. For more information call 410/837-2642 or 410/225-7600.

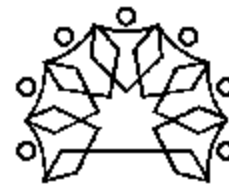
Sept 17: "Speaking the Unspoken: Racial Disparities in Mental Health Care for African Americans with Schizophrenia" sponsored by the Department of Veterans Affairs Capitol Health Care Network VISN 5 and the Chesapeake Health Education Program, Inc. Starts at 8:00 am at the Maritime Institute of Technology Training and Conference Center near the Baltimore Washington International Airport. For more information visit the web site <www.vagov/visn5mirecc> or contact Gwen Kergides at 800/949-1003, ext. 5472.

Oct. 12-13: "Enlarging the Circle" is an interdenominational conference on inclusive worship with Nancy Eisland, author of *Disabled God* and co-editor of *Human Disability and the Service of God*. For more information contact Irma Janzen at 204/261-6381 or e-mail <ikj@mennonitecc.ca>

Oct. 12-13: NARSAD's 13th Annual Awards Dinner and

Scientific Symposium will be held in New York City to celebrate lifetime achievements of psychiatry's top researchers. Three symposium sessions (Basic Science, Affective Disorders, Schizophrenia) will feature 15 Young Investigators. For more information call NARSAD at 516/829-0091.

Oct. 28-30: At the Canadian Mennonite Health Assembly in Winnipeg there will be a gathering of the MCC Canada Mental Health and Disabilities Network. Anyone interested is welcome to attend the Assembly as well as to join the mental health and disability workshops during the Assembly. For more information contact Irma Janzen at 201/261-6381 or e-mail <ikj@mennonitecc.ca>



Network News

Lutheran Network on Mental Illness (LNMI) met in Chicago in May, 2001. It reviewed the results of a survey of 500 hundred ELCA pastors who were chosen at random to receive the survey education in the field of mental illness. The LNMI Board was aided with this survey with the ELCA Department for Research and Evaluation.

Of 325 surveys completed and returned, 92.5% replied "yes" when asked had they ever provided care for parishioners coping with mental illness or that of a family member. LNMI concluded the replies indicated that post-seminary education was more useful than education in seminary. Pastors also voiced concerns about a lack of community access to mental health centers, hospitals and agencies as well as concerns about the pastors role. Board member Dr. Stewart Govig will do additional analysis of these surveys and report to the LNMI Board at their next meeting. The long range plan of the LNMI is to use the survey results and other information to improve the amount and content of mental illness education provided in seminaries and in pastoral continuing education.

LNMI's Summer Newsletter included a bulletin insert for use by congregations participating in the 6th Annual Candlelighting in observation of Mental Illness Awareness Week. They are delighted to share this resource wherever it might be useful.

Contact for LNMI is: Lisa Cleaver, Director, Ministry with Persons with Handicapping Conditions, Evangelical Lutheran Church, 8765 West Higgins Rd., Chicago, IL 60631; 1-800-638-3522, ext. 2692; FAX is 773/380-3707; e-mail is <lcleaver@elca.org>.

United Methodist Mental Illness Network, staffed out of the office of the General Board of Church and Society in Washington, DC, has focused its efforts on developing an infrastructure for the network. Its "methvision" e-mail discussion group has proven successful in communication and networking among United Methodists concerned with mental illness programs around the country and continues to draw in new members. The United Methodist "Caring Congregation" program on mental illness is actively promoted on the GBCS web site and three congregations have been identified which have completed all steps and declared themselves to be "Caring Congregations."

The September issue of *Christian Social Action*, an official magazine received by every United Methodist minister, will contain suggested themes for a series of sermons during Mental Illness Awareness Month (October). These themes emerged from analysis of the standard lectionary (Year C), for mid-September to mid-November. Since many pastors use the lections, this tool should increase the use of mental illness themes in sermons.

Contact for this network is Rev. Jackson Day, Program Director for Health and Wholeness, GBCS, United Methodist Church, 100 Maryland Ave., N.E., Washington, DC 20002; 202/488-5608; FAX [202] 488-5663; <jacksonday@home.com>.

The United Church of Christ Mental Illness Network gathered in Hartsburg, Missouri prior to the General Synod Conference in Kansas City, KS in July, 2001. Members and friends of the network came together for their first-ever national meeting to build a vision for the Network's future, to adopt by-laws and to elect officers. The life stories shared brought forth tears of both joy and sorrow as participants heard about continued need to dispel misunderstanding and stigma, but also about the enlightened efforts of other congregations.

The following congregations were honored for their service and leadership on behalf of persons experiencing a mental illness: First Church Congregational, Fairfield, CT; Shepherd of the Hills Congregational, Phoenix, AZ; First

Congregational Church, Downers Grove, IL; and University Congregational Church, Seattle, WA.

The Network was again present at General Synod, this time with two exhibits. New this year was the NARSAD ARTWORKS display which showcases works by artists who have known mental illness. Its location across the aisle from Disabilities Ministries and helped link the two. The second display was a part of the Health and Wellness Project. As usual, General Synod provides a valuable opportunity to make contact with many people.

Contact persons for this network are: Robert Dell, 414 East Pleasant Avenue, Sandwich, IL 60548; 815/786-6341; e-mail <BOB.DELL@ecunet.org> or Bryan Crousore, Pastor, Peace UCC, P.O. Box 19, Hartsburg, MO 65039; 573/657-9414; e-mail <crousore@ecunet.org>.

The Presbyterian Church (USA) Serious Mental Illness Network (PSMIN) elected new officers and synod representatives during the recent Presbyterian Health, Education and Welfare Association Biennial Conference in Nashville, TN. Goals adopted for 2001-2002 are: Focus on consumers and children; Strengthen connections with other PHEWA networks and outside entities with similar goals; Strengthen member involvement on committees, especially the advocacy committee; Strengthen our resources base of both materials and people.

Nancy Lee Head, longtime member and leader of PSMIN, received PHEWA's prestigious John Park Lee Award presented for her service to persons affected by mental illness. Stigma kept Nancy Lee from being ordained by the Presbyterian Church after she graduated from seminary, but was unable to dim the theological competence, ardor and love that have characterized her ministry. Nancy Lee was also a featured presenter at the July NAMI Convention symposium titled "The Healing Power of Faith" and coordinated the traditional interfaith closing service.

PSMIN was active at General Assembly in Louisville, KY, helping to staff the PHEWA booth, holding informal conversations with visitors to the NARSAD ARTWORKS display and providing testimony to committees holding hearings on overtures with topics as diverse as full parity in health benefits, ordination standards, children with special needs, and societal violence. The Annual Congregational Award was presented to Edgewater Presbyterian Church (PC), Chicago, IL, and Certificates of Merit were awarded to Hillsboro PC, Nashville, TN; Northminster PC, Seattle, WA; and St. Andrews PC of Newport Beach, CA for their

efforts to include persons with mental illness in the full range of congregational activities.

The PSMIN Leadership Team will meet in Louisville August 23-26. Included on the agenda is conversation with the Board of Pensions (our Health Benefits Provider) on progress toward full parity.

Contact persons for this network are: Chair Brenda Gales, (770) 929-8322 or <galesb@bellsouth.net>; Vice-Chair Bob Butziger, (505)294-1517 or <mbutziger@cs.com>; Newsletter Editor Linda Cook-MacDonald, (616) 345-1848 or >haemacdonald@unidial.com>.



Newsletter Material Needed

Many of you routinely share material with the Pathways office for which we are most grateful. We encourage you to continue share book reviews, information concerning programs or events, personal observations, spiritual resources, etc., with this office. Please send material by e-mail to <pathways@mimh.edu> or on computer disk to the Pathways office at 5400 Arsenal Street, St. Louis, MO 63139. Not every piece received will get in the newsletter. Everything that is received *will* be added to our data base of resource information and materials. The following reviews were shared by e-mail.



A Healing Homiletic: Preaching and Disability by Kathy Black; Abingdon Press, Nashville, 1996. \$15.00. This book review was written by Reverend Rose Ann Briotte, Psychiatric Chaplain II, M.A.R.; M.Div.; M.S.S.W.

In her book *A Healing Homiletic: Preaching and Disability*; Kathy Black, professor at Clairmont School of Theology, offers a unique Christian response to the struggle against stigma in the faith community towards persons with mental illness and their families. In current dialogue about ministry to persons with mental illness,

preaching as it relates to disability rarely gets talked about let alone analyzed. When it is spoken about, it is usually in the context of a litany of ways congregations can respond to persons with mental illness and their families.

Professor Black's book provides a refreshing, alternative approach with creative reinterpretation of problematic New Testament passages. Accounting for human misfortune with explanations like demons, curses, and punishment for their sins or the sins of their parents is no longer acceptable. She calls us to change the way we think and respond to persons with disabilities.

She puts the pastor in charge again as the visionary leader of the congregation by asking him/her to do what they do best and what they were trained to do – "rightly explaining the word of truth." (II Timothy 2:15b). According to Professor Black, a new way to preach about mental illness should bring the congregation of today closer to Jesus' understanding of inclusion. Her conclusions are firmly established, not only in biblical interpretation, but also in modern day medical practice.

Only one chapter deals specifically with mental illness, but other chapters (blindness, deafness, leprosy and chronic illness) also provide insight into the ways persons with disabilities relate to the community of faith. These insights also apply to persons with mental illness.

This book is a refreshing breeze amidst the uninformed preaching which sometimes perpetuates stigma, fear, and misunderstanding in modern churches. Jesus courageously tried to reunite those who had been separated from the community of faith because of their disabilities. In spite of his works of healing, we see the faith community still today excluding the disabled and the mentally ill in the same ways they did in biblical times. This book shows how knowledge, medical science, and culture have demanded a re-interpretation of scripture and how theology and good exegesis prove that exclusion of persons because of their disability is not appropriate for today.

Magazine Review by Rev. Bob Dell, U.C.C.

Rosie, September 2001, *The Face of Depression - Rosie's Own Struggle* is the cover headline. "I have written about an illness I have, one that runs in my family, one people don't like to talk about. Depression isn't fun. It is strong, powerful and too often deadly...There are some pretty amazing medications now available to those in need.

They work. I know because I take them. There was a time when I was too ashamed to admit that. I am not anymore," says Rosie. The feature section includes articles by Rosie O'Donnell, Martha Manning (writing about Rosemary Clooney and about Mike and Mary Wallace). There is a pullout resource section listing organizations and books.



Awakenings Review edited by Robert Lundin is a literary outlet for people with mental illness. Mr. Lundin first dealt with his own mental illness and now devotes his life to helping others. He also is a founder of the Awakenings Art Show. You can obtain a copy of "Awakenings Review" by contacting the Awakenings Review, j The University of Chicago, 7230 Arbor Drive, Tinely Park, IL 60477. The cost of one issue is \$40 plus \$3.50 shipping and handling.

Through These Eyes: My Ministry to the Mentally Ill by Otis Thomas is written by a pioneer in the field of mental health and ministry. The book is the autobiographical story of a United Methodist minister and his work as the first chaplain appointed to serve at Bryce State Mental Hospital in Tuscaloosa, Alabama. It is available from Mr. Al Thomas, 3440 Portsmouth Drive, Hoover, AL 35226 at a cost of \$12.95 each plus a donation for postage/handling.

Cultural Strengths and Challenges in Implementing a System of Care Model in American Indian Communities, a new publication, is available from the Center for Mental Health Services. To obtain a copy contact Hardy Stone, Director of Communications, CMHS Child, Adolescent, and Family Branch, Room 11C-16, 5600 Fishers Lane, Rockville, MD 20857; <hstone@samhsa.gov>.

On the Web: Drug Information Sites

<www.drugchecker.com> is an interactive drug information web site that will check for drug interactions.

<www.neuroland.com> provides neurology and psychiatry information, including medications.

<www.pdr.net> includes the PDR, herbal PDR, multi-drug interaction PDR and drug prices.



No Cost Informational Resources available from CMHS

The Center for Mental Health Services (CMHS) is a component of the Substance Abuse and Mental Health Services Administration (SAMHSA). SAMHSA, a public health agency within the U.S. Department of Health and Human Services, is the lead federal agency for improving the quality and availability of substance abuse prevention, addiction treatment and mental health services in the United States.

CMHS has several resources available at no cost. These resources can be invaluable in obtaining information, educating the public, planning and developing networks, identifying other resources and developing mailing lists for meetings, health fairs, and other events.

The National Directory of Mental Health Organizations lists over 22,000 local mental health service programs in the U.S. It is organized in a State-by-State format, sorted alphabetically by city. Entries are grouped within cities by type of organization including psychiatric hospital, community residential organization, residential treatment center for emotionally disturbed children, residential treatment center for adults, general hospital with separate psychiatric services, outpatient mental health clinic, substance abuse and mental health organization and veterans organizations. In addition to name, location and phone number, each entry identifies whether the organization provides inpatient care, outpatient care, or residential care. For further information contact Paolo del Vecchio at 301/443-2619. To obtain a free copy of the Mental Health Directory 2000, call the CMHS Clearinghouse at (800) 789-2647.

The directory complements the *CMHS Mental Health Services Locator Service*. The Internet-based service provides links to the nearest mental health organizations as well as addresses, phone numbers and information on services available. It also provides information on State mental health agencies, consumer and family organizations, CMHS grantees as well as state mental health statistics. Through this service, mental health organizations in any state, city or community anywhere in the nation are easily and quickly

located by following simple instructions at the Services Locator site which can be accessed via the CMHS web site: <www.mentalhealth.org> .

Challenging Stereotypes: An Action Guide is designed to help reduce prejudice toward people who have mental illnesses. The guide recognizes the mass media as one of the most important and effective tools available to help educate the public. It offers ways to work with the media to provide accurate depictions of people with mental illness and their recovery. It also offers constructive ways to call attention when information is wrong or hurtful. The guide offers sample letters and addresses for contacting local and national media. It also lists groups working to reduce the misconceptions about people who are coping with and recovering from mental illness, as well as other books and "how-to" guides for working with the media. Copies can be ordered free of charge from the CMHS clearinghouse by calling 1-800-789-CMHS or through the Internet at <www.samhsa.gov> and then click on CMHS.

Recovering Your Mental Health, A Self-Help Guide is a 32 page booklet that offers tips on understanding symptoms of depression, isolation, and other conditions. It explains the range of resources available to help anyone facing a mental health problem, how to judge how serious your symptoms are, psychological "first aid" you can provide yourself, and how to seek and get help. The advantages of counseling, the medications available, options for professional help, relaxation techniques, and paths to "positive thinking" are also detailed. It can be ordered free of charge from the CMHS clearinghouse by calling 1-800-789-CMHS or through the Internet at <www.samhsa.gov>; and then click on CMHS.

Further information about SAMHSA's programs is available on the Internet at <www.samhsa.gov>. News media requests should be directed to Media Services at 1-800-487-4890.



Bringing Down the Stigma Walls: Mental Illness in the Jewish Community was a workshop held in June in St. Louis, Missouri. It was presented by the Jewish Family &

Children's Service (JFCS) in partnership with the Fleischer Jewish Healing Center and the St. Louis Rabbinical Association. The workshop included presentations by mental health professionals as well as group discussion about the effects of mental illness on families and individuals. The JFCS goal is for the workshop to be the first step in developing a range of services in the St. Louis area for people with mental illness and their families. For further information about this program contact David Roberts at JFCS, 655 Craig Road, Suite 244, St. Louis, MO 6314; 314/993-1000.

The Mennonite Health Assembly Explored Faith and Culture in Albuquerque in the spring of 2000 through plenary sessions, worship, workshops and other activities. More than 400 participants sought to understand what difference their faith makes in their work in the world of health and human services. The event brought together people in health-related fields, including nurses, board members and executives, physicians, church leaders, counselors, congregational health promoters, chaplains, pastors and students. Plenary sessions and selected worship are available on audio tape. To order, contact Precision Audio at 219/295-7493 or e-mail pai@precisionaudio.org

The Worship Service at the AMI-VA Annual Meeting in April, 2001 Richmond was the first time there has been a worship service associated with the NAMI-VA annual meeting.

The *United Methodist Baltimore-Washington Subcommittee on Ministry with Persons with Mental Illness and their Families*, co-chaired by Carole Schauer and Don Hone, has their web site up and running at <www.bwconf.org/mentallillness/.htm>.

The *Glenview United Methodist Church* in Glenview, Illinois, held a mental health worship service at their Saturday Night Alive Worship Service in May, 2001. The speaker, Dr. Kay Metres, Ph.D., from the Counseling Center of Lutheran General Hospital in Park Ridge, Illinois, made her fifth annual appearance at the church.

Kentucky Conference: Angie O'Malley reports, "Our CROSS group has gotten so large (26 attendance), we have had to divide into two groups. We also have provided start-up leadership for another CROSS group in a nearby Independent Christian Church. They are running between 20 and 25 consumers in attendance.

Oklahoma Annual Conference: Barbara Schneeberg writes

about the latest on their Local Congregation Mental Illness Network (LCMIN), which now falls under the category of Ministry and Service Teams. "With the support of our new District Superintendent, our plan is to develop a Tulsa District model for local congregations inclusive of all differently abled persons. It is called the Ministry of Access Team. We have had several meetings so far with volunteers from responding churches. One goal under consideration is to bring the Lay Speakers Training class on Mental Illness Ministries to Oklahoma." Barbara presented workshops on Spirituality and Mental Illness at the NAMI OK Annual State Conference March 24th and at the Annual Consumer Empowerment Conference held at First United Methodist Church in May. Collaboration with NAMI OK continues with their Visions for Tomorrow Caregiver of Children with Severe Emotional Disorders Program. As a result of the pilot at Faith UMC last spring, there was a statewide training event for eleven new instructors which brings the total number of Oklahoma Visions instructors to 15. These free classes are now forming in a number of Oklahoma communities. They've also been exploring FaithLinks - the new opportunities for Faith Community and State Government Relations with the state liaison Brad Yarborough. Representatives from LCMIN attended workshops held in Tulsa and Oklahoma City to learn more about Charitable Choice.

A beginning effort is being made in the *South Carolina Conference of the United Methodist Church* by Ed Giles. He wrote each District Superintendent, sent a copy of a bulletin, and asked them to distribute it in the next mailing. In addition, this Conference is preparing information to be uploaded on the web page <www.umcsc.org>.

Mental Illness Ministries was presented at the Virginia Conference of the United Methodist Church's Lay Speaking Ministries School in Blackstone, VA in March 2001. The course synopsis is posted on the GBCS web site to assure its wide availability.