



VOLUME 13, #2, FALL 2006

Pathways to Promise

INTERFAITH MINISTRIES AND PROLONGED MENTAL ILLNESSES

- *October 2-6 is Mental Illness Awareness Week. Order your Pathways resources today.*
- *Poster Project Moving Forward*
- *It's time to renew your membership for 2007. See the back page for details.*
- *New resource items now available*

Mental Illness Awareness Week—National Day of Prayer

National Day of Prayer for Mental Illness Recovery and Understanding - October 3, 2006 is Tuesday of Mental Illness Awareness Week. Thanks to many of you, the first National Day of Prayer for Mental Illness Recovery and Understanding on October 5, 2004 and the October 2005 event were great successes. We pray that even more of you will be successful in having your places of worship participate this year.

There is not just one way that this day should be celebrated. We encourage each of you to attempt to do so in your place of worship in a manner in which you and your fellow parishioners are comfortable. If you are not able to schedule a service on the Tuesday of MIAW, please attempt to have a special prayer for Mental Illness Recovery and Wellness during your regular worship service.

Having those with a mental illness and their families brought to God in prayer is important. Prayer does work. For further information concerning this special day of prayer and other helps for Mental Illness Awareness Week see page 5 of this newsletter.

A WORD FROM YOUR CHAIR BOB DELL

WHAT'S ON MY MIND

Our **Pathways Board** [of Directors] is in fact composed of representatives of the supporting faith groups. Recently, the Bylaws were amended to include local congregations or regional groups which have a health/mental illness ministry. We hope in this way to be representative of the emerging and growing ministry carried on in a multitude of settings. See page 9 for the list of Pathways Board members.

Our **Sunshine From Darkness Poster Project** is well received. What a thrill to see a project move ahead successfully! Our grant from the American Psychiatric Foundation (received April 1) was to distribute 26,000 the poster packets (poster and resource information) nationwide.

As of September 1, all posters had been mailed or scheduled for mailing. Special thanks to office staff, Vicki and Jaime, who saw to it that it all got done, and to our consultants Jim Zahniser and Edwin Estevez who are doing follow-up phone surveys, and whose consultation was most valuable. Of course, thanks also to staff of the following faith groups who facilitated things on their end: Presbyterian Church USA, United Church of Christ, Roman Catholic Dioceses, Evangelical Lutheran Church of America, Lutheran Church-Missouri Synod Board for Human Care Ministries, United Methodist Church, and the Episcopal Mental Illness Network. We are now doing a second printing and will be working with additional faith groups on which we will report later. This gives us opportunity to work with some

groups of which have not been active of late with Pathways. *Note: Distribution differed; if your congregation did not receive a poster packet, the poster may be seen and ordered via email through www.pathways2promise.org.*

Pathways newest manual, **Walking Together**, is designed as an interactive workshop tool to understand and combat stigma. Participants will have an opportunity to reflect, remember, and gain insight through a series of nine activities. With the help of a grant from the Mental Illness Network, United Church of Christ, the manual is available from Pathways at an introductory price of \$10.

See CHAIR Page 9

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Network Reports

Christian Reformed Church of North America

After serving faithfully for 14 years as the Director of Disability Concerns for the Christian Reformed Church, Dr. James Vanderlaan retired this past summer.

The new director is Rev. Mark Stephenson. For more information on Disability Concerns, a member organization of Pathways to Promise, visit www.crcna.org/pages/disability.cfm.

Mennonite Central Committee

An era came to a close at the end of March with the elimination of Irma Janzen's position directing MCC Canada's Handicap Concerns Program which began back in the early '80's. The Mental Health Program followed in 1988 with Travis Reimer as the first staff position. In 1992, the two programs were combined under Irma's direction. People within MCC Canada understand that although stigma is less, it still exists; that while living conditions and work opportunities have increased for many people, those persons who live with mental illness or other disability are still the poor of our country; and that many congregations have a greater understanding of disabilities and mental illness, but that many people who live with such conditions are still on the fringe of the church. While there is no plan to replace Irma, there are a couple of her projects that may still happen. One is to host a national interchurch disabilities and mental health consultation. The other has to do with all the work they have done on Fetal Alcohol Spectrum Disorders (FASD) and putting that together with restorative justice. We here at Pathways grieve with Irma Janzen at the close of MCC's program and will miss their newsletter as well as easy access to some wonderful resources.

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The Lutheran Network on Mental Illness/Brain Disorders

The All-Lutheran Candle Lighting for Mental Illness will be held during the month of October. On the Sunday of their choice, all congregations are encouraged to light a candle and pray for persons with mental illness and their families. Resources are available on their website www.elca.org/disability.

Jim Gerhard set up the LNMI display at the Youth Gathering in San Antonio in July. Lutheran Social Services of Minnesota held more than 65 camps this summer for school-aged children who were affected by Hurricanes Katrina and Rita. Many of the children affected by the Gulf Coast hurricanes are beginning to show signs of emotional distress and post-traumatic stress disorder (PTSD). The camps, called Camp Noah, were designed to offer a safe setting for children to address their fears in an effort to relieve reactive symptoms. Volunteer mental health professionals were available throughout each week-long camp.

Virginia Interfaith Committee on Mental Illness Ministries

The National Day of Prayer for Mental Illness Recovery and Understanding Candlelight Service held last year in Fredericksburg, VA is highlighted on the FaithNet NAMI website as an example of an interfaith service. For more info about VICOMIN visit www.vaumc.org/

National Catholic Partnership on Disability

A council on mental illness has been established to help the Catholic community reach out to those with mental illness and their families. Jerry Freewalt, who chairs the governing board, reports that the group will provide resources and training to pastors, deacons, diocesan and parish personnel in an effort to reach out to Catholics who experience mental illness and to their families. Many of the dioceses are participating in the distribution of the Poster

Presbyterian Serious Mental Illness Network—PSMIN

Because of their expertise in the field of mental illness, Gunnar Christiansen, PSMIN's Regional Representative for Southern California, and Dave Zuverink, former head of the PC(USA) Office of Health Ministries, were invited to address the denomination's Advisory Committee on Social Witness Policy Task Force which met recently in San Francisco. The Advisory Committee is scheduled to release its report and recommendations at the denomination's next General Assembly.

PSMIN and the Presbyterian Health, Education & Welfare Association (PHEWA) invite all to gather in New Orleans (Jan 11-14, 2007) for the **Social Justice Biennial Conference** to witness the destruction and the rebuilding efforts following Katrina and the break in the levees. Participants will learn from local persons and organizations and be challenged to go back into their own communities and congregations and address similar issues of poverty, race and class. Particular attention will be focused on understanding the concerns faced by those populations most at risk during times of trauma and crisis.

A post-conference training in "Psychological First Aid" will be offered the afternoon of Sunday, January 14. This training is for mental health professionals, pastors and persons who would like to learn very practical ways to help people in times of crisis and trauma. View conference flyer at www.pcusa.org/phewa.

PATHWAYS TO PROMISE

5400 Arsenal St., St. Louis, MO 63139

Phone: 314-877-6489

Fax: 314-877-6405

E-mail: Pathways@mimh.edu

Web: Pathways2Promise.org

Editors: Flo Kraft & Vicki Eichhorn

FaithNet NAMI

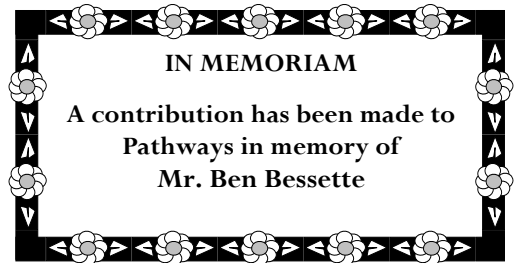
Transfer of responsibility for the FaithNet NAMI website (www.faithnetnami.org) from Gunner Christiansen, its founder, to NAMI National has been completed. At the Opening Plenary of the 2006 NAMI Convention, Gunnar and Susan were honored with NAMI's Distinguished Service Award in recognition of their exceptional efforts, including the countless hours spent developing and maintaining FaithNet. Gunnar urges each of us to visit the website frequently, advise others of the expanded outreach offered by NAMI National to and through the faith community, and send notes of appreciation to the NAMI Board of Directors and to Executive Director, Mike Fitzpatrick (mfitzpatrick@nami.org) for their willing-

ness to have NAMI staff time devoted to this advocacy. Letters, emails or telephone calls of support are particularly important in these early stages.

Approximately 40 Convention attendees gathered for a FaithNet networking session during the NAMI Convention. Presenters included Rev. Dr. Craig Rennebohm of Seattle's Mental Health Chaplaincy; Rev. Bob Dell of Pathways to Promise; Rev. Susan Gregg-Schroeder of Mental Health Ministries; and Margaret Ann Holt of VICOMIM. In response to requests during this session, NAMI has created a general FaithNet flier for distribution at local NAMI events and through local faith communities. The flier is available for download at their website (www.nami.org).

Episcopal Mental Illness Network

EMIN has just received a grant from the Keller Fund to have workshop planning meetings to develop Arkansas-specific information. The next issue of *EMIN News* will be published this month and available on the EMIN website (www.eminnews.org). Anyone interested in receiving a paper copy should contact Bean Murray. EMIN has mailed the Pathways poster packet to each Arkansas Episcopal congregation along with Bob Dell's letter and a cover letter from the Rt. Rev. Larry Maze, Arkansas Bishop.



International Conference of War Veteran Ministers

The International Conference of War Veteran Ministers will be holding its Annual Meeting in Menlo Park, California this October, following a weekend Spiritual Healing Retreat for veterans and others with PTSD, and their spouses or significant others. Special scholarships are available at the retreat for veterans of the Iraq and Afghanistan conflicts.

At the Annual Meeting, a workshop will be presented by Elizabeth Vermilyea, who with Pathways to Promise Vice President Jackson Day is one of the co-authors of the new book *Risking Connection in Faith Communities: A Training Curriculum for Faith Leaders supporting Trauma Survivors*. The book, published in February by the Sidran Institute of Towson, Maryland, has received excellent reviews. For instance, Dr. Anne Stewart, President of the American Association of Pastoral Counselors, stated, "Risking Connection in Faith Communities offers a unique tool for professional growth in pastoral care to serve a needy population....This manual provides the tools necessary to help pastor and lay caregivers develop a clearer outreach ministry to those members who have experienced traumatic events. The chapter on "Spiritual Connection and Trauma" describes ways in which a traumatic event can challenge one's faith, as well as how faith can also be a major healing force in recovering from the trauma. The chapter on "Healing Communities" is useful for any congregation that wishes to grow in its capacity to be a safe and secure place for its members. The tips on self-care for faith leaders, emphasizing appropriate boundaries, are useful beyond the context of working with trauma survivors. Full of short, illustrative, case examples from a variety of faith traditions, the curriculum makes clear that these persons are your friends and acquaintances with whom you worship. I highly recommend this resource for pastors and lay ministers in congregations. It is also an excellent reference for those being trained in seminaries as well as in graduate programs in pastoral counseling."

ICWVM President Alan Cutter, a Navy veteran of the Vietnam war, who has been pastor of a Presbyterian congregation in Duluth, Michigan, has accepted a call as General Presbyter of the Presbytery of South Louisiana. A large proportion of the churches in this Presbytery were destroyed or damaged by Hurricane Katrina. The Presbytery web site indicates that Alan's familiarity with psychological trauma is an important gift that he brings to the role.

Membership Update

Welcome to our new members and thank you to our long time friends for their renewals.

National Members

American Association of Pastoral Counselors, Fairfax, VA
 Christian Reformed Church of North America
 National Catholic Partnership on Disability
 United Church of Christ

Congregations

The United Church of Sandwich, IL

Others

Ministry with Persons with Disabilities, Lansing, MI
 Taunton State Hospital, Taunton, MA
 Mr. Robert Redfearn, Knightdale, NC
 West Parish Church, Andover, MA

Special thanks to individual members who provided generous gifts

Ms. Sue Maltman, Wauseon, OH
 Pastor Curtis & Mrs. Ruth Johnson, Bayfield, WI

Celebration of Life Presbyterian Church wins the Florence Iversen Kraft Award

The Presbyterian Serious Mental Illness Network (PSMIN) presented the Celebration of Life Presbyterian Church in Mesa, Arizona, the Florence Iversen Kraft Award at the 217th General Assembly of the Presbyterian Church (USA). The award honors a congregation that has outstanding ministries with individuals and families affected by serious mental illness. Celebration of Life welcomes active participation of persons with mental illness in the life and worship of the congregation, and has an ongoing ministry of outreach to homeless persons and families affected by mental illness. Visit the PSMIN web site to see this story and other resources – www.pcusa.org/phewa/psmin.htm.

Mental Health Ministries

There have been a number of inquiries about the length of some of the Mental Health Ministries resources. All are short enough to use in a class and a discussion guide is included. All media resources feature at least two persons sharing their story as well as knowledgeable professionals. Some resources, like "Creating Caring Congregations" can be used in four different settings. More information on each video tape, plus the unique "Mental Health Mission Moments" DVD, with 2-3 minute clips from each resource is available at www.MentalHealthMinistries.net.

Mental Health Ministries is currently working with Pacific Media Ministry to produce a short resource on postpartum depression. Unfortunately, they do not have sufficient funds to complete this project. If you would like to be one of the sponsors for this documentary, contact Susan at sgschroed@cox.net

An audio tape of Susan's "Mental Illness as a Spiritual Journey" can be heard on the FaithNet NAMI website. She is also scheduled to speak at the NAMI South Carolina State Convention and conduct a one day fall conference in Raleigh, NC sponsored by NAMI North Carolina and the NC Mental Health Association. (see Calendar page 5).

**On the Web...**

www.copecaredeal.org - MindZone is a new teen-friendly, confidential resource

for teens seeking information on mental health related concerns - sponsored by the Annenberg Foundation Trust.

www.pfr.samhsa.gov - Partners for Recovery offers a central resource for organizations and groups that work to help individuals and families achieve and maintain recovery.

<http://www.crcna.org/pages/disability.cfm#publications> - Resources are available supporting the theme "Offering Hope: the Church's Role with Mental Illness"

<http://www.mentalhealthscreening.org/> - Offers a Depression Screening Kit and other information

www.crcna.org/pages/disability.cfm - Access to "Breaking Barriers", the newsletter published by Disability Concerns, Christian Reformed Church in North America

"The **Office of Juvenile Justice and Delinquency Prevention** is committed to ensuring a level playing field for faith- and community-based organizations," OJJDP Administrator J. Robert Flores recently affirmed, adding, "The services they provide are integral to our efforts to prevent and address delinquency." OJJDP is pleased to announce the launching of its Faith-Based & Community Initiatives, including outreach efforts, through conferences and meetings, to assist faith-based and community organizations in serving America's youth; programs that exemplify the contributions of such organizations to preventing and combating delinquency; and OJJDP-funded publications that provide information on the youth-serving activities of faith- and community-based organizations. Visit OJJDP's Faith-Based & Community Initiatives page at www.ojjdp.ncjrs.gov/fbci/index.html.

MENTAL ILLNESS AWARENESS RESOURCES

Are you looking for ways to raise awareness and understanding of mental health? Is it your goal to spread stigma-reducing messages? Do you want to mobilize people and organizations in your community?

Hold a walkathon! Walks are tried and true ways to involve interested individuals and organizations around an event that will generate greater public awareness and understanding of mental health. This understanding will in turn lead to a reduction in the stigma surrounding mental illnesses.

The Substance Abuse and Mental Health Services Administration's (SAMHSA's) Resource Center to Address Discrimination and Stigma announces the availability of "Mental Health Anti-Stigma Walkathon Development Guide."

This Guide contains all the information you need to plan your walkathon including selecting your walk site, date, and time; recruiting volunteers; identifying sponsors; working with the media; creating a budget; managing event details, and more.

Check it out online www.stopstigma.samhsa.gov and start planning a walkathon in your community! Questions? 1-800-540-0320 or stopstigma@samhsa.hhs.gov

See what's happening in your area and visit the following websites for ideas:

www.faithnet.nami.org - Includes a Candlelight Service to download from Margaret Ann Holt

www.nmha.org/may - Materials available for use throughout the year from the National Mental Health Association

www.mentalhealthministries.net - Find useful bulletin inserts to download

www.elca.org/disability - Includes the All Lutheran Candlelight Service from the Evangelical Lutheran Church in America

www.Pathways2Promise.org - See the resource order form in this newsletter



Mark Your Calendar

Sept 21 - **Day of Conversation for Pastors**

-Brook Lane, Hagerstown, MD Phone: 301-733-0330 or 1-800-342-2992

Sept 22-23 - **NAMI Tennessee 2006 State**

Convention - Gatlinburg, TN; Holiday Inn, 520 Historic Nature Trail - Phone: 800-467-3589

Sept. 26 - **SAMHSA Regional Meeting; Anti-Stigma Campaign:** - **Chicago, IL** - Navy Pier, Room 328; 600 E. Grand Ave; rsypCHICAGO@vancomm.com (For more info see Bits & Pieces, p. 8)

Oct. 1-8 - Mental Illness Awareness Week

Oct. 3 - National Day of Prayer for Mental Illness Awareness, Recovery and Understanding

Oct 5 - National Depression Screening Day - For more information or to find sites in your area call 781-239-0071 or visit www.mentalhealthscreening.org

Oct 21 - **Shattering the Secrecy** - St. Mark's United Methodist Church, Midlothian, VA - focus on teen depression and suicide. Visit VICOMIM website: www.vaumc.org/gm/micom.htm

Oct 25-29 - **Alternatives 2006 Conference** - "Blazing the Trail to Recovery through Transformation" - Portland, OR. For information, call (800) 776-1286 or visit www.alternatives2006.org

Nov 3-7 - **South Carolina NAMI State Conference** - "Recovery: Dream to Reality" - Hilton Oceanfront Resort, Hilton Head, SC. Contact: David.Almeida@namisc.org

Nov 4-5 - **2006 NAMI Missouri Annual Conference** - The Lodge at Port Arrowhead, Lake Ozark, MO - Contact NAMI

Missouri at 573-634-7727 or 800-374-2138

Nov. 7 - **Fall Mental Health Ministries Conference** - Raleigh, NC; sponsored by NC United Methodist Conference, NAMI of NC and NC Mental Health Association. Susan Gregg Schroeder is a presenter. Contact Dr. John Crowe at DrCrowe1@cs.com or visit: www.nccumc.org

Jan 11-14 **PHEWA Social Justice Biennial Conference**— New Orleans, LA; Visit conference at www.pcusa.org/phewa.

Jan 25-26, 2007 - **Annual Seminar for Pastors** - Brook Lane, Hagerstown, MD; Phone: 301-733-0330 or 1-800-342-2992

Interfaith Network for Mental Health - Minneapolis, MN; 11:30 to 1:30 at Temple Israel. [Quarterly gatherings](#) offer a free noon meal, information sharing and networking among faith communities. Contact DAMI at 612-230-3264

Visit our event calendar at

www.Pathways2Promise.org

Send your meeting details to Bob.Dell@ecunet.org

The Way of Companionship

Hugo had been on the streets for more than a year, struggling with symptoms of schizophrenia. He was invisible to most passersby, a quiet man foraging in dumpsters to survive and sleeping in alleys and doorways. Janey was plagued by mood swings and an untreated bipolar disorder that often made it difficult to access shelters or meal programs. David was deeply depressed, withdrawn into his room, not talking. Hugo, Janey and David were caught in their illness worlds, unable to accept or reach out for care, but not ill enough to meet criteria for involuntary care.

We offered companionship, a ministry of presence on the street and in the community which builds a trusting, one-to-one relationship as a basis for long-term healing. I gently introduced myself to Hugo and shared the journey with him from the street to stability. A volunteer companion befriended Janey and made the pilgrimage with her through the community mental health system into housing, part-time work and increasing wellness. Several of us in the chaplaincy, along with his family and pastor, companioned David, helping open the doors to treatment, and continuing our support as recovery proceeded.

Over the last 20 years, we have developed companionship as a way of ministry with individuals facing mental illness. Companionship is an intentional relationship in which we respond with empathy, compassion and understanding to the suffering and struggles caused by a brain disorder. We teach companionship as a capacity in us all and a calling for us all, a way of approaching each other as human beings and souls of infinite worth and value.

Companionship begins with the practice of *hospitality*, creating, as Henry Nouwen calls it, “safe space,” with each other, moments of simple kindness, tenderness and nurture. We practice solidarity, sharing the journey *side by side*, looking out at the world together, honoring each other’s unique and particular experience and perspective. We practice a *sevenfold listening*: receiving the other as they are; tuning to the troubling emotions and difficult themes of life that illness presents; listening also to what is coming up in ourselves; taking care with responses; listening over time and in the context of community; listening especially for the authentic words of faith and possibility; listening, finally, for the movement of the Spirit at the heart of our lives. We listen for the larger story in which all of our lives have meaning and purpose, promise and hope. We practice *accompaniment*, going out into the world together, step by step, to meet others and widen the circle of care, keeping each other in thought and prayer.

Companionship is a way of faith, ever open to the deepest levels of life, a way rooted in love and in the belief that a healing tenderness is at the heart of every moment.

The Rev. Craig Rennebohm founded the Mental Health Chaplaincy in Seattle in 1987. The Chaplaincy does outreach on the streets with homeless, mentally ill individuals, offers pastoral care services in hospital, outpatient settings and with families. It also provides training to clergy and laity in local congregations to build mental health ministries, and continually advocate for an effective, readily accessible community mental health system. Craig is a United Church of Christ minister and served as a parish pastor for 15 years prior to the Chaplaincy. He completed a D.Min at the Pacific School of Religion with a special focus on pastoral care with individuals facing mental illness, and gratefully acknowledges all those who have companioned him on his journey with mental illness. Craig is looking forward to sharing the work of the chaplaincy and exploring issues of spirituality and mental illness in a series of residencies in 10 to 12 cities in 2007 (for more info www.mentalhealthchaplain.org).

Note from Gunnar Christiansen writes: “I have been aware of and have admired the work of Craig for about 20 years. He has very quietly but also very effectively walked the streets of Seattle in order to communicate with and be of assistance to the homeless, [especially] those with a mental illness. I can’t think of anyone who has done more to show love and compassion for his fellowman.”


THE LIVES THEY LEFT BEHIND

In observance of "The Year of the Consumer 2006", the exhibition "The Lives They Left Behind: Suitcases from a State Hospital Attic" debuts on September 11th at the Substance Abuse and Mental Health Services Administration (SAMHSA) in Rockville, Maryland. Preview of the exhibit began September 1st.

In 1995, during the closure of the Willard Psychiatric Center in New York's Finger Lakes region, several hundred suitcases filled with the personal belongings of former patients were discovered in the hospital attic. The suitcases and their contents bear witness to the rich, complex lives these people led before they were hospitalized at Willard.

The traveling exhibit features pictures and stories that illustrate the ordinary lives led by people dealing with hardships – hardships that sealed their fate to a lifetime in a mental hospital. The exhibit was created by The Community Consortium, an organization of people with psychiatric histories and their allies, to honor the memories of these people and others like them who were removed from their communities and institutionalized in the early-mid 20th century. The exhibit is circulated by The Exhibition Alliance of Hamilton, New York.

The exhibit is open to the general public from 8:30-5:00 pm daily until September 27th in the first floor historical and waiting rooms. To make an appointment to see the exhibit, contact Carole Schauer at (240)276-1948 or carole.schauer@samhsa.hhs.gov or Carlton Speight at (240)276-1949 or carlton.speight@samhsa.hhs.gov



**May is Mental
Health Month.
Plan early!**

2nd ANNUAL VOICE AWARDS

Recognizing that entertainment has a tremendous influence over how the public views important social issues, the Substance Abuse and Mental Health Services Administration (SAMHSA) in partnership with the Ad Council; American Counseling Association, the American Psychological Association, the American Psychiatric Foundation, Anxiety Disorders Association of America, NARSAD, the Mental Health Media Partnership and the Association of State Mental Health Program Directors held a gala event at the Skirball Cultural Center in Los Angeles.

Winners in the television category were the crime series drama *Law and Order: Special Victims Unit* for the episode "Ripped" which highlights the role a therapist can play; and Sue Thomas: F.B. Eye for the episode "Mind Games" focused on how a psychiatrist helped educate and change the mistaken assumptions of police investigators about a person with mental health problems. Winners in the film category were "Proof" in which the daughter of a brilliant mathematician affected by mental illness comes face-to-face with her fears about possible predisposition toward mental illness; and "Jellysmoke" explores the adjustment to life outside a psychiatric hospital by a young man with bipolar disorder.

Radio category awards went to Morning Edition (NPR) for "Katrina and Recovery" which focused on mental health in the aftermath of the Gulf hurricanes; and "One in Five" (Radio New Zealand) which tells the story of actress Victoria Maxwell's experience with bipolar disease.

Mennonite Media was a documentary winner for "Shadow Voices" along with the Emmy-nominated "I Have Tourette's, but Tourette's Doesn't Have Me" which provides insight on how children with Tourette's disorder live with their illness; and the six-part documentary "Legacy of the Harp" which profiles people with mental illness who have reclaimed their lives and are helping others recover.

David Hoberman, co-creator and executive producer of "Monk" who has over 100 movies to his credit, received a Career Achievement Award for his years of mental health advocacy. Special recognition awards were presented to Patty Duke and Ruta Lee. Mariel Hemingway hosted this year's Voice Awards. Hemingway has become an outspoken advocate for mental illness and suicide prevention. In her book "Finding My Balance" she details her quest for life balance in a family known for its history of mental illness.

Stigma is a major barrier to mental health care in the U.S. and programs like the Voice Awards are part of SAMHSA's campaign dedicated to breaking down stigma and helping people obtain the services they want and need.

Consumer Column

Research and Training Center to Study Mental Health Self Determination - The University of Illinois at Chicago (UIC), National Research and Training Center has been awarded a five-year grant by SAMHSA's Center for Mental Health Services and the U.S. Department of Education to study evidence-based practice, person-driven services, and transformation of the mental Health system. The Center is partnering with Judi Chamberlin, Mary Ellen Copeland, Dan Fisher, Anthony Fox, Larry Fricks, Mike Halligan, Kathy Muscari, Joseph Rogers and many others on a series of innovative research and training projects.

This includes Wellness Recovery Action Planning (WRAP) in Ohio, Certified Peer Specialists services in Georgia, the BRIDGES peer-led education model in Tennessee, and the self-directed care "money-follows-the-person" model in Texas.

Training projects include national dissemination of Leadership Academy by CONTAC in West Virginia, development of statewide consumer leadership response to California's Proposition 63 at the National Empowerment Center in Massachusetts, and Freedom Self-Advocacy training by the National Mental Health Consumers' Self-Help Clearinghouse in Pennsylvania. Other training and education projects focus on peer provider certification, financial asset development, research careers for people in recovery, inpatient seclusion and restraint reduction, and workforce development.

The Center also offers online workshops, web casts, and web-based continuing education courses, as well as free downloadable resources. To learn more, visit: www.cmhsrp.uic.edu/nrtc/

[Webcast Available on Evidence for Consumer-Driven Services](#) - The UIC National Research and Training Center is offering a workshop entitled "Grading the Evidence for Consumer-Driven Services as part of its national web-based education program. The speakers discuss the evidence base for consumer-operated, delivered, and centered services where people control the kinds of help they get, from whom, and in what settings. To view this web cast and download transcripts and slides, visit the UIC National Research and Training Center's website at: www.psych.uic.edu/uicnrtc/webcast1.htm

Bits & Pieces

News from SAMHSA (Substance Abuse and Mental Health Services Administration)

A National Anti-Stigma Campaign (NASC) with nationwide television, radio and print public advertising, developed by the Advertising Council in cooperation with SAMHSA, is expected to launch in early October. In support of this campaign, SAMHSA is holding a series of regional meetings aimed at helping statewide and local groups to partner in this effort. The meetings are free but attendees are responsible for their own travel, lodging and meal expenses. Each full-day meeting will feature a sneak preview of the NASC as well as presentations and training by SAMHSA officials, Ad Council experts, and outreach leaders on supporting public service campaigns, media relations, the consumer and family experience, the technical resources of SAMHSA and more. The meeting schedule is shown on page 5. To register for one of these meetings, please respond to the appropriate RSVP address.

Teleconference Archives: Because

scheduling conflicts have often prevented people from joining in the live teleconferences which SAMHSA's Resource Center to Address Discrimination and Stigma (ADS Center) hosts about six times a year, they have begun an online archive for individuals and groups to utilize at their convenience. Visit the ADS Center website at www.stopstigma.samhsa.gov/archtel.htm where titles, instructions for play and download are included.

Co-occurring Substance Use and

Mental Disorders - According to SAMHSA's national survey on drug use and health as published in the July 2006 issue of the Journal of Substance Abuse Treatment, almost all facilities that treat significant numbers of children and adolescents for substance abuse conduct comprehensive substance abuse assessments (97%). Although best practice guidelines recommend that treatment of adolescents should address psychiatric, medical, family and environmental problems as well as substance abuse, only half of treatment facilities are prepared to address co-occurring substance use and mental disorders in adolescents.

Two new reports from SAMHSA addressing "Depression Among Adolescents" and "Depression Among Adults" estimate that 2.2 million adolescents and 17.1 million adults experienced at least one major depressive episode in the twelve months prior to the survey. The reports are available online at www.oas.samhsa.gov

Ted and Roberta Mann Foundation together with the PACER Center of Minneapolis sponsored a free symposium on August 8th to examine learning and mental health disabilities in children. Paula Goldberg, PACER executive director reports, "Based on the overwhelming number of reservations received and the size of the waiting list, we are planning a similar event next year." For information about results of the conference or to learn about registration for next year's symposium, visit www.pacer.org.

Pediatric Bipolar Disorder Education for Teachers - The Child and Adolescent Bipolar Foundation recently released an interactive CD-ROM designed to help educators better understand bipolar disorder in children. Parent reviews have been outstanding. To order visit the Foundation's website: www.bpkids.org.

Friends of Pathways at NAMI 2006

FaithNet NAMI Booth. From left to right: Dr. Gunnar Christiansen (co-founder FaithNet NAMI), Rev. Susan Gregg-Schroeder (Mental Health Ministries), Rev. Bob Dell (Pathways to Promise), Margaret Ann Holt (VICOMIM), Rev. Craig Rennebohm (Mental Health Chaplaincy, Seattle). Seated: Rev. Rose Ann Briotte (Psychiatric Chaplain).

CHAIR from page 1

The **2006 NAMI Conference** has come and gone, once again. We handed out close to 500 posters. A real plus, many of these went to people whose faith group is not a part of the present distribution. The opportunity to 'network' is always an important benefit.

It seems that each year there is something to mark the conference as special, certainly that was true this year. Congratulations to Gunnar and Susan Christiansen, founders of FaithNet, who were honored with **NAMI's Distinguished Service Award**. In presenting the award, NAMI's president Suzanne Vogel-Scibilia made the following remarks: "The Distinguished Service Award is NAMI's highest honor. It is given to recognize exceptional efforts with national significance to support NAMI's goal of improving the lives of people with mental illnesses and the lives of their loved ones."

Another Pathways friend, Susan Gregg-Schroeder was recently honored. *Shadow Voices* has been selected as a winner of the **2006 Voice Award!** Susan represented Mennonite Media in receiving the award. *Shadow Voices* continues to make an impact on people's lives and will be "re-purposed" for the Hallmark Channel this fall. See page 7 for more details.

Thanks to FaithNet and to Connie Shantz (NAMI national office) for the exhibit booth and to the following whose presence at the booth meant so much: Susan Gregg-Schroeder (Mental Health Ministries); Craig Rennebohm (Seattle Street Ministry); Margaret Ann Holt (Vicomin) and Rose Ann Briotte (Lakeside Mental Health Institute) also helped. See you June 20-24 in San Diego for NAMI 2007. Plan now to attend!

Pathways to Promise Board of Representatives

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Cherian Thomas, United Methodist Church General Board of Global Ministries, New York, NY

Susan Gregg-Schroeder, United Methodist Church Mental Illness Network, San Diego, CA

Continuing Stories . . .

Painting sold for \$6,500!... Pathways readers may remember our story (Home Ownership, Spring 2006) about Jerome Lawrence, the ‘first ever’ mental health services consumer to receive an Atlanta home from Habitat for Humanity. We learned from Brenda Gales (Presbyterian Serious Mental Illness Network) that one of his paintings was sold for \$6,500 at Atlanta’s Winter Weekend auction. Before the bidding began, Rosalyn Carter told everyone to check out other paintings for sale on his website www.jeromelawrence.net/

Also, Jerome was invited to Washington, DC to receive an award for consumer advocacy from the Campaign for Mental Health Reform, a coalition made up of 16 national mental health organizations including NAMI, the National Mental Health Association, the American Psychiatric Association and others. Among the people who also received awards at the dinner were Mrs. Carter, Senator Gordon Smith (Oregon) and Congressman Patrick Kennedy (Rhode Island).

Home Buyers Club Opens Door to Housing. .. From Nashville, Pathways received this background information on the program through which Philip and David Lewis were able to buy a condo (Spring 2006). It was provided by Ms. Luetta Hix, Consumer Housing Specialist for the Housing Within Reach project of the Tennessee Department of Mental Health and Developmental Disabilities (TDMHDD).

As part of my job requirements, I am asked to draw on my own experience as a mental health consumer to develop services that other consumers may find meaningful. In the Fall of 2004, notice of the Federal Home Loan Bank of Cincinnati’s “American Dream Home-ownership Challenge” grant announced a fund which banks could apply to provide down payment and closing cost assistance to persons who have disabilities. A small portion of the funds could be directed toward preparing individuals for home ownership. This might be a real possibility for people who have mental illness or co-occurring disorders.

As a team (Bob Currie, TDMHDD; Rod Williams, Woodbine Community Organization; and Carla Jarrell, Pinnacle National Bank) we defined the classes and how the project would work. Students are expected to complete monthly classes for one year. Each student has a one-on-one “Front Door” session with Rod and more individualized sessions as needed. Home-buyer education classes emphasize money management, savings, home repair information, meeting with bankers, Realtors, credit bureau officials, individualized credit repair assistance, mortgages and predatory lending, and other skills needed to realize the American Dream of home ownership. Classes and individual sessions are free and provide support and encouragement while working toward positive goals.

When class participants like Philip and David become “mortgage ready” they get pre-qualified for a loan with Pinnacle. Bob steps in to advise them of other grants in addition to the American Dream Home-ownership Challenge and the Welcome Home grants that can be layered with their mortgage loan to reduce the monthly mortgage payment to an affordable level. The next step is to meet with a Realtor and begin looking at houses.

The Lewis brothers have inspired others in the club and our community with their experiences, enthusiasm and success. It is so exciting to see the Lewis’s complete their home purchase!

Another possibility for consumers to purchase a place of their own is provided through HUD’s Voucher Home-ownership Program that allows public housing authorities to provide assistance to low-income, first-time home buyers. The U.S. Department of Housing and Urban Development recently released a report that provides a national snapshot of this program which can be viewed at: <http://www.huduser.org/publications/homeown.html>.

An Open Letter to My Church Family

This is a letter which the author did not send to her church for fear of stigma. It is a vivid illustration that stigma is still with us. Thanks to Jim Zahniser who secured permission to pass the letter on to Pathways. We hope the writer will understand that due to space limitations we were not able to include the entire letter, but we thank them for sharing the letter with us.

It speaks eloquently to Pathways' goals of congregational acceptance, welcome, and inclusion of persons with mental illness and their families.

I am writing this letter to you as a plea for understanding, not only for me, but also for others who suffer with similar illnesses. You are my family in the Lord. I love you, and I know you want to be supportive to me. While I cannot speak for every mentally ill person, many of the statements I make are true for others. A few may be unique to me.

I believe mental illness is today's "leprosy." Even in the church, it is shrouded in silence and isolation. Admitting to having a mental illness is a kind of emotional suicide. "Don't talk about it," "I have been advised by those closest to me. Deep inside, I know they are right. I did speak out when I was first diagnosed, and I bear the stigma that accompanies mental illness because I did. Being quiet now won't erase that, but maybe if I do speak out, someone will understand. Maybe that someone will be you.

The most important thing to me is that you accept my mental illness for what it is, an illness. It hurts when some of you treat my illness as a character flaw or sin condition. It is just as painful when you pretend nothing is wrong with me, and that, if I would just ignore my illness, it would somehow all go away.

One thing I really need from you is your prayer support, but all the warnings I have been given about keeping quiet about my illness make it hard for me to ask. I don't want to dwell on my symptoms, but there are times when I feel overwhelmed by them, and I wish I could tell you so without feeling guilty.

You may wonder what to pray for people like me. Pray that my symptoms won't lead me into sin. Pray for my relationships with my family and friends because those close to me suffer with me. Pray that God will help me to be a consistent Christian, despite my illness. Pray that Jesus will be seen in me. Of course, pray for my healing, but also pray that God will help me to accept my illness if healing is not His will for me. Your prayers are the best support you can give me. You and I may never know the depths to which I might have sunk without them.

I am still the same person with the same talents. Have you lost confidence in me just because you know I have an illness? I am still a capable person. Please don't declare me unfit to serve. Instead, I need your support, a mighty outpouring of prayer, that God will make me equal to any calling He gives me.

As with any illness, I may have to limit myself at times in order to protect my health and to insure doing my best for the Lord. Please allow me to set my own limits with the help of God, my family, and my doctor. If I see my symptoms are interfering with my service to the Lord or my health is being adversely affected, I will resign. Pray that God will give me discernment in this area of my life.

Also, everything is not a symptom of the illness; nor can everything be blamed on it. I am responsible for the choices I make, just as you are.

The one positive aspect of my illness is the creativity that often accompanies it. At times I get overly excited about ideas I have. One of my greatest frustrations is having my ideas discounted just because of my illness. I would love to be able to present my ideas as matter-of-factly orally as I do in writing, but sometimes I find that difficult. If you can look past my emotions, you will find many of my ideas are good ones. Examine them for their own merit, and then decide whether they are worthy of consideration.

Finally, no letter about my illness would be complete without my giving glory to God for all He has brought me through. Looking back, I can see God's love was reaching out to me even when I experienced the darkest moments of my life. He restored me, giving me more balanced mental health. I don't know what the future holds for me, but I am not afraid. Because He is with me, I have hope for the future in the midst of the uncertainty of my illness. My emotions cannot always be trusted, but my God can. I trust my life to Him.



PATHWAYS TO PROMISE

Interfaith Ministries and Prolonged Mental Illnesses

AMERICAN PSYCHIATRIC FOUNDATION AWARDS PATHWAYS TO PROMISE

\$87,900 GRANT FOR ANTI-STIGMA CAMPAIGN

SAINT LOUIS, Mo., June 1, 2006 -- With funding from the American Psychiatric Foundation, Pathways will collaborate with the American Association of Pastoral Counselors (AAPC), National Alliance on Mental Illness (NAMI), NAMI FaithNet (CA), and nine national faith groups to distribute informational, anti-stigma poster packets to approximately 26,000 congregations nationwide.

“The utilization of Faith Communities as an access point for information, education and treatment resources is extremely important and timely,” said Douglas M. Ronsheim, executive director of the American Association of Pastoral Counselors.

Participating faith groups include the Presbyterian Church USA, United Church of Christ, Roman Catholic Dioceses, Evangelical Lutheran Church of America, The Christian Church (Disciples of Christ), the Lutheran Church-Missouri Synod’s Board for Human Care Ministries, United Methodist Church-General Board of Church and Society, Episcopal Mental Illness Network, and the Union for Reform Judaism.

This project has the potential to reach 10 million people with the faith-relevant message that “light can emerge from darkness” for people with mental illnesses. Packets and subsequent materials to be ordered by local congregations will include information on the effectiveness of appropriate psychiatric treatment, how to access such treatment, how to obtain family support, and how to develop a more caring congregation for individuals and their families coping with mental illness. An attention-getting poster—based on artwork from a person with mental illness—photocopy-ready information sheets, and bulletin inserts will convey this vital information.

Evaluation of the project will utilize postcard survey responses and in-depth interviews with a sample of congregations from each of the participating faith groups. The evaluation will document the extent to which local congregations are better able to refer people to appropriate treatment, develop connections with local NAMI affiliates and other helpful organizations, and respond in more tangibly supportive ways to individuals and families coping with mental illness.

Pathways to Promise is an interfaith resource center in St. Louis offering liturgical and educational materials, program models, and networking information to promote a caring ministry with people with mental illness and their families.

The American Psychiatric Foundation is the philanthropic and educational arm of the American Psychiatric Association. The mission of the foundation is to advance public understanding that mental illnesses are real and can be effectively treated.

For more information, visit the Pathways to Promise web site at www.Pathways2Promise.org.

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For Information Contact:

Vicki Eichhorn

(314)877-6489

Pathways@mimh.edu

We have some new items!

For a complete description of these items please visit www.Pathways2Promise.org

Item (Prices include shipping & handling)	Quantity	Cost	Item Total
NEW Poster: Sunshine from Darkness 11x17		\$2.00	
NEW Poster: Sunshine from Darkness 8.5x11		\$0.50	
NEW Pathways Bookmark		\$0.20	
Mental Illness & Families of Faith Videotape		\$24.00	
Creating Caring Congregations Videotape		\$24.00	
Caring for the Soul: R'fuat Hanefesh - A Mental Health Resource & Study Guide		\$10.00	
NEW MANUAL: Walking Together: A Training Workshop for Faith Communities Supporting People with Mental Illness ***INTRODUCTORY PRICE***		\$10.00	
Pathways to Partnership (Basic Manual) Circle (or # of each): ☒ ____ Christian ☒ ____ Jewish		\$6.75	
Pathways to Understanding Manual (For Instructors & Students)		\$34.00	
Pathways to Understanding Videotape (For use with Manual above)		\$21.75	
Caring Congregations: Observations and Commentary (Overview)		\$6.75	
Worship Resources (A follow-up to Caring Congregations)		\$6.75	
The Bible As A Resource (Materials for sermons and articles)		\$6.75	
It Is Well With My Soul (Scriptures, prayers, & songs for African Americans)		\$4.75	
Who Has Mental Illness? A pamphlet about mental illness, resources & community outreach. Circle (or # of each): ☒ ____ Christian ☒ ____ Jewish		\$0.15	
When Mental Illness Strikes in a Family of Faith (A pamphlet for families and for clergy working with families who have a member who has mental illness) Circle (or # of each):☒ ____ Christian ☒ ____ Jewish ☒ ____ Roman Catholic		\$0.20	
NEW: When Mental Illness Strikes a Family of Faith – SPANISH Version		\$0.20	
Total due this page - carry over to next page			

More 

Pathways Resource Order Form

For a complete description of these items please visit www.Pathways2Promise.org

The following BULLETIN INSERTS are available in quantities of 25 only:			
Reaching Out to Someone Who has Mental Illness		\$3.50	
Mental Illness: Community Outreach		\$3.50	
Creating Caring Congregations for People with Mental Illness & Their Families		\$3.50	
Responding to People with Mental Illness in the Congregation and in the Community		\$3.50	
Rabbi Who Sinned? Myths and realities about mental illness		\$3.50	
Children and Mental Disorders: Myths and Facts		\$3.50	
Putting the Pieces Together: Correcting the Myths of Mental Health and Aging Circle (or # of each): <input type="checkbox"/> _____ Christian <input type="checkbox"/> _____ Jewish		\$3.50	
*Sample packet of above 7 inserts for \$2.00		\$2.00	
Amount due for bulletin inserts			
Amount due for other resources			
NOTE: Orders to Canada may incur additional shipping charges		Total Due	

Name: _____

Faith Group, Congregation or Organization: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Telephone: _____ FAX _____ Email: _____

Comments? _____

Complete the form below and mail with your check (sorry no credit cards accepted) made payable to:

Pathways to Promise

5400 Arsenal Street

St. Louis, MO 63139

Attn: Vicki

Questions? Email Pathways@mimh.edu or call 314-877-6489

2007 Pathways to Promise Membership

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

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

Individual - \$25 Congregation - \$50 Other Local Group/Agency - \$50
 Regional Body or Chapter of an Organization - \$150 National Religious Body - \$500*
 Other National Organization/Agency - \$500* 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 _____

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