



VOLUME 14, #2, FALL 2007

Pathways to Promise

INTERFAITH MINISTRIES AND MENTAL HEALTH

Mental Illness Awareness Week October 7-13, 2007 — In YOUR Congregation

- *Mental Illness Awareness Week October 7-13*
- *Schedule a mental health event for your congregation*
- *Renew your membership for 2008*

It's not too late to get your congregation and community involved! Here are some ideas:

- ⌘ Hold a National Day of Prayer for Mental Illness Recovery and Understanding in your sanctuary and invite the community. Visit www.FaithNet.nami.org for a downloadable flyer
- ⌘ Show a video such as "Shadow Voices" or one of the programs available from Mental Health Ministries with a discussion afterward.
- ⌘ Set up an information table in your house of worship with fact sheets about mental illnesses
- ⌘ Utilize the poster and a bulletin inserts from Pathways
- ⌘ There is a free downloadable resource on the Mental Health Ministries website with sample liturgies that can be adapted to your community. Visit the Resources and Links page of www.MentalHealthMinistries.net
- ⌘ Contact your local NAMI [http://www.nami.org/template.cfm?section=Your_Local_Nami] to find out how you can help make MIAW a success in your community

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It need not be Mental Illness Awareness Week for your congregation to focus on mental illness. The *Boston Globe* profiles a Boston-area church that is undertaking a week-long teach-in on mental illness with the support of its local NAMI. Access the article at the *Boston Globe* website: http://www.boston.com/news/local/articles/2007/09/06/church_to_focus_on_mental_illness/?page=full.

A WORD FROM YOUR CHAIR BOB DELL

Shortly before you read this, your Chair will have participated in a "Wellness Summit for People with Mental Illnesses." Recent research shows that people experiencing a mental illness are apt to die up to 25 years before the norm for the general population. Steps will be taken to integrate primary and mental health care. Pathways seems to be the only faith group representative. In the panel presentation, my point will be to champion a holistic approach – body, mind, and spirit for individuals; then, to support, similarly, a holistic approach to community so as to include local congregations. We'll keep you posted.

As we read this newsletter, it is most gratifying to see so much going on; let's use that momentum to reach out to more.

On the Web: As part of MIAW, the National Catholic Partnership on Disabilities/Mental

Illness Council is planning a web-based seminar for October 10th. Check www.ncpd.org/ as to how a local group can participate. (Open to all faith groups).

TV update: *Embracing Aging* is now scheduled to be shown on ABC TV beginning on January 8th. Along with Mennonite Media we plan to have discussion and reference material available. Air times vary, so check your local station.

The Seattle Mental Health Chaplaincy is working on a discussion guide dealing with dual diagnosis which will be helpful when the program on substance abuse airs. When ready, we will post information on the Pathways site.

See *Chair* Page 4

Network Reports

Christian Reformed Church of North America

CRCNA co-sponsored a workshop on including people with disabilities in the life of the congregation, *One Body Together in Christ*. The featured speaker, Sondra Williams, spoke about seeing herself first as a person, then as a person with autism. The 10 sectionals included one on mental illness: "Opportunities for Compassion: The Church and Mental Illness" presented by Dr. Russell Brubaker. The interactive session helped participants understand facts about people with mental illness, gain a biblical understanding of mental illness, and discover ways in which the church can minister effectively.

One Body Together in Christ is the opening session for a one-year grant received by Disability Concerns, The Gray Center, The CLC Network, and Friendship Ministries to partner with about 10 churches to offer multiple opportunities for congregations to understand better how to build an inclusive community with people with disabilities. This program is made possible through a Worship Renewal Grant from the Calvin Institute of Christian Worship, Grand Rapids, MI, with funds provided by Lilly Endowment Inc.

Disability Concerns commissioned and recently sent a Canadian version of the "Sunshine from Darkness" newsletter insert to all Christian Reformed Churches in Canada. The insert is now available from Pathways to Promise.

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The Lutheran Network on Mental Illness/Brain Disorders

The Lutheran Church-Missouri Synod's (LCMS) Taskforce on Disabilities has recently developed numerous resources which are available at their website www.lcms.org/disability. This website includes helpful materials on mental illness.

LCMS and the Evangelical Lutheran Church of America jointly support "Lutheran Network on Mental Illness/Brain Disorders" (LNMIBD). They work together to provide information and develop resources to educate church workers and congregants on supporting people with mental illness and their families.

Through a grant from a generous benefactor, they are sponsoring noted mental illness expert, Dr. Mary Moller, at the Concordia University Wisconsin Parish Nurse Conference in May 2008. For parish nurses of both denominations who are unable to attend, recordings of Dr. Moller's presentation and printed materials will be available on request.

FaithNet NAMI

The NAMI National Convention was held in San Diego in June. The FaithNet table included resources from Dr. Gunnar Christiansen, Pathways to Promise, the Faith Communities Education Project (FaithCEP, chaired by Carole Wills), and a new book, *Brain Bondage* by Angela Vickers.

The FaithNet website has a new address. www.faithnet.nami.org It differs from the old address by an addition of a dot between faithnet and nami.

This website continues to be one of the most frequently visited sections of the NAMI National website, which gets approximately 150,000 "hits" per month.

FaithNet reminds you to join the many who participate in the National Day of Prayer for Mental Illness Recovery and Understanding: God's Ministry for Mental Wellness on Tuesday, October 9.

United Church of Christ Mental Illness Network

At the General Synod meeting in June, the Network hosted an information booth where we collected signatures for the first email newsletter. It will launch about the same time as you receive this letter. Contact Craig at wcrenne@comcast.net to be on the list.

The Rev. Craig Rennebohm conducted two workshops one especially for youth; the other for general interest. Both were on the theme, a Ministry of Presence.

At the Health Ministries luncheon, the Network presented an award to Norma Mengel for her many years of leadership, including the General Synod Resolution.

The Dell Award went to the First Congregational UCC, Downers Grove, IL. Lay and clergy leaders participated in the multi-church two-year training program sponsored by Advocate Health Care. They have an active and varied mental illness ministry.

Members participated in the annual meeting of Disabilities Ministries with which the Network is affiliated

Rev. Rennebohm had an opportunity to visit with new prospects for the training workshops he is conducting at many localities around the country.

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Episcopal Mental Illness Network

Our most recent EMIN News (Summer 2007) was distributed in June and is available on-line at www.eminnews.org

Two representatives from the EMIN steering committee attended the national NAMI gathering. Trish Wright and Lisa Yocum participated in the interfaith workshop and distributed newsletters and literature. They returned with great new information and new networking contacts.

We are urging Episcopal deacons and clergy to promote Mental Illness Awareness Week. At St. Michael's, Little Rock, EMIN members will have an adult forum and publish a bulletin insert.

During Advent, EMIN will sponsor a study of Susan Greg-Schroeder's book, *In the Shadow of God's Wings*. We will publicize the book study throughout central Arkansas. The study will be offered two times during each of the four weeks in hopes that the option to attend either a Sunday morning or night group will make it accessible to more participants.

In Spring 2008, EMIN plans to conduct a workshop on stigma based on the "Walking Together" materials distributed by Pathways to Promise. A date and more news on the workshop will appear in the next Pathways newsletter.

The winter issue of "EMIN News" is planned for November. Please contact Bean Murray at beanmurray@swbell.net to get on the mailing list.

Partnerships...A Win-Win for All A Mental Illness Model of Ministry Central Presbyterian Church, Louisville, Kentucky

Rev. Nancy K. Troy, Presbyterian Church USA

Last fall in the PHEWA Louisville office the work was piling up – the last details of the conference had to be completed, and there were hundreds of domestic violence awareness packets to be assembled. We needed help! The church where I worship suggested that I contact the Center for Rehabilitation and Recovery (CRR), an agency that serves 38 residents, each of whom has a severe and persistent mental illness. They were looking for community volunteer and work experiences for the residents. It was the perfect solution. Our packets were assembled and mailed. Our guests had an opportunity to learn on the "assembly line," and PHEWA staff and CRR residents had lively discussions while working and later enjoying lunch together.

Another exciting volunteer experience was helping Central Presbyterian Church with their hot lunch program. Central provided lunch for clients of the Healing Place who were taking classes close to the Church. The Healing Place is an innovative program for persons working through alcohol and drug addictions. Central, like PHEWA, needed help. The Wednesday lunch had grown to 100 persons, and growing, as word got out in the neighborhood. CRR sent volunteers, along with a job coach, to help prepare and serve the lunch. It was part of a five-week class called Hospitality 101 that they were taking.

In February, 2007 Central Presbyterian Church was awarded the Sunrise Award, presented by Seven Counties Services, Inc., whose mission is to build healthy communities by helping individuals and families affected by mental illness, developmental disabilities, addictions and abuse realize their potential. The award honors an individual or organization that recognizes the capacity for growth, development, and progress that can be achieved by working together.

"The significance of the collaboration is more than big numbers," says Diane Brewer, the Seven Counties' Division Director. "Central Presbyterian has become a 'safe' place for our clients to venture into the community, learn new skills and experience new rewards." This is a wonderful example of ministry "with" persons, a position that PSMIN, PHEWA and its 10 Networks holds as essential for church, community and individual transformation.

Much of this information was taken from the announcement of the Sunrise Award provided by Seven Counties Services. Central Presbyterian Church, known for their ministry of justice and inclusion. Visit <http://central.presbychurch.org>

CHAIR from Page 1.

Another challenge: As most of you know, conditions in prisons are draconian for those with a mental illness; I have a book to suggest, a "must read," if you will. It is Pete Earley's, *Crazy: Father's Search Through America's Health Madness*. Mr. Earley is a recognized journalist and he brings those skills into an investigation of America's present practice of institutionalizing those with a mental illness in prisons. It is tough reading for so much of the picture is so dark, yet as he describes "Passageway" in Florida we see a ray of hope. Tom Mullen overcame huge obstacles to establish Passageway as a secure, safe place for consumers coming out of prison. There are many important and captivating stories in this book; buy it, or get it at your library. Our parishioners can be part of a ground swell to effect change.



On the Web...

www.healingourheartsandsouls.com—Pastor Alice C. Di Rito reports that they have published a new Christian website. This is a comprehensive guideline for anyone suffering from emotional pain and problems. It is meant to be a tool available to anyone when they feel they need additional support and comfort.

www.mhah.org - The Mental Health Association of the Heartland: Advocacy, Education, and Support in Kansas and Missouri has released their current newsletter. Download your copy today.

www.theinfinitemind.com - Lichtenstein Creative Media, award-winning producer of Public TV and radio programs as well as documentary films often mentioned in this Newsletter. Access timely information or purchase program materials.

www.revolutionhealth.com/healthfair/ - a truly innovative event in which Revolution Health has partnered with eleven non-profit organizations to provide the latest mental health information and support. Promoted as an Online College Mental Health Fair.

www.cdsdirectory.org - free directory of consumer-driven services (searchable by location, type of organization, and targeted clientele); useful for consumers, program administrators and researchers.

www.samhsa.gov/vets/ - newly launched site for veterans and their families provides publications, fact sheets, links to relevant agencies as well as information on SAMHSA-funded programs and agency activities, training and technical assistance opportunities, and a treatment facility locator.

www.nrepp.samhsa.gov - searchable online registry of mental health and substance abuse interventions that have been reviewed and rated by independent experts. Assists local organizations in identifying interventions which have been scientifically tested and are readily disseminated.

www.thresholds.org - Whatever concept of a higher power feels comfortable, be it G-d, an Energy Force, or a Creator, spirituality often plays a central role in helping people with mental illness cope.

Membership Updates

Welcome to our new members and thank you to our long time friends for their 2007 renewals.

National Members

Evangelical Lutheran Church in America
Presbyterian Church USA

Others

Friends of Taunton State Hospital, MA
Salem Lutheran Church, St. Cloud, MN
St. Dymphna Society Foundation, Chicago, IL

Special thanks to individual members who provided generous gifts

Ms. Katie Cullen, Fort Myers, FL
Mr. & Mrs. Jerry Hopson, Lakeway, TX

We would like to acknowledge a very generous gift from **St. Luke's United Church of Christ, Trappe, PA**. Pathways was nominated to be the recipient of St. Luke's June Lenten Folders. These generous donations were then matched by their Mission Council. Thanks to all at St. Luke's!

Mental Illness: Coping with the Holidays written by Susan Gregg-Schroeder is a free, downloadable brochure. It provides tips for persons with a mental illness, their family and friends, and guidelines for faith communities as we approach the holiday season. This brochure is available in the other brochures section on the Mental Health Ministries website under "brochures."

Consumer Column

Peer Support: On August 15th, the Center for Medicare and Medicaid Services issued a letter to State Medicaid Directors that provides guidance to states on using peer support services under the Medicaid program. They recognize that the mental health field has seen a big shift in the paradigm of care over the last few years and that there is great emphasis on recovery from even the most serious mental illnesses when persons have access in their communities to treatment and supports that are tailored to their needs. If you are interested in learning policy on requirements for supervision, care-coordination, and minimum training criteria of peer support providers, you can access the complete letter on the web at: www.cms.hhs.gov/SMDL/downloads/SMD081507A.pdf

Experts Convene for a Forensic Peer Specialist Workgroup: A one-day meeting in June reflected collaboration among SAMHSA's Center for Mental Health Services, the Howie T. Harp Peer Advocacy Center, forensic peer specialists, mental health treatment providers, criminal justice professionals, and consumer organizations to stimulate change at the intersections of mental health and criminal justice. Topics examined include: 1) Defining a forensic peer specialist; 2) Learnings from the experience (forensic peer specialists talking about their experiences in the field and workforce); 3) Plans to train and support forensic peer specialists; 4) Effectively linking forensic peer specialists to CMHS's workforce development activities; and 5) Developing essential elements of being a forensic peer specialist (defining, finding, funding, training, and supporting forensic peer specialists.)

Agencies committed to hiring forensic peer specialists must be proactive in their approach to identifying and overcoming legal and institutional obstacles that they may confront in their efforts to hire staff who have/had been convicted of serious offenses. In some instances, the individual may be under some type of community supervision at the time that he or she is being considered for employment. Although many of these obstacles are formidable, they can be overcome with planning, advocacy, and collaboration. Agencies may need to develop human resource policies that can facilitate hiring and retaining forensic peer specialists without conflicting with an agency's overall goal to provide a safe and secure work environment for all employees.

For more information, contact Noel Thomas at the National GAINS Center, 518-439-7415, ext. 280; gains@prainc.com. For more information about the Howie T. Harp Peer Advocacy Center, contact LaVerne Miller, Esq., Director; Phone: 212-865-0775

Subcommittee on Consumer/Survivor Issues was formed in August 2000 to report to the Center for Mental Health Services National Advisory Council on the specific needs, issues and concerns of mental health consumers/survivors from the consumer/survivor perspective, and to advise and make recommendations to the National Advisory Council. Anyone interested in serving on the Subcommittee on Consumer/Survivor issues should submit a resume and a statement of interest to CMHS Consumer Affairs Specialist Chris Marshall at: chris.marshall@samhsa.hhs.gov or write to Chris Marshall, SAMHSA, 1 Choke Cherry Road, Suite 6-1074, Rockville, MD 20857. More information about the Subcommittee on Consumer/Survivor Issues is available on the CMHS website: www.mentalhealth.samhsa.gov/consumersurvivor/programs.asp

The 21st Alternatives Conference will be held October 10-14, 2007 in St Louis at the Hilton Ballpark Hotel. This annual conference is organized by the National Mental Health Consumers' Self-Help Clearinghouse with support from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services. The conference theme, *Spanning the Recovery Movement: Consumer Control and Choice*, was inspired by the Gateway Arch.

Speakers will include SAMHSA Administrator Terry Cline, PhD.; A. Kathryn Power, MEd., Director of SAMHSA's Mental Health Services; and Pat Deegan, PhD., a consumer/survivor activist known internationally as an expert on recovery. Other plenaries will cover trauma, sexual/gender/minority issues, suicide, and the arts.

Alternatives is the only national event organized by and for people diagnosed with mental illness. Each conference offers in-depth technical assistance on peer-delivered services. Topics include starting peer-run programs, developing personal resources, and the latest social services research. Anyone who attends an Alternative Conference is likely to be enriched by the social, artistic, and healing environment and also strengthened by the people they meet and the great opportunities for networking.

The Alternatives 2007 registration brochure is posted at www.alternatives2007.org Or contact: Nathan Hulfish, Project and Events Coordinator, Phone: 800-553-4539; Email: alternatives2007@mhasp.org.

Bits & Pieces

Help a Phone Call Away - To ensure veterans with emotional crises have round-the-clock access to trained professionals, the Department of Veterans Affairs (VA) has begun operation of a national suicide prevention hot line for veterans. Staffed by mental health professionals in Canandaigua, NY, the toll-free hot line **1-800-273-TALK (8255)** will take calls 24 hours a day, any day of the week, from anywhere in the country. The VA is the largest provider of mental health care in the nation employing more than 9,000 mental health professionals. They provide mental health care to more than a million veterans each year. For the latest news releases and other information, visit www.va.gov/opa. This 800 number, offers assistance options for both veterans and the general public. *See related article* → → →

A New Report by the Agency for Healthcare Research and Quality (AHRQ) presents the first documentation of the full impact of mental health and substance abuse disorders on U. S. community hospitals. Almost one-fourth of all stays in the community hospital system for patients age 18 and older (7.6 million of nearly 32 million stays) involved depressive, bipolar, schizophrenia and other mental health disorders or substance use related disorders. Nearly two-thirds of the costs were billed to the government with Medicare covering nearly half of the stays and Medicaid picking up the costs for another 18 percent. Roughly 8 percent of the patients were uninsured, placing a heavy burden of the community hospital. Looked at another way, the study also found that one of every three stays of uninsured patients was related to a mental health or substance abuse disorder.

AHRQ has also newly released an exploratory review of consumer directed health plans, tiered provider networks, and efforts to collect and disseminate information about provider quality. An overview of this report, prepared by Stanford University-UCFS Evidence-based Practice Center, is available at www.ahrq.gov/clinic/tp/consoritp.htm Print copies are also available by sending an e-mail to ahrqpubs@ahrq.hhs.gov

Second Chance Act - With Congress back in Washington, now is the time to urge your Representative and Senator to co-sponsor and fully support this bill (HR 1593; S 1060). Its aim is to reduce recidivism for inmates leaving prison by providing necessary programs in the areas of housing, employment and mental health treatment.

Selected Annotated Bibliography on Spirituality and Mental Health is the title of an article by John Peteet, MD which appeared in the June 2007 issue of the *Southern Medical Journal*. It provides a short synopsis and review of 27 books and journal articles since 1998. The article makes a great place to start for persons interested in the topic. The *Southern Medical Journal* has generously made the article available at no cost to the NAMI FaithNet community. A PDF file can be downloaded at http://www.nami.org/Content/Microsites176/FaithNet_NAMI/Home163/Suggested_Reading1/smj_spirituality_bibliography.pdf.

Telephone hot lines offer life saving help - SAMHSA's Center for Mental Health Services has awarded a grant of approximately \$2.88 million each year for up to five years to Link2Health Solutions, a subsidiary of the Mental Health Association of New York City. Under a cooperative agreement, L2HS will continue to manage, enhance and strengthen the National Suicide Prevention Lifeline, a network of more than 120 crisis centers across the country that respond to more than 36,000 calls every month. The Lifeline serves as a central switchboard to immediately connect callers to a local crisis center that is geographically closest to the caller. L2HS will manage the Lifeline in partnership with the National Association of State Mental Health Program Directors and Living Works. Those who call **1-800-273-TALK (8255)** will receive assistance 24 hours a day, seven days a week.

SAMHSA announces first Science and Service Award Winners - This new annual awards program provides recognition to public sector organizations and community-based groups or coalitions that have worked to improve their communities and the lives of individuals by providing the best possible services. Twenty awardees were selected based on independent reviews of 115 applications, as well as site visits. To be eligible for an award, an organization had to demonstrate successful implementation of a recognized evidence-based intervention. To learn more about the award winners and their projects, visit the Science and Service Awards page on SAMHSA's website: www.samhsa.gov/scienceandservice/

NACoA Announces New Course - *Addiction & the Family: An Online Course for Faith Leaders*. To enroll go to <http://nacoa.macrovolt.com>, Register Now. The registration fee for the three hour course is \$35. A certificate can be printed upon completion of the course. NACoA is an Approved Education Provider through NAADAC, The Association for Addiction Professionals. The course provides half of the training/education requirements for the *Certificate in Spiritual Caregiving to Help Addicted Persons and Families*. The Certificate is available at a special introductory offer of \$50 until December 31, 2007, after which it will become \$90.

Do a doctors' religious beliefs guide treatment? (*The following news story, carrying a 2007 copyright by United Press International with all rights reserved, details the study that seems to have sparked discussion. What do you think?*)

CHICAGO, Sept. 4 (UPI) – A survey of religious beliefs of U.S. doctors found that religious physicians, especially Protestants, are less likely to refer patients to psychiatrists.

This study, published in *Psychiatric Services*, also found psychiatry to be the least religious of all the specialties.

“Something about psychiatry, perhaps its historical ties to psychoanalysis and the anti-religious views of the early analysts such as Sigmund Freud, seems to dissuade religious medical students from choosing to specialize in this field,” study author Dr. Farr Curlin, of the University of Chicago, said in a statement. “It also seems to discourage religious physicians from referring their patients to psychiatrists.”

Among the more than 1,000 physicians that responded to Curlin’s survey, 39 percent were Protestant, 22 percent were Roman Catholic, 13 percent were Jewish and 10 percent listed “none” for religion. However, among psychiatrists, 27 percent were Protestant, 10 percent were Catholic, 29 percent were Jewish and 17 percent were “none.”

When asked to whom they would refer a grieving patient, 56 percent of physicians indicated a psychiatrist or psychologist, 25 percent a clergy member or a religious counselor, 7 percent to a healthcare chaplain, and 12 percent to someone else.

The Middle Tennessee Mental Health & Substance Abuse Coalition will celebrate it’s 10th annual Mental Illness Awareness Week “Service of Hope” on October 14th at the Hillsboro Presbyterian Church in Nashville. This annual event brings together consumers, families, advocates, professionals, and other community members in celebration of the part that faith and spirituality have in recovery. This special 10th Anniversary event will include a performance by the Nashville Community Concert Band and music by the Hillsboro Church Choir. Speakers will include the Honorable Dan Eisenstein, Judge of Nashville’s Mental Health Court, Connie Levenhagen, a consumer who works for the Tennessee Mental Health Consumers Association; and the Reverend Ken Locke, pastor of the Downtown Presbyterian Church. Proceeds from a good will offering will be divided between the Mental Health Court and the Downtown Presbyterian Church Lunch Program. Consumers play a prominent part in all stages of the event. For more information, contact Jane Baxter by phone: (615-665-2914) or by email at: janebaxter@comcast.net

“The global mental health care situation appears dire” is the conclusion of Philip S. Wang, M.D., Dr.P.H. who, together with colleagues, analyzed data from face-to-face interviews on mental health service use with 84,848 adults across all economic spectrums in countries around the world. Mental disorders rank among the top ten illnesses causing disability (more than 37% worldwide) with depression being the leading cause of disability among persons ages 15 and older, according to the Global Burden of Disease and Risk Factors published in 2006. Yet, the world’s mental health care needs are largely going unmet, especially in less developed nations, according to this survey conducted as part of the World Health Organization’s (WHO) Mental Health Survey Initiative. The results of this initiative, partially funded by the National Institute of Mental Health, were published in *The Lancet* in September 2007. Of particular interest to our readers is the fact that, although people in the US sought and used services more than any other country, only 18% received minimally adequate services – much lower than any other high-income country.

Get involved in your healthcare: In conjunction with the Ad Council, the Agency for Healthcare Research and Quality (AHRQ) has launched a public education campaign entitled “Questions Are The Answer” to encourage people to get involved in their healthcare. It includes public service announcements as well as on-line tools to prepare for doctors’ visits. See: www.ahrq.gov/questionsaretheanswer/

New Church of the Brethren DVD now available: *VOICE: Mental Illness Ministry*, contact ABC (Association of Brethren Caregivers) at (800) 323-8039 or www.brethren-caregivers.org. The cost for the DVD is 10.00 + \$2.00 shipping and handling .

**PSYCH MEDS ARE NOT HEALTH FOODS
SO GET IT RIGHT**

Ed Cooper, well-known author of *When Even the Devil
Deserts You* (Ed & Patti Cooper)

The most emailed article at *The New York Times* as of this morning is “Bipolar Illness Soars as a Diagnosis for the Young.” It says the number of American children and adolescents treated for bipolar disorder increased 40-fold from 1994 to 2003. That makes one wonder what is going on. The article says,

Many experts theorize that the jump reflects that doctors are more aggressively applying the diagnosis to children, and not that the incidence of the disorder has increased. In the study, researchers from New York, Maryland and Madrid analyzed a National Center for Health Statistics survey of office visits that focused on doctors in private or group practices. The researchers calculated the number of visits in which doctors recorded diagnoses of bipolar disorder and found that they increased, from 20,000 in 1994 to 800,000 in 2003, about 1 percent of the population under age 20. The spread of the diagnosis is a boon to drug makers, some psychiatrists point out, because treatments typically include medications that can be three to five times more expensive than those for other disorders like depression or anxiety.

It goes on to say:

In addition, drug makers and company-sponsored psychiatrists have been encouraging doctors to look for the disorder since several drugs were approved to treat it in adults. “We’re just inundated with stuff from drug companies, publications, throw-aways, that tell us six ways from Sunday that *Oh my God, we’re missing bipolar*,” said Dr. Gabrielle Carlson, a professor of psychiatry and pediatrics at the Stony Brook University School of Medicine on Long Island. “And if you’re a parent with a difficult child, you go online, and there’s a Web site for bipolar, and you think: *Thank God, I’ve found a diagnosis. I’ve found a home.*”

“It’s been a godsend for us,” said Kelly Simons of Montrose, Colo., whose son Brit, 15, was prone to angry outbursts until given a combination of lithium, a mood stabilizer, and Risperdal, which was often given to children *off label* several years ago. He now takes just lithium and is an honor roll student.”

Other parents say their children have suffered side effects of drugs for bipolar disorder.

Ashley Ocampo, 40, of Tallahassee, Fla., whose 8-year-old son is being treated for bipolar, said that he had tried several antipsychotic drugs and mood improved. “He has gained weight,” Ms. Ocampo said, “to the point where we were struggling to find clothes for him. He’s had tremors and still has some fine motor problems that he’s getting therapy for. But he’s a fabulous kid. And I think, I hope, that we’re close to finding the right combination of medications to help him.”

There is no doubt the truth will remain elusive. I was a difficult child and I had a hard time in school. The question has to be asked, was my bipolar illness starting then or were my troubles caused by the childhood sexual abuse which I did not tell anyone about? Or, was there another cause? Maybe I simply hated school. Maybe it was the fact that I was the youngest of three kids and we were the children of both the principal of the school and the pastor of the church we attended. My point is, how do you make a diagnosis or decide the cause or causes of my behavior?

I believe that a mental health professional, including a psychiatrist, does not have much to go on but what he or she is told by the person being diagnosed. In the case of children the parents may be used as the main source of information for making a diagnosis. Does any parent really know what a child has going on in his or her mind? Will the child be honest with the doctor or will he or she tell the doctor what the parents have said they must tell?

I know my life would have been easier if I had decided earlier in my life that I was going to take my medications on a daily basis. I am not against medications. I want them used properly.

Psychiatric medications are not health foods, so it is important to get it right. The stigma of a label and the side effects of the meds make this no joking matter. Children with behavioral problems and disorders need all the tools available, and they need the best trained professionals we can find. This study shows we need to know more. Our children deserve the most accurate diagnosis they can get, not just designer drugs.

You can reach Ed at eecoop_2000@yahoo.com or visit www.geocities.com/eecoop_2000/ed.html.

BOOK REVIEW*The Meaning of Faith and Mental Illness* by Greg DennistonReviewed by Flo Kraft, *Pathways* Editor

Mr. Denniston's book, part autobiographical, part philosophical, with a bit of exegetical analysis takes the reader through a little understood point of diversion for many young men and women in their late teens and early twenties.

Throughout grade school, junior and senior high school, Greg had been successful in both academics and athletics: class vice-president; class president; starting member of a top-ten rated basketball team (in the state of Indiana!); Rotary Club Sportsmanship Award Winner; President of the Mayor's City Youth Commission; voted Outstanding Senior Male by his graduating class. As expected, Greg went on to college in his home town, working 25-30 hours a week to pay his way through. He got married during his senior year and graduated *cum laude* with majors in philosophy and religion.

Setting a professional goal to become a process theologian, Greg was accepted at three schools of theology. After successfully completing his first year of studies towards a Master's degree in religion, on a full-tuition scholarship, he was "snatched away from reality by the onset of severe mental illness" and forced to continue along a very different, unexpected and unknown path.

The Meaning of Faith and Mental Illness is a solidly written and referenced, yet an easily read little book about one man's journey as a minister, as a chaplain, as a counselor, as a consumer, as a student and as a peer. It is highly recommend for anyone who falls into any (or several) of these categories.

**Mark Your Calendar**

Visit our event calendar at www.Pathways2Promise.org
Send your meeting details to Bob.Dell@ecunet.org

Sept 30 - FINAL DAY to visit *Revolution Online College Mental Health Fair* www.revolutionhealth.com/ Revolution Health is joining with its nonprofit partners to help you to feel well and do "good" at the same time. By participating in our Health Fair you will get the latest in mental health information and support. For each booth that you visit Revolution Health will donate \$.25 to that non-profit's organization.

Oct. 9- *National Day of Prayer for Mental Illness Awareness. Recovery and Understanding* - initiated in 2004 by Gunnar Christiansen, MD of NAMI California and Angela Vickers, JD of NAMI Florida, this observance has gained widespread support. Downloadable resources at: www.mentalhealthministries.net

Oct 10-14 - St. Louis Missouri: Hilton at the Ballpark - *Spanning the Recovery Movement: Consumer Control and Choice* - Alternatives Conference 2007. Registration information at www.alternatives2007.org

Oct 11 - *National Depression Screening Day* - Visit <http://www.mentalhealthscreening.org/> for more information and to locate screening sites in your area. Publicize this opportunity and encourage participation.

Oct 11 - *Bipolar Awareness Day* - Created by NAMI and Abbott Laboratories to increase awareness, promote early detection and accurate diagnosis. www.nami.org/

Oct 11 - Fresno, CA - *Fresno Faith & Mental Health: Spirituality and Mental Health as Partners in the Journey to Wellness and Recovery*. Phone NAMI Fresno: 559-224-2469 or contact Helen Ruth Siporin at siporin@comcast.net

Oct 18 - Boulder, CO - *Sharing the Promise of Hope and Healing: Mental Health and Faith Communities*. Details on their website: www.namibouldercounty.org/interfaithconf

Nov 9-10 - Lake Ozark, MO - The Resort at Port Arrowhead - *A Journey of Hope, Community & Action: Transforming Mental Health in Missouri* - NAMI Missouri's 22nd Annual Conference. Call 1-800-374-2138 for registration information. To receive special room rates, call the Resort (1-800-532-3575) by October 9.

Nov 27-28 - Winnipeg, Canada - "Stronger Together," pre-conference for Canadian Mennonite Health Assembly, hosted by the Mennonite Central Committee visit <http://mcc.org/canada/health/conferences/> for details.

Nov 27-29 - Washington, DC - Hyatt Regency Capitol Hill - *Creating a Culture of Wellness: 2007 National Prevention and Health Promotion Summit* - DC. Descriptions of the conference tracks are available at www.healthierus.gov

Focus on Volunteerism

For people with serious mental illness, volunteerism can provide a critical outlet for rejoining the community, acquiring confidence and moving forward in recovery. The National Mental Health Consumers' Self-Help Clearinghouse has published a *Key Assistance Report* with a focus on volunteerism. The issue contains articles on supported volunteering, barriers to volunteering, and benefits of volunteering. The report also provides pointers on how to find volunteer work as well as a listing of internet resources. In addition to the well-known sites of the National Alliance on Mental Illness and the Depression and Bipolar Support Alliance, the *Key* also suggests the following: www.bipolardream.com - www.idealists.org - www.mentalhealthamerica.net - www.nationalservicerresources.org - www.serviceleader.org - www.servenet.org

Copies of this *Key Assistance Report* can be ordered from the Clearinghouse. Call 800-553-4KEY (4593), email info@mhsselfhelp.org, or write NMHCSH Clearinghouse, 1211 Chestnut street, Suite 1100, Philadelphia, PA 19107.

News from NASC

SAMHSA's National Anti-Stigma Campaign (NASC) reports exciting developments over the summer. The **Community Site Kits** are now available through their National Mental Health Information Center. Each kit includes: a NASC campaign fact sheet; a frequently asked questions list; a document explaining how people might use the kit; a link to download NASC Web banners; a link to the NASC Web site; TV and radio public service announcements (PSAs); scripts for the PSAs; and PDFs which can be used with your local newspapers and magazines to spread the word about the NASC. Additional elements in the site kit can be used when printing your own brochures and materials, on Web sites, in newsletters, in listserv messages, for developing your own local anti-stigma campaign; or even other local events during Mental Illness Awareness Week in October and Mental Health Month in May.

"Un Amigo Marca Una Gran Diferencia" is the newly launched Spanish language version of the NASC brochure produced in collaboration with the Spanish-language television network Univision. Univision has also released new new television and radio public service announcements in Spanish. Available television PSA's include "Friends" and "Door." Also currently available is the radio PSA entitled "7:40 Movie."

Through an innovative collaboration with Alloy Media + Marketing, 450,000 NASC brochures were included in this fall's **Campus Trial Paks** (welcome packets) that were distributed at more than 200 colleges nationwide. These packets are targeted for 18- to 24-year-old college students.

In conjunction with the **NAMI National Convention in San Diego**, Chris Marshall, the NASC SAMHSA Project Officer spoke about the campaign's exciting progress. Also during the convention, NAMI presented **Bethann Russell**, a student at the University of North Carolina-Greensboro, with a plaque in honor of her outstanding service to NASC. Through public speaking engagements, Bethann shared her experiences about overcoming the effects of stigma.

Through the efforts of Rita McElhany, Missouri NASC State Coordinator, **NASC was featured at the Missouri State Fair**. NASC materials and PSAs were made available to the public as well as other mental health related information. Contact: Rita.mcelhany@dmh.mo.gov

Area-liaisons have been designated for personal contact when you need NASC-related assistance or when you want to share your Campaign activities, ideas, and plans. You can reach America Doria-Medina (**liaison for the following states: AK, AR, DE, DC, GA, HI, IA, KY, MD, MI, MO, NE, NH, NM, OH, PA, SC, TN, TX, VA, WW, WI, and WY**) at adoriamedina@shs.net or by phone: 240-747-4955.

Liaison for the states of AL, AZ, CA, CO, CT, FL, ID, IL, IN, KS, LA, ME, MA, MN, MS, NV, NY, ND, OR, RI, SD, UT, VT, and WA is Elizabeth Edgar. Reach her by phone: 703-516-7973 or on the Net: nasc-liaison@nami.org

Looking for Komera in Rwanda

By James H. Zahniser, PhD

Recently, many of us found Rwanda in our consciousness again after the cinematic release of “Hotel Rwanda,” which depicted the story of a hotel manager who helped save the lives of his family and dozens of others who otherwise would have died at the hands of the “genocidaires” (genocide criminals). Among other reasons, the film stirs our consciences because it shows how the world community stood by and did nothing to prevent the genocide.

Rwanda’s war and genocide in the early-mid 90s took the lives of over 1 million people, or around 12% of the population. During a brief but intensely horrific three-month period in 1994 the *genocidaires* slaughtered 800,000 men, women and children. Survivors often witnessed the merciless killing of their relatives, and/or later suffered with brutal conditions and great uncertainty in refugee camps. The other day I drove past Hotel Milles Collines, the hotel’s real name. Nearby, I saw a shop wall riddled with bullet holes. Outward evidence of the war and genocide is not too difficult to find here; glimpsing the inward suffering and sorrow left in their wake requires more effort.

On the front lines of the effort to respond to Rwandan’s “invisible” emotional and spiritual needs is an organization called PHARP – Peacebuilding Healing and Reconciliation Programme – which began in 1995 as a ministry to Rwandan refugees in Kenya. I first learned of PHARP in 2003 when its Director, Rev. Anastase Rugirangoga, co-taught a January term course at Greenville College with my colleague, Dr. Dwight Jackson. Along with his small staff, “Pastor Anastase,” has delivered workshops all over Rwanda and has trained several thousand pastors, youth leaders, and women’s group leaders in peace and reconciliation. For the past three years, PHARP’s weekly production on national radio has reached hundreds of thousands of Rwandans.

While PHARP’s work has been spiritually transformative for many Rwandans, Pastor Anastase told me in a meeting recently that he finds people’s mental health needs often persist, even after participation in PHARP’s workshops. Pastors feel stretched, overwhelmed and unequipped to respond to expressed needs. Clinics are not staffed with mental health professionals and lack appropriate medications for mental disorders. Medical personnel respond in whatever ways they can, with whatever treatments they have at their disposal. For example, Pastor Anastase found in a clinic in the northwest part of Rwanda that nurses were giving malaria medicine to people presenting with anxiety and mood disorders. While resources for mental health are not as widely available as we would like in our own country, one must multiply the gap between need and response found in the U.S. by at least tenfold to get a sense of the unmet need in Rwanda. In this context, it is not surprising that PHARP has been inundated with requests for counseling and treatment—pleas to which they do not currently have the resources to respond.

Enter the new vision of Pastor Anastase and PHARP for a “Komera Research, Counseling and Training Center.” The following statement, taken from PHARP’s proposal to the government for the right to purchase land, explains the meaning of the term, Komera, as well as the center’s purpose: **Komera is a word in Kinyarwanda used to encourage others to be courageous in their struggles while also committing to intercede in solidarity with them. With this in mind the Komera Center seeks to reach those who are suffering from trauma and to intercede in their struggles.**

Komera is a prophetic vision of PHARP’s that needs further resources to come to fruition. Pastor Anastase and his staff are very savvy, but I think there is much that we in the U.S. can do to support and encourage them in tangible ways. Every once in a while we find ourselves confronted with a compelling task that must be completed. Helping PHARP make Komera become a reality in Rwanda is one of them.

Jim Zahniser is Associate Professor of Psychology at Greenville College in Illinois, from which he is on sabbatical leave. He and his family will return from Rwanda in December, 2007. You may also recall, Jim collaborated with Pathways in writing the Poster Project grant and was one of the evaluators of this very successful project.

Tell Us About *Your* Programs

NAMI New Jersey's Faith Focus Group from Ken Eshelman

Believing that many mentally ill persons turn to their faith community as a first step in dealing with their illness, and receiving reports that faith based leaders are not well trained to deal with mental illness, NAMI NJ established a Faith Focus Group. The goal is to introduce NAMI to every Faith Community (church, synagogue, temple, mosque) in New Jersey in an attempt to broaden the supportive communities available to the mentally ill.

The Faith Focus Committee turned to Pathways to Promise. Pathways, being a catalyst for action in the faith community, enhancing the quality of life for those challenged by mental illness, became a major resource center for the Faith Focus Group. Many Pathways resources were reviewed, and Pathway's newest manual, *Walking Together* was ordered for each committee member. Pathways members in New Jersey even responded with names of congregational contacts, and helped to generate interest in the NAMI project.

Following a faith based workshop at the NAMI NJ conference, and presentations in several churches, NAMI NJ and NAMI FACE (the Burlington County, NJ affiliate) has joined with The First Presbyterian Church of Moorestown to have an Interfaith Conference On Mental Health and Spirituality on October 20, 2007. Pathways will provide material for a display and 300 copies of *Walking Together*.

Thanks to Rev Bob Dell, many "Congregation as a Caring Community" posters are already appearing around the state.

NAMI Walk Campaign from Liz Moore, St. Paul's Methodist Church, Helena, MT

I used your packet in a sermon that I gave as part of our Montana NAMIWalk public relations campaign. The NAMIWalk committee I'm working with believes that the two groups we probably are not specifically reaching in the ways we want are the schools and the faith community. Your packet was helpful because it brings credibility to the subject of mental illness as a faith issue. I am a lay speaker in the United Methodist Church Yellowstone Conference and have served as a lay leader in my local church. Interestingly, I gave this sermon at a sister church, and when my pastor got a copy she called and asked if I would speak at my home church as well. We can't get that done prior to the NAMIWalk, but we will likely schedule in May (Mental Health Month) when the United Methodist Church as a whole is looking at mental illness.

Thanks for the information, and I know it will be put to good use. By the way, I also ordered the "Shadow Voices" DVD and the Creating Caring Congregations...both great resources.

A VOICE FROM THE PAST from Rev. Patricia Roop Robinson, Brook Lane Health Services, Hagerstown, MD

The Church of the Brethren formed a group named Association of Brethren Caregivers. I began first by being Secretary of the ABC, workshop leader and support group facilitator at the Church of the Brethren Annual Conferences from 1987 to 1991. In this role I was invited to attend a meeting of Pathways to Promise which was held in Washington, D.C. So many denominations being represented and learning of a variety of methods each group made possible to include the mentally ill in the religious community. I was asked to represent both the Mennonites and Church of the Brethren for Pathways.

This October I have been invited to speak at the Hagerstown Church of the Brethren. I plan to make them aware of Pathways to Promise and the many resources that are offered through this organization devoted to the well being of the mentally ill.

I am grateful for the opportunity to know PTP up close and personal and have strongly recommended that my denomination become a PTP member. Keep the faith and the day is coming when mental health needs will have parity with other health needs covered by HMO's and other insurance companies.

The DVD *OFFERING HOPE: The Church's Role with Mental Illness* came to fruition as the result of my own past mental illness that occurred in the late 1950's and early 1960's. (See *Bits & Pieces*, p. 7 for DVD details.)

Mental Health Assn of Southeastern PA Hosted Booth at National Baptist Convention from Susan Saler, MHA

The Pathways brochures we distributed in packets along with information on the Mental Health and Aging Advocacy Project, as well as a brochure from Mental Health Ministries were well received—the information was a huge success. All tolled, we had 105 people sign up for a mailing list and converse with our volunteers about addressing mental health in congregations. We have a few brochures left over which we are distributing at upcoming church-sponsored health fairs. Those who stopped by demonstrated extreme interest in our information and few had established programming for mental health issues.

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 from previous page | | | |
| **NOTE: Orders outside the US will incur additional shipping charges** | | Total Due | |

Name: _____

Faith Group, Congregation or Organization: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Telephone: _____ FAX _____ Email: _____

How did you hear about Pathways? 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

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 |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|----------------|------------|
| Poster: Sunshine from Darkness 11x17 | | \$2.00 | |
| Poster: Sunshine from Darkness 8.5x11 | | \$0.50 | |
| 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 | |
| <u>NEW MANUAL</u>: Walking Together: A Training Workshop for Faith Communities Supporting People with Mental Illness | | \$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):☒ ____ Protestant ☒ ____ Jewish ☒ ____ Roman Catholic | | \$0.20 | |
| <u>NEW</u>: Cuando Enfermedades Mentales Impactan A Una Familia De Fe Translated version of When Mental Illness Strikes a Family of Faith | | \$0.20 | |
| Total due this page - carry over to next page | | | |

More ☛

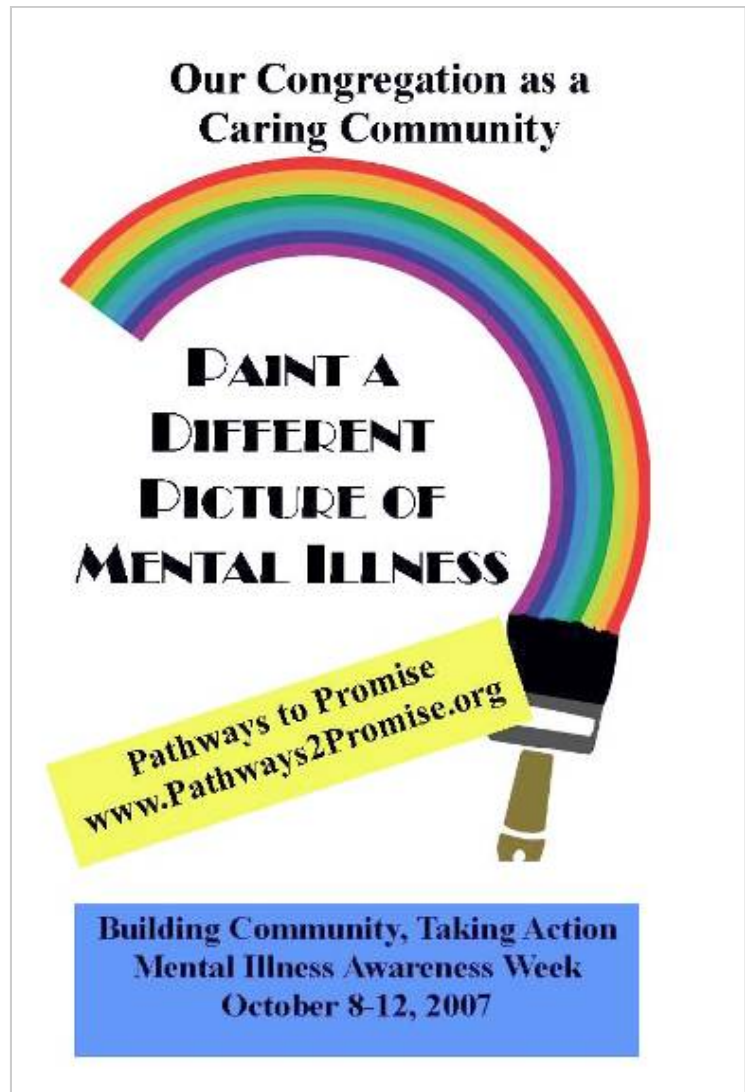
New Tabletop Poster Available Soon

You can print a free color copy of this 8.5x14 poster at www.Pathways2Promise.org.

We invite you to customize the poster by replacing the boxed text with information about your group or upcoming activity.

In the near future we are hoping to provide tabletop (stand-up) versions customized with your group's info for a nominal charge.

If this is something you'd like to use for your information display table, please contact Vicki at Pathways@mimh.edu.



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2008 Pathways to Promise Membership Form

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 _____

Name: _____

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Address: _____

City: _____ State: _____ Zip Code: _____

Telephone: _____ FAX _____ Email: _____

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Pathways to Promise, 5400 Arsenal Street, St. Louis, MO 63139

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