



VOLUME 16 #2, FALL 2008

Pathways to Promise

INTERFAITH MINISTRIES AND MENTAL HEALTH

PATHWAYS BOARD ANNOUNCES NATIONAL CONFERENCE

Entitled *Companions on the Road to Recovery – New Pathways for the 21st Century*, the dates are September 29, 30, and October 1, 2009.

At the Pathways Board Conference Call, Oct. 7, the Board accepted the invitation of the National Shrine of Our Lady of the Snows to hold our conference at their convention facility.

The shrine is located on 200 acres of beautiful grounds with a hotel, convention center, and restaurant on site. It is across the river from St. Louis and not far from the airport. The Pastoral Department of the Shrine has now held two Anti-Stigma conferences, and in 2009 will host another immediately following the Pathways conference. Not only is this a desirable location, but we are pleased that the Shrine will co-sponsor the conference. The focus of the Shrine conference is not only bringing information, but also hope to family members.

A feature of the conference will be the emphasis upon delegates coming as teams and having done preparation work ahead of time. This means that visions and goals set at the conference will stand a stronger chance for good follow through/implementation. National staff attending will work with teams which will include family members and consumers.

The conference plan calls for showcasing models of cooperation among mental health centers/

providers and faith groups. Thus the term “Companions” refers not only to being a companion to someone experiencing a mental illness, but to the collaboration of all involved – congregation and community. As you see, much of the work of the conference will be for the teams to work together resulting in each national faith group projecting which of the many needs that particular faith group will focus upon as goals for 1, 2, and 5 years out. This re-enforces the original vision of Pathways—that we can do more cooperatively than alone.

Another component of the conference will be showcasing models of community and local congregation mental illness ministries. Based upon these the plans, we will develop “toolkits” with the resources necessary to carry on when back home.

Finally, attention will also be given to the larger issues such as dual diagnosis, homelessness, mental health and returning Veterans, physical health (from the “neck down”), and prisons warehousing those with a mental illness. One conference cannot have all the answers, but we can be a voice of concern. Yes, individuals are welcome as well as teams. Save the date and watch for further details. (This conference is subject to approval of our funding requests—we are hopeful!)

- *Schedule a mental health event for your congregation*
- *Renew your Pathways membership*

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Mental Illness Awareness Week

Pathways extends a huge thank you to everyone who hosted Mental Illness Awareness Week events in October. We shared many resources with your groups and congregations. Programs such as these need not be limited to one week of the year—resources are always available through Pathways and its national members.

Plan ahead and download the brochure, *Coping With the Holidays*, featured on the Mental Health Ministries home page (www.MentalHealthMinistries.net). This popular holiday resource is available in English and Spanish.

Reducing Paper & Costs

Visit www.Pathways2Promise.org and click the “E-Newsletter” link. Submit the requested information and we’ll notify you when a new issue is available online. For those of you who have already requested an e-newsletter, this will be your last paper issue. Thank you!

Network Reports

Christian Reformed Church of North America

Mark Stephenson, Director of Disability Concerns for the CRC

This past summer the Christian Reformed Church (CRC) and the Reformed Church in America (RCA) announced a new working agreement for shared ministry with people with disabilities. Although the two offices will be accountable to their respective denominations, they will take a coordinated approach to serving their denominations in areas such as a newsletter for churches, a shared website, and production of resources for congregations.

The working agreement describes the purpose of the cooperation as follows: "Together in purpose, the disability ministries of the CRC and the RCA will, individually and in partnership, help CRC and RCA churches to become hospitable, inclusive, and healthy communities that intentionally seek:

- To end the isolation and disconnectedness of persons with disabilities and their families;
- To nurture the spiritual lives of people with disabilities so that they become professing and active members of their churches; and
- To encourage the gifts of people with disabilities so that they can serve God fully in their churches."

By sharing ministry, the working agreement asserts, "The disability ministries of both denominations can be more effective by sharing knowledge, support, and resources; by building a broader network of relationships."

Episcopal Mental Illness Network

EMIN staff sent every congregation in Arkansas information on Mental Illness Awareness Week along with the resource materials and step-by-step guidance for starting a mental illness ministry. Staff are busy answering inquiries and working on the Winter 2008 newsletter.

New Developments at FaithNet NAMI

"Where is God in my struggle with mental illness? Does he care? Does *anyone* care?" These are just a few of the tough but common questions that people touched by serious mental illness struggle with. And it's not just people with depression, or schizophrenia or bipolar disorder. It's the Moms and Dads, the spouses and siblings. When mental illness strikes a family of faith, it forces us all to examine our most fundamental beliefs.

NAMI FaithNet hears you! It recognizes both the great need and opportunity these questions pose. NAMI FaithNet is an information resource network offering resources, direction, methods and materials to NAMI members, friends, clergy, and congregations of all faith traditions who wish to create supportive congregations for persons touched by serious mental illness. With the marvelous support of NAMI National staff members, the NAMI FaithNet Advisory Board has updated the FaithNet web pages, added a monthly column, improved the monthly e-newsletter, created a NAMI FaithNet brochure, and written a Mission and Guidelines statement. We invite mental health ministry organizations to submit announcements of future events and resources to the FaithNet monthly e-newsletters through carolewills@sbcglobal.net. The invitation is extended to groups like Pathways to Promise, denominational mental illness initiatives and local NAMI affiliates who wish to advertise upcoming events and new materials.

NAMI FaithNet Advisory Board members are Gunnar Christiansen, NAMI Orange County, CA; Chaplain Craig Rennebohm, NAMI Greater Seattle; Yolanda Ortego, NAMI San Antonio, TX; Rev. Susan Gregg-Schroeder, NAMI San Diego; Margaret Ann Holt, NAMI Rappahannock, VA; and Carole Wills, NAMI Indianapolis, chairperson.

You are encouraged to visit the NAMI FaithNet website at www.nami.org/faithnet

ELCA PLANS FOR ON-LINE LEARNING

A task group is forming within the Evangelical Lutheran Church of America to develop a web-based e-learning program linked to the ELCA web site (as well as Pathways and others) designed to teach about mental illness. Pathways has agreed to assist with content for the site. It is proposed that the site will be accompanied by a network of persons who will be willing to be contacted by phone, email or possibly in person to share insights based on their own experiences. Their timeline projects that the first component would be on-line by January 2010, although it would be good if there could be a "beta" version to demonstrate at the Companions conference.

Presbyterian Church (USA)

The PC (USA) is sponsoring a first-of-its-kind Big Tent celebration in Atlanta, Georgia, June 11-13, 2009. Ten national offices that normally hold separate conferences will come together for the event, which has been characterized as "a denominational happening" and "a big Presbyterian family reunion." There will be opportunities for some common worship services with outstanding preaching and a couple of common meals, a shared exhibit hall and a Saturday evening celebration event in Centennial Park.

The Presbyterian Health, Education & Welfare Association (PHEWA) and its 10 networks will be providing a number of workshops and off-site seminars on mental illness, substance use, human trafficking, disabilities, domestic violence, homelessness and many more. During the three day conference, the Presbyterian Serious Mental Illness Network (PSMIN) will be holding their biennial business meeting, which is open to all interested conference participants. Visit www.pcusa.org/bigtent and www.pcusa.org/phewa for information about registration programming. Information is added to those sites as plans move forward. For more information, contact Nancy Troy at nancy.troy@pcusa.org; 1-888-728-7228, extension 5794 (toll free). Hope to see you there!

PATHWAYS TO PROMISE

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www.Pathways2Promise.org

Network Reports-Continued

United Church of Christ Mental Illness Network

As is the case with others, the UCC Mental Illness Network finds itself in a time of transition. However, we look forward to a strong team at the Companions conference, and sharing with other networks as to what models are best for the 21st century, the years ahead. Plans are still under way for an email newsletter, and continuing the Web site. Two of our St. Louis churches participated in the Rennebohm Book Event.

Mental Health Ministries

Veteran's Day is Tuesday, November 11. It is a time to honor and remember our military veterans...past and present. We can make a difference in the lives of millions of people if we not only remember, but also reach out to support the troops returning from combat service.

Mental Health Ministries (www.MentalHealthMinistries.net) is offering an interfaith Veteran's Day resource that can be used as a bulletin insert. A bulletin insert is printed on both sides and cut in half. We hope this will raise the important issues faced by our returning troops and give your faith community some ideas on how to be supportive.

Membership Updates

*Welcome to our new members and thank you to our
long time friends for their 2008 renewals*

Individuals

Susan Kent, Indianapolis, IN
Naomi Roberts, Harrisonburg, VA
Patricia Roop-Robinson, Westminster, MD
Shirley & Eric Vos, Sarasota, FL
Ann Zahniser, Greenville, IL
David Hedlin, New Lenox, IL
Esther Coleman, Glendale, CA
Geraldine Carr, Park Ridge, IL
Laverne Root, Manheim, PA
Betty Freytag, Napoleon, OH
Deborah Niehof, Ames, IA

National Groups

American Association of Pastoral Counselors
Christian Reformed Church NA
General Board of Church & Society (UMC)
General Board of Global Ministries (UMC)
International Conference of War Veteran Ministers
Lutheran Church Missouri Synod
Mental Illness Network, UCC
National Catholic Partnership on Disability
Presbyterian Church USA

Local Groups

Alabama Coalition for Healthier Black Belt
The Church of Reclamation, San Antonio, TX
First Presbyterian Church Greensboro, NC
Westminster Presbyterian, Elmira, NY



Mark Your Calendar

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

Nov 21—St Louis, MO. Washington University, St. Louis Conte Center presents *Creating Healthy Lifestyles for People Living with Mental Illness*, keynote John Newcomer, MD. Call Juanita 314-877-0756 or visit www.conte.wustl.edu.

A Word from Your Chair - Bob Dell

Much has been happening since our last newsletter reached you. The Planning Task Force for the conference has been hard at work as reflected in the description of the conference on page 1. Many thanks to each of the members. As we write, affirmations are coming in from faith groups to support our applications for funding. This support is heartening. Planning will continue to be a major focus as we work with faith groups in developing the details of the conference, as well as preparing resources and helping recruit delegate teams to assist in their preparation. Our visit to the Shrine was a joy; you will enjoy the setting as well as the conference itself.

In addition your Chair has participated in the book discussion groups described below. It has been my pleasure to sit in on Craig's workshops.

Pathways Convenes St. Louis Book Events and Workshop

On Friday, October 24, three book discussion groups were held featuring Craig Rennebohm's, *Souls in the Hands of a Tender God* — a morning, noon, and evening session. Our hosts were UCC congregations Evangelical United Church of Christ and the Church of the Open door, and Temple Israel. The plan was to offer times and location so as to be convenient for more people and to get media coverage. At a fourth location on October 25, there was a follow-up workshop at Sts. Peter and Paul church where Craig offered a Companionship training workshop.

The St. Louis events were preceded by a workshop conference at Columbia, MO. On Thursday, October 23, Craig was the keynote speaker for the conference which was sponsored by the Mid-Missouri Partners in Continuing Education. Bob Dell spoke on behalf of the programs and resources of Pathways.

Bits & Pieces

News from NAMI Missouri

New *In Our Own Voice* presenters trained in July. NAMI Missouri was among the first NAMI state organizations in the U.S. to adopt the stigma reduction program called *In Our Own Voice: Living With Mental Illness*. Our experience has a good. We expected this. The program's format is based in solid research. Studies show that meeting an individual who is living with a mental illness and getting to know him as a person effectively reduces stigma! In early May the ADS Center, part of the Substance Abuse and Mental Health Services Administrations' Campaign for Mental Health Recovery, named IOOV one of the nation's leading stigma interventions. The IOOV program is a stigma intervention recommended in our Missouri's mental health services transformation plan (recently approved by SAMHSA).

The first USA *Mental Health First Aid (MFHA)* training was held in Jefferson City, MO in July. Participants completed a 12-hour course covering the basic symptoms of various mental health disorders, their treatment and skill training on offering first aid style help. The Mental Health First Aid program is brought into Missouri as part of the Department of Mental Health's mental health services transformation effort, "Creating Communities of Hope." Reducing public stigma is a major goal of this effort and MHFA has been proven to reduce stigma among the public and professionals in Australian-based studies.

EIC Understands the Need to Educate Our Society About Mental Health!

The Entertainment Industry Council is committed to raising greater awareness of bipolar disorder, depression, post-traumatic stress disorder and other mental health-related concerns to create better understanding and eliminate the stigma in society. Although there have been a great number of medical advancements in diagnosis and treatment in recent years, the stigma still remains. One way to change the stigma associated with mental health is through accurate exposure of the issue!

The power of the entertainment industry can be utilized to help reduce this problem by incorporating accurate depictions of mental illness into productions that dispel the false impressions spread throughout the media. EIC communicates regularly with the entertainment industry by way of publications and informational resources. They range from simple updates featuring individuals who are making a difference in the entertainment world to topical health information with suggestions for onscreen depictions.

Visit EIC at <http://www.eiconline.org/aboutus/> learn about EIC's ongoing support, new resource guides and upcoming events on the mental health issue.

FOR YOUR LIBRARY OR SMALL GROUP STUDY

A Relentless Hope; Surviving the Storm of Teen Depression by Gary E. Nelson (Cascade Books, 2007). Nelson's story-telling gift, expertise as a pastoral counselor and father of a teen who suffered with clinical depression certainly holds the reader's attention. In addition, Nelson provides compassionate insights and practical suggestions for navigating the stormy years of teen depression. With teen depression effecting many of our young people -even those from Christian homes - this book is a must-read for more than family and friends. It will give youth workers, church and school teachers greater knowledge of the illness, sympathy for the teens and families and direction for what helps and what hurts.

Mailbox

Dear Pathways:

I just stumbled upon your home page for "Pathways to Promise" and I want to THANK YOU from the bottom of my troubled heart. The author captured every emotion I've felt since I began to worry that another one of my children may be suffering with mental illness. I have felt so alone, so alienated from my friends, co-workers, and even my husband who seems to be in denial that our daughter may be ill.

The grief of apparently losing another child to mental illness is almost unbearable. Jesus has been my Rock! He must have guided me to your web page and I cannot tell you how wonderful it feels to see all the feelings that I have been going through, being conveyed in words. It's the first time I've felt like someone out there understands!!! Thank you and God. Bless you and your Ministry!!!

Tabletop Displays

Your Chair recently attended his area UCC fall meeting only to find that there was no display table available. However, there were empty chairs and it worked out well to put the small displays on the chairs.

This is a reminder that there are posters on www.pathways2promise.org available for downloading which you can easily adapt to your needs. Simply place one on a table with flyers (which the office can furnish). If you need an easel, let us know; we can furnish that. Keep mental illness ministry in front of people—persistence pays.

Making a Space at the Table for Those with Mental Disorders: An inclusive Church is Like a Stained Glass Window

By Deacon Tom Lambert

When we see a stained glass window in a church, we are struck by the beauty of the story it tells. The window usually depicts a story from scripture or an aspect of our faith. Taken as a whole, the window gives a complete picture of a particular story or inspiring moment.

When we approach the window and look closely at the art, we see that the window is made up of many pieces of glass. The pieces have different shapes and sizes, some are large and some are tiny. We see that the pieces are made of different colors.

Upon closer inspection, we see that the pieces have flaws in them, some have lines or cracks, other have tiny air bubbles in the glass. But taken together as a whole, the unique pieces, big and small, of various colors, with all their flaws transcend their individuality and come together at the hand of the artist to give a dynamic story of faith.

But what happens if part of the window is missing? What if we were to remove all the brown pieces of glass, or remove the large pieces, or the ones with bubbles in them? The picture would be incomplete. We would not get the whole story.

The body of Christ, the faith community, in one sense, is like a stained glass window. It lives the story of redemption and salvation in the reality of everyday life. The pieces of the story are made up of many kinds and sorts of people—young people, elderly people, married people and single people, people of color, people of different shapes and sizes, people who are divorced, people with different sexual orientation, people with various disabilities, etc.

Like the stained glass window, the faith community, “body of Christ” for Christians, is made up of many parts. If we intentionally or unintentionally exclude, discriminate against or ignore one or more of the parts, we do not get the whole picture. We are missing the full story. The picture is incomplete.

Often people with disabilities are excluded from the body of Christ and leadership in it because of lack of access to our churches and sanctuaries or by attitudes that treat people with disabilities as less than a person.

For people with mental illnesses, a less obvious disability, the societal stigma and misperceptions of the disease often keep people from participating in our parishes because the stigma and misperception by society is felt within their own community of faith. Parishes, rather than mirroring the cultural biases of society, should be challenging those assumptions and accepting and reaching out to all people—to open doors and minds to the gifts of all God’s people.

Parishes can be instrumental in reducing the stigma of mental illness and supporting people with mental illness and their families by raising the consciousness of the faith community about the facts concerning mental illness and recovery:

- Mental disorders fall along a continuum of severity. About 6 percent of the population or 1 in 17 Americans suffer from a serious mental illness. It is estimated that mental illness affects 1 in 5 families.
- The World Health Organization has reported that four of the 10 leading causes of disability in the US and other developed countries are mental disorders. By 2020, Major Depressive illness will be the leading cause of disability in the world for women and children.
- Without treatment the consequences of mental illness for the individual and society are staggering: unnecessary disability, unemployment, substance abuse, homelessness, inappropriate incarceration, suicide and wasted lives.
- The best treatments for serious mental illnesses today are highly effective; between 70 and 90 percent of individuals have significant reduction of symptoms and improved quality of life with a combination of pharmacological and psychosocial treatments and supports. A key concept is to develop expertise in developing strategies to manage the illness process.
- Early identification and treatment is of vital importance.
- Stigma erodes confidence that mental disorders are real, treatable health conditions. We have allowed stigma and a now unwarranted sense of hopelessness to erect attitudinal, structural and financial barriers to effective treatment and recovery. It is time to take these barriers down.

Parishes can offer the following:

- Prayers of the Faithful for people who have a mental illness and their families
- Homilies about mental illness and recovery
- Depression screening
- Presentations on mental illness and recovery
- Presentations on justice issues related mental illness and the health-care system
- Advocacy for improved mental health services

For additional information and ideas on how parishes can be more welcoming to people with mental illness we invite you to visit the following website: Archdiocese of Chicago-Commission on Mental Illness – www.miministry.org

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Pathways Resource Order Form

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	
Souls in the Hands of a Tender God: Stories of the Search for Home and Healing on the Streets (C. Rennebohm)		\$15.00	
Caring for the Soul: R'fuat Hanefesh - A Mental Health Resource & Study Guide (R. Address)		\$10.00	
Walking Together: A Training Workshop for Faith Communities Supporting People with Mental Illness		\$10.00	
Pathways to Partnership (Basic Manual) Circle (or # of each): <input type="checkbox"/> ___ Christian <input type="checkbox"/> ___ 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): <input type="checkbox"/> ___ Christian <input type="checkbox"/> ___ 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): <input type="checkbox"/> ___ Protestant <input type="checkbox"/> ___ Jewish <input type="checkbox"/> ___ 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 

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

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 _____

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Please make checks payable to Pathways to Promise and send with membership form to:

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