



VOLUME 14, #1, SPRING 2007

Pathways to Promise

INTERFAITH MINISTRIES AND MENTAL ILLNESSES

- *May is Mental Health Month*
- *Schedule a Mental Health Event for your congregation*
- *Have you renewed your 2007 membership? See the back page for details.*
- *Poster Project Report*

May is Mental Health Month

Our newsletter readers are generally aware of and involved in local events to be held during Mental Health Month but it's not too late to plan something special for your own congregation or group. In addition to those listed below, see page 8—*May is Mental Health Month*—for examples of some quick and easy ideas.

New Resources for Faith-Based Groups

OFFERING HOPE, The Church's Role with Mental Illness, a newly produced DVD by the Association of Brethren Caregivers, might offer the basis for a sermon or be viewed by a class. Available at <http://www.brethren.org/abc/> or by phone at (800) 323-8039.

Two free, downloadable bulletin inserts (or flyers) are available at from Mental Health Ministries at <http://www.mentalhealthministries.net>. "May is Mental Health Month" is available in either English or Spanish; the other, "Mental Illness in Children and Adolescents," in English only.

A WORD FROM YOUR CHAIR BOB DELL

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The first news to share with you in this issue relates to the near conclusion of our Poster Project. The numbers are impressive (over 25,000 packets distributed), but it is what is happening in our congregations that is so heart warming. Turn to the preliminary report (p. 9) where you will find comments from just some of those who have replied about their use of the materials in the Poster Project. These comments demonstrate the need on the local level, and the willingness of local leaders to pitch in if they have help. Please note that the full preliminary report can be found at www.pathways2promise.org.

While you are at the web site, take note of the three short videos which celebrate the Poster Project. They are experimental and we will improve the quality as we go along.

At this point I want to say a word of thanks to Vicki Eichhorn and Jim Zahniser who took the lead on the grant application, and along with Jaime Campbell have also been at work with the follow up. Drs. Jim Zahniser and Edwin Estevez are doing evaluation of the reply cards and phone interviews.

As we are going to press, the aftermath of the Virginia Tech tragedy is still pressing upon us. On the Pathways web site we have posted a brief reflection, a prayer, and links to some of what

others have contributed. It is my prayer that the discussion, often agonizing, about Mr. Cho and his mental illness will be more productive than not. One of the better discussions took place April 25th, on the Diane Rehm show (NPR). Her guests that day were **Dr. Thomas Insel**, director of the National Institute of Mental Health/NIH, **Dr. E. Fuller Torrey**, president of the Treatment Advocacy Center, and **David Shern**, president and CEO of Mental Health America. You may access an audio version, and transcripts, at: <http://www.wamu.org/programs/dr/07/04/25.php#15344>. Their discussion did include the Virginia Tech episode, but also covered many of the other concerns about mental illness treatment and support. Considering that these are three top experts, it would be an excellent resource for a study group.

We welcome as an official member of our Board of Representatives, Doug Ronsheim, D.Min. Doug is Executive Director of the American Association of Pastoral Counselors (AAPC) and a long time friend and supporter of Pathways.

Thanks to all of you who read this for your interest and support.

Network Reports

Christian Reformed Church of North America

Christian Reformed Disability Concerns will be celebrating the 25th Anniversary of ministry this fall, and gives praise to God for his work in bringing greater inclusion of people with disabilities in churches and in society.

We have a network of about 500 volunteers who serve in individual Christian Reformed churches as well as groups of churches across the U.S. and Canada. Disability Concerns initiated a large-print edition of its newsletter with the most recent issue.

Two conferences are being planned to help church leaders and teachers learn better how to include people with disabilities in the church's life and ministry. On April 28 in Ancaster, Ontario, keynote speaker, author Jon Terpstra, will headline a conference emphasizing the importance of congregational care for people with disabilities and their families. On September 8, in Grandville, Michigan, keynote speaker Sondra Williams will talk about her own experience in living with autism.

Mental Health Ministries

We are excited about our two new bulletin inserts for May (as mentioned on page 1), and especially excited to have one of them available on our website in Spanish.

The streaming video clips to preview our media resources continue to be very popular. And we are making an effort to expand our Inspiration Section with prayers, quotations, photographs, etc. We also are beginning to have people send in submissions for the Our Ideas page on the website. Visit <http://www.mentalhealthministries.net>.

The Lutheran Network on Mental Illness/Brain Disorders

Head this Way – visit www.elca.org/disability/mentallillness/activities.html for an activities resource list produced by the Lutheran Network on Mental Illness/Brain Disorders.

Join and participate in a local chapter of the National Alliance for the Mentally Ill (NAMI). Call NAMI at (800)950-6264.

Start and/or maintain an outreach program to invite members of your community who receive mental illness treatment to your worship service and to create a visitation program.

Start or join a Compeer program, serving as a friend for those of us with mental illnesses/ brain disorders. Call (253)383-5755 for more information (there is not a national number.)

Learn more about mental illness/brain disorders. Invite a mental illness/health professional from your community and/or congregation to be a guest speaker and host a forum during Sunday adult education class. Call NAMI above or the American Psychiatric Association at (202)682-6220 for more information on mental illness/ brain disorders.

Presbyterian Serious Mental Illness Network—PSMIN

On March 26 the PC(USA) website announced May 6 as the day designated as Serious Mental Illness Sunday. However, we encourage hosting a mental illness Sunday any time throughout the year. Visit <http://www.pcusa.org/phewa/psmin> for a suggested order of worship, a children's sermon, a list of scripture suggestions for preaching and study, and a "How is your congregation doing?" assessment based on PSMIN's criteria for their General Assembly Award.

Brenda Gales, former PSMIN chair and chair of the PCUSA Task Force on Mental Illness, reminds us that the study guide "Serious Mental Illness: Seeking a Comprehensive Christian Response" is also on the PSMIN web page. The task force encourages its use by people of any faith group, and welcomes their reflections and comments before September, when it will develop the policy recommendations to go before the PCUSA's 218th General Assembly in 2008.

While viewing the PSMIN page, look for "Models of Ministry," stories of outstanding congregational programs for and with persons with mental illness.

United Church of Christ Mental Illness Network

Guess what, Friday the 13th of April was a good day for the UCC Mental Illness Network. In Downers Grove, IL. We had our first in person meeting in quite some time. Special guest was the Rev. Craig Rennebohm, of the Seattle Mental Health Chaplaincy. Craig was in town for a workshop with leaders of the "Ten Church Project" of Advocate Health Care. Another special guest was the Rev. Denise Thompson, recently appointed Executive Director of Disabilities Ministries of the United Church of Christ. The Rev. Norma Mengel and family were there from St. Paul. Norma agreed to continue as treasurer, while Bob Dell will resume being chair. Craig will be the new liaison with Disabilities Ministries. Craig will hold two workshops at the UCC General Synod which will be in Hartford, CT, in June. Other new possibilities were discussed on which we hope to report next time.

PATHWAYS TO PROMISE

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FaithNet NAMI

FaithNet will once again have a significant role to play at the NAMI National Convention. This year's conference is being held at the Town and Country Resort in San Diego, CA, June 20-24.

The Yearly FaithNet Special Interest Workshop is scheduled June 21 from 9:00 am until 12:00 Noon. In addition to having a sharing time moderated by Gunnar Christiansen on what is going on nationally, it will feature presentations by Rev. Susan Gregg-Schroeder of Mental Health Ministries and Carole Wills of NAMI Indianapolis -- Faith Communities Education Project. These two important ministries can be accessed on the Related Links page of the FaithNet NAMI website (faithnet.nami.org).

The FaithNet display tables will be in NAMI Land in the Exhibit Hall. Included at the tables will be free materials from FaithNet, Mental Health Ministries, NAMI Indianapolis and Pathways to Promise.

A closing Interfaith Worship Service will be held on Sunday, June 24.

Episcopal Mental Illness Network

EMIN is continuing to complete the objectives contained in a grant from the Keller Fund for Mission, an Arkansas Diocesan grantee. One end product of the Keller grant will be an Arkansas-specific manual for congregations to use to become welcoming to persons with mental illness and their loved ones.

A part of the proposed manual is how to establish education, awareness, and mutual support activities within a parish. Several members of St. Michael's Episcopal Church in Little Rock are focusing their efforts to do this by forming a book study. The group will study The Rev. Kathryn Greene-McCreight's book *Darkness is My Only Companion: A Christian Response to Mental Illness*. An outline of the group's lesson plans, information on local mental health resources, and a facilitator's guide will be part of the final congregation manual.

Membership Update

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

National Members

The Christian Reformed Church in North America
 Episcopal Mental Illness Network
 FaithNet NAMI
 Lutheran Church Missouri Synod
 National Catholic Partnership on Disability
 Union for Reform Judaism
 United Church of Christ Mental Illness Network
 United Methodist Church, General Board of Church & Society
 United Methodist Church, General Board of Global Ministries

Others

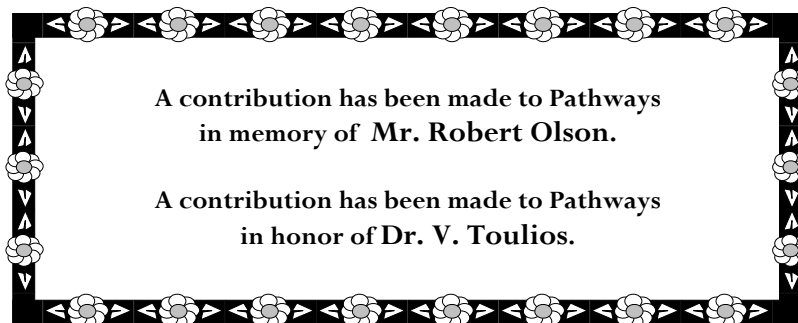
Bethany Presbyterian Church, Seattle, WA
 Cleveland United Methodist Church, Cleveland GA
 First Presbyterian Church, Greensboro, NC
 Partners for a Healthy Community, Anderson, SC
 St. Luke's United Church of Christ, Trappe PA
 Trinity Lutheran Church, Jefferson City, MO

Special thanks to individual members who provided generous gifts

Rev. & Mrs. Bob Dell, Sandwich, IL
 Mr. & Mrs. Jerry Hopson, Lakeway, TX
 Ms. Rita Murray, Whittier, CA
 Ms. Gail Olson, Schiller Park, IL
 Ms. Deb Watson, Salem Lutheran Church, St. Cloud, MN

International Conference of War Veteran Ministers

The International Conference of War Veteran Ministers continues its work with trauma. In March, Second Vice President Jackson Day and his co-author Elizabeth Vermilyea conducted a three day training in the *Risking Connection in Faith Communities* curriculum at the Loyola University Department of Pastoral Counseling. Fifty-five clergy and other leaders from most major faith groups were in attendance, including a chaplain with Canadian Forces, whose duties include working with Canadian troops in Afghanistan. The training was sponsored by Sidran Institute of Towson, Maryland, publishers of the *Risking Connection* curriculum.





On the Web...

www.samhsa.gov/MentalHealth/understanding_Mentallness.aspx - Newly launched site by SAMHSA to assist in the aftermath of the tragic shootings at Virginia Tech; comprehensive collection of resources and informational materials.

www.samhsa.gov/trauma/index.aspx - Series of resources on how to respond to a traumatic event including materials for first responders, health professionals, students, schools, adults and families.

<http://activemindsoncampus.org> - Student-run program that addresses the stigma surrounding mental illnesses among college students. Since 2001, it has grown from a single chapter at the University of Pennsylvania into 19 chapters based at colleges and universities across the country. These chapters support mental health awareness, education, and advocacy designed for students in higher education. Active Minds also serves as a liaison between college students and the mental health community.

<http://www.virginia.edu/oaaa/rise.htm> - Project R.I.S.E. (Resolving Issues through Support and Education) was established to provide a welcoming environment in which black students can comfortably discuss problems that all college students face. The issues can range from body image to more serious problems like depression.

<http://www.ulifeline.org> - This program of the Jed Foundation is an anonymous, confidential, online resource center, where college students can search for information regarding mental health and suicide prevention. The Website has enhanced student features and a new component called "Counseling Central" built exclusively for college mental health and student affairs professionals.

<http://mentalhealth.samhsa.gov/nctic/> - New e-newsletter from CMHS's National Center for Trauma-Informed Care (NCTIC) offers information on training materials available, recent expert meetings, upcoming events, and more. Just enter your e-mail address and be automatically added to their mailing list.

<http://mentalhealth.samhsa.gov/publications/allpubs/sma06-4176/> - Offers a guide, "Developing a Stigma Reduction Initiative," designed to support statewide, regional or local efforts to address and counter stigma and discrimination. A schools training package is also provided. View the guide at the website or order the full set of materials (including a CD-Rom of training materials, PSAs, etc.) by phoning 800-789-2647.

www.whatadifference.org - National Anti-Stigma Campaign launched in December 2006 offers television, radio, and print public awareness announcements along with many supporting materials that are being distributed nationally. Find out more about this campaign and how you can become involved.

www.mededppd.org - New website on Postpartum Depression includes separate pages for healthcare providers and for consumers (available in both English and Spanish).

www.gainscenter.samhsa.gov/html/eNews/articles/01_07.html - Selection of articles and other publications addressing mental health/criminal justice issues.

<http://www.atechnews.com/> - Exploring the universe of opportunities for people with disabilities. *Assistive Technology News* introduces a new web site featuring articles and introductions to new technologies that provide insight into the field of Assistive Technology.

www.joniandfriends.org/ - Welcome to Joni and Friends. Joni Eareckson Tada founded the ministry in 1979 to communicate the gospel and equip Christ-honoring churches worldwide to evangelize and disciple people affected by disabilities.

Barriers to Mental Health Treatment

SAMHSA's Office of Applied Studies recently released a report based on their National Survey of Drug Use and Health. The report presents data for adults age 18 or older who reported on (1) their receipt of treatment for mental health problems; (2) their perceived unmet need for treatment for such problems, and (3) the reasons for not receiving treatment among those with an unmet need for treatment. Highlights of the report include:

- ⌘ Among adults ages 18 and older, 13% (27.9 million persons) received treatment for mental health problems within the past 12 months.
- ⌘ About 5.1% of all adults and 19.2% of adults who received treatment for mental health problems in the past year perceived an unmet need for treatment for mental health problems in the past year.
- ⌘ Of those adults who perceived an unmet need for treatment during the previous three years, 48.1% reported cost or insurance issues as a barrier to treatment.
- ⌘ Stigma (22.7%); not knowing where to go for services (18.4%); and fear of being committed or having to take medicine (7.9%) were other major barriers.

Bits & Pieces

NAMI-Tennessee Reaches out to Faith Communities. At the 2006 NAMI-TN State Convention, the Religious Outreach Committee launched a new program to contact faith communities and challenge them to minister to and with persons who have a mental illness and to their family members. Bulletin inserts and a brochure were provided for attendees to distribute to congregations throughout Tennessee. Pastors and Seminaries will be visited and asked to preach and teach about mental illness and how their faith communities can respond compassionately. To further facilitate this program, an application is being made for a grant to hire a part-time Faith Outreach Coordinator for middle Tennessee. For further information, contact Rev. John Lewis at jomar20@bellsouth.net.

New Details Emerge in Schizophrenia Treatment - Two new studies from the Clinical Antipsychotic Trials for Intervention Effectiveness (CATIE) provide

insights into comparing treatment options, and to what extent antipsychotic medications help people with schizophrenia learn social, interpersonal and community living skills. These new studies are published in the March 2007 issue of the *American Journal of Psychiatry*.

Mental Health/Criminal Justice Research and Resources. A number of publications, peer-reviewed journal articles, and online resources that address mental health/criminal justice issues were released in 2006. Fact sheets and discussion papers emerged from the CMHS National GAINS Center's series of expert panel meetings on the application of evidence-based practices to criminal justice settings. The Center also developed an overview of Serious and Violent Offender Reentry Initiative programs that offered specialized services for justice-involved individuals with mental illness. Their website also features PowerPoint presentations and audio re-

plays of net/teleconferences on mental health/criminal justice information sharing and jail diversion in rural areas. <http://gainscenter.samhsa.gov/html/eNews/>.

Building Bridges. A series of reports of CMHS dialogue meetings that examine approaches which impact personal and mental health system transformation. Participants discuss their experiences, identify factors that promote/hinder recovery of people and mental health care systems and offer recommendations to overcome obstacles. Three new resources in this series (Primary Care; Criminal Justice; and Self-Direction) were published in December 2006 and are available by calling SAMHSA's National Mental Health Information Center at (800) 789-2647 or (866) 889-2647 for TDD.

Consumer Column

Stigma Reduction Initiative Developing a stigma reduction initiative requires a significant investment in terms of both human and financial resources. It is a full-time job, especially in the early planning stages. It is hard work, but also gratifying. The resource kit, “Developing a Stigma Reduction Initiative” is intended to raise awareness of mental health and help counter the stigma and discrimination faced by people with mental illnesses. Users are invited to use the kit with event planning, partnership development, outreach to schools and businesses, mental health resources, marketing to the general public, and grassroots outreach. You may download the tool kit by visiting the ‘Featured Pages’ section at www.stopstigma.samhsa.gov

Certified Peer Specialists (CPS) Consumers have long recognized the impact of peer support – the kind that happens on the front porch steps or in the evening when you call a friend who “knows.” When consumers wanted that same powerful support to be available in accessible, meaningful ways that broaden the continuum of care offered by traditional models, the State of Georgia listened and then developed a history-making action plan. In 1999, realizing the benefits for individuals, families, and communities when people who have mental illnesses connect with one another, Georgia established consumer-operated Peer Centers. Success stories from these Centers convinced the Georgia mental health community that the ideal models to promote recovery from a mental illness were people who were willing to openly share their stories of recovery and willing to share tools they had personally used to succeed. Hearing these stories not only aids recovery; it also helps to reduce the stigma and discrimination that accompanies mental illnesses.

In December 2001, their vision for a certified peer support program became reality; approximately 35 current and former mental health consumers completed their training and became the first Certified Peer Specialists. Georgia was also the first State to be able to bill for statewide peer services under the Medicaid Psychiatric Rehabilitation Option. The Peer Specialist Certification project prepares consumers to promote hope, personal responsibility, empowerment, education, and self-determination in the communities where they serve. Ongoing training sessions are held at least twice a year. Quarterly continuing education seminars and workshops are held for those already certified and required to stay abreast of emerging best practices. Currently, in Georgia, over 200 peer specialists are providing approximately \$6,000,000 worth of services per year!

Under the CPS Project, recovery from a mental illness is no longer only about what clinicians do to consumers. It has become, with the assistance of CPSs, what consumers do for themselves and for each other. For further information about Georgia’s Peer Specialist Program, you may visit www.gacps.org/Home.html or contact Beth Filson, Project Manager at 404-657-3383 or email emfilson@dhr.state.ga.us.

Housing Solutions - The problems of board and care homes, also known as adult homes, for people with psychiatric disabilities is the focus of a report newly available from the Substance Abuse and Mental Health Services Administration (SAMHSA). The report offers ten detailed recommendations to improve the quality of life of board and care home residents. In addition, the history, demographics and common concerns of these homes are detailed in-depth. A list of measures being implemented to improve the lives of residents and recommendations calling for community integration and for a recovery-oriented approach are also provided. The report also calls for an end to reliance on board and care homes.

This report, “Transforming Housing for People with Psychiatric Disabilities,” is available at <http://mentalhealth.samhsa.gov/publications/allpubs/sma06-4173/> Free printed copies are also available by phone (1-877-726-4727). Request inventory number 4173.

Employing and Accommodating Individuals with Psychiatric Impairments - If you miss the live Webcast of this May 8th event (see “Mark Your Calendar” column) you will have another chance to learn a variety of accommodation solutions and practical tips for the successful employment of people with psychiatric impairments by waiting for the Webcast to be posted in the Training Archive on the SAMHSA ADS Center’s Website, www.stopstigma.samhsa.gov

Alternatives 2007. An annual conference organized by and for mental health consumers and survivors, will be held October 10-14 at the Hilton Hotel at the Ballpark in St. Louis, MO. This year's conference, "Spanning the Recovery Movement: Consumer Control and Choice" is organized by the National Mental Health Consumer Self-Help Clearinghouse with support from SAMHSA/CMHS. (See Calendar)

Consumer Perspectives on recovery through transformation, the topic of the 2006 Alternatives Conference, have been collected from consumer scholarship recipients who attended last October's conference in Portland, Oregon. Findings are presented in three categories:

1) **Barriers to transforming mental health care:**

- Stigma at all levels; a lack of understanding of the lives and needs of mental health consumers and a lack of advocacy against negative stereotyping;
- Lack of access to treatment in many communities, including persons of color and individuals who are lesbian, gay, bisexual, transgender and intersexed;
- Lack of funding for treatment, on the community and individual level;
- Lack of health insurance parity;
- Lack of consumer voice. There is a need for more effective involvement in mental health programming and care at the local, State and Federal levels;
- Personal barriers including learned helplessness; lack of education for self-efficacy, awareness about treatment options and treatment management; lack of independence and social isolation..

2) **Strategies for transforming mental health care:**

- Promote/establish peer-run services as a central strategy;
- Provide transformation grants to peer run organizations;
- Assure consumer involvement at every level/stage of program planning, design, implementation and funding;
- Promote/establish services that include employment support, leadership development, advocacy training, and opportunities to advance skills in the community;
- Conduct evaluation of mental health services, with public disclosure of results and rewards for providers who utilize best practices in their care;
- Promote (strongly) the power of consumer stories as a tool against stigma; to change perception and practices of individuals throughout the mental health care system.

3) **National policy recommendations:**

- Support research on peer services and best practices;
- Develop fidelity scales for consumer-run evidence-based practices;
- Promote Medicaid reimbursement for peer services;
- Fund Peer Support Centers for Wellness and Recovery;
- Promote insurance parity legislation;
- Establish Leadership Academies in each State;
- Promote mentoring relationships between States.



Our most popular brochure is now available in Spanish. We're working hard to have more of our resources translated.

May is Mental Health Month—Event Ideas

For book clubs or on-going classes

Dwelling Places by Vinita Hampton Wright; Harper Collins, 2006. A novel with realistic, everyday characters including the father who lost the farm, suffered depression, and has just been released from a psychiatric ward; a worn-out wife; teenage son who's into Goth and daughter who's into Jesus; and the children's grandmother. Novelist Wally Lamb says this one "broke my heart and renewed my spirit."

How about a night (or series of nights) at the movies? Films can be a popular, non-threatening way to invite discussion about mental illness. Which of these are available at your local video store?

American Beauty (1999) Comedy/drama; Kevin Spacey has the lead role in a remarkable film about a very dysfunctional family in a compelling example of what Freud called the psychopathology of everyday life. (Note, however, that Freud himself recognized biologically-caused mental illnesses for which his psychotherapy was ineffective.)

American Splendor (2003) Comedy/documentary/drama/animation integrates the narrative of a depressed couple trying to manage life's stressors.

An Angel at My Table (1990) Bio/drama of New Zealand novelist, Janet Frame, who was mis-diagnosed with schizophrenia and mistreated with electro-convulsive therapy.

Aviator, The (2004) Bio/drama with Leonardo DiCaprio as Howard Hughes.

Born on the Fourth of July (1989) Bio/drama with Tom Cruise as paralyzed Vietnam veteran, Ron Kovic, offers memorable VA hospital scenes which parallel recent news stories.

House of Fools (2002) Drama based on the true story of patients left to fend for themselves as staff of a mental institution flee and soldiers arrive during conflicts in Chechnya.

House of Sand & Fog (2003) Gripping and deeply poignant drama accurately depicts depression, alcohol abuse and suicide.

Matchstick Men (2003) Comedy starring Nicholas Cage as a con-man with obsessive-compulsive disorder, tics, antisocial personality, and agoraphobia with panic.

Ordinary People (1980) Robert Redford's debut as a director deals with depression, suicide and family pathology. Judd Hirsch portrays a psychiatrist.



Mark Your Calendar

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

May 25 - Deadline for scholarship applications to attend Alternatives Conference to be held in St. Louis, MO in October. To download a scholarship application, visit www.alternatives2007.org/registration.html

May 25 - Deadline for applications for Financial Support to attend the 2007 DBSA conference. To be eligible, application must be received by **US Mail** postmarked on or before this deadline. (See August 9-12 below)

June 20-24 - San Diego, CA - NAMI National Convention "Building Our Movement; Building Our Future"

Aug. 9-12 - Orlando, FL - 2007 Depression and Bipolar Support Alliance (DBSA) Conference and Chapter Leadership Forum, "Making the Recovery Connection" - Buena Vista Palace Hotel and Spa. Information available at www.DBSAAlliance.org or by phone at (800) 826-3632.

Aug. 23-26 - Washington, DC - Minority Women's Health Summit at the Hyatt Regency Washington Capitol Hill. Contact www.womenshealth.gov/mwhs/

Oct. 10-14 - St. Louis, MO - Alternatives Conference 2007, "Spanning the Recovery Movement: Consumer Control and Choice" - Hilton Hotel at the Ball Park. Visit www.222.alternatives2007.org or call (800) 776-1286.

Nov. 27-28 - Winnipeg, Manitoba - Conference for faith-based agencies and churches working in some specific way with people living with mental illness. This will be a pre-conference to Canadian Mennonite Health Assembly and the Interfaith Health Association of Manitoba conferences. Contact Irma Janzen (204) 275-0394 or at ikj@mts.net Or visit the Mennonite website: www.mcc.org/canada/health/conferences/

POSTER PROJECT NEARS COMPLETION

TEN FAITH GROUPS DISTRIBUTE 25,000 PACKETS

The past twelve months found Pathways and friends busy inundating local congregations with anti-stigma posters and other resource materials on mental illness. Thanks to funding from the American Psychiatric Foundation and the collaborative efforts of NAMI, the American Association of Pastoral Counselors, and several participating faith groups, Pathways recently completed the programmatic part of this year-long project. Over 25,000 local congregations in the U.S. received packets, including anti-stigma posters and information on how to get help for individuals with mental illnesses and their families. The Evangelical Church of America, the Presbyterian Church USA, the United Church of Christ, the National Council on Catholic on Physical Disabilities of the Roman Catholic Church, the Christian Reformed Church of North America, the Arkansas Episcopal Diocese, the United Methodist Church, and the Church of the Brethren participated formally in the project, and congregations from several additional faith groups participated through learning about it at NAMI meetings and through the Pathways website.

Hundreds of congregations, from more than ten different faith groups, who indicated an especially keen interest, also were sent the popular *Pathways to Partnership* awareness and resource guide, as well as the hot-off-the-press *Walking Together* workshop manual. Preliminary findings from an independent evaluation of the project reveal that congregations from several different faith groups and from various geographic regions are developing fascinating uses of the Pathways materials.

Drs. Jim Zahniser and Edwin Estévez are completing the evaluation component of the Poster Project. However, some preliminary results are in, and they are very encouraging. Over 600 congregations responded to a postcard survey that was included in the poster packet materials. To date over 400 of the 600 plus surveys have been analyzed

A **United Methodist** lay person from Missouri, who had successfully used the Pathways materials to refer people to treatment providers said that “the Pathways materials opened up an opportunity to talk about it [mental illness] and they gave us more freedom to mention mental illness in church. This allowed family members to talk about it with me, where they might not have otherwise.”

A **Presbyterian USA** pastor from California said that he had given the *Pathways to Partnership* awareness and resource guide to a special committee within the church charged with presenting a workshop on mental illness. That committee will be using the Pathways manual, along with a book by Susan Gregg-Schroeder to develop the curricula and readings for the workshop.

An **Episcopalian** Parish Nurse in Virginia ordered about 50 extra poster packets for distribution at a seminar that she helped to host on mental illness last November: “This was extremely well-received,” she said, “and the target audience was people from faith communities. They rated the seminar very highly.

Another Parish Nurse within the **Roman Catholic** church in the St. Louis area used the Pathways materials to plan a diocese-wide conference on mental illness this summer. She consulted with Pathways on identifying speakers who could be invited to speak about the stigma of mental illness and opportunities for recovery.

An **ELCA** pastor from Nebraska reported that she “liked its completeness. It had handouts, posters, and everything that was included made it a good package.”

A **UCC** pastor from Iowa said, “This is rural Iowa and we sometimes have difficulty talking about mental illness. However, I preached on mental illness [after receiving the poster packet] and people responded. Several approached me afterwards and shared their stories of struggling with mental illness.”

The above is a portion of a preliminary report on the Poster Project. For a complete copy of this report, including comments from many other local congregations or for your free copy of the Poster Packet, visit www.Pathways2Promise.org. The packet is also available in Spanish.



Pathways Secretary/Treasurer Jan Burggrabe hosts the Pathways exhibit at the 2007 Parish Nurse Conference held in St. Louis. Poster packets were distributed to 400 meeting attendees.

TALKING THE TALK; WALKING THE WALK

Clergy and congregations who offer acceptance to individuals and families living with mental illness have ‘hit the majors’ as headline news. Last fall, in time for Mental Illness Awareness Week, the *Wichita Eagle* not only provided details of an upcoming candlelight service but also ran a two-page spread by reporter Joe Rodriguez. Pathways Board member, Jan Burggrabe, noted that it is only within the past 10 to 20 years, as awareness of mental illness has increased, that congregations have begun to address the issue. In the past, “Churches used to do what most of society does, which is try not to think about it,” Jan noted, adding the thought that many times clergy had nothing more to offer than “Pray harder.”

In line with this changing climate, parents of children with severe mental illness posed smilingly for the camera and spoke of the spiritual support provided by their congregations. “We talk in church about coming alongside one another,” offered parent Kay Coon, “and that’s just what the mentally ill need. They just need someone to come alongside them.” Some religious bodies have accomplished this by hiring a Parish Nurse as part of their staff; others have established counseling centers to provide services to persons living with mental illness as well as the broad range of mental health issues or made existing disabilities programs more welcoming to persons who have a mental illness. In all these configurations, the emphasis is not on trying to “cure” but on acceptance of the person wherever they are in their illness; to walk with them and encourage them.

Another significant article, headlined “Mentally ill finding more than just prayer in church,” appeared in the February 23rd issue of the *Chicago Tribune* and gave a prominent role to P2P Chairman Bob Dell as well as our \$88,000 grant from the American Psychiatric Foundation. Pathways to Promise is using these funds in support of our poster project, an anti-stigma campaign aimed at an estimated 26,000 churches and synagogues across the nation.

Underscoring the key role that many denominations are playing, the article also mentions *Shadow Voices* produced by the National Council of Churches and aired on ABC-TV; the Religious Action Center of Reform Judaism which spoke out against insurance discrimination during the High Holidays; and Pope Benedict XVI who used World Day of the Sick to focus on mental illnesses. Others interviewed for the *Tribune* article by staff reporter Bonnie Miller Rubin included Bob Corolla, spokesman for FaithNet NAMI, who is also a devout Catholic with bipolar disorder; Pat Doyle who grew up with a mother who suffered from bipolar disorder; Psychiatrist Carl Bell, African-American president of Chicago’s Community Health Council; Connie Rakitan, chair of the Chicago Archdiocesan Commission on Mental Illness; and Jeanne Laird, a community ministry coordinator and partner in an ambitious local effort involving more than two dozen congregations, including two mosques.

The word is getting out and, as Bob Dell says, “Every time a Mike Wallace comes out about his depression, the door opens just a little wider.”

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 ***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):☒ ____ 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 

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 | |
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Pathways to Promise

5400 Arsenal Street

St. Louis, MO 63139

Attn: Vicki

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



Many Thanks to Pathways!

On March 6 NAMI-West Central Indiana hosted an educational workshop for clergy and congregations. This was our third gathering (the other two being conferences), and I have spent a great deal of time looking for resources to send to places of worship. What a find it was to receive a copy of the *Pathways to Partnership* manual — it was like manna from heaven! The guide is thorough on what it offers to congregations -- filled with ideas to cover every aspect of worship. Our workshop planning committee and NAMI board were enthusiastic and quickly grabbed copies, and a local business underwrote the expense for all the copies we ordered and offered at the workshop. I hope you are all aware of the great service you are doing for those who struggle with mental illness and hunger for a better connection with their places of worship. Keep up the good work! Peace be with you all, Jan Rybka, NAMI-WCI

From Ed Dickey, NAMI San Antonio, regarding the *Pathways To Understanding* training manual. *Our program was very successful. We had over 70 attendees representing 25 or more churches and faith organizations. One of our attendees, Jim Gerhard, was familiar with your material and very glad we used it in the program. I presented the material and received good body language and many questions and comments from the audience. Our NAMI office has received many inquiries and thanks on the program. We have been asked when we will present the program again by a couple of local churches not in attendance and from a Church in New Braunfels, about 30 miles north of San Antonio. I am very pleased with the results so far.* Since this correspondence, Ed has hosted another meeting with 100 attendees.

What a Difference A Friend Makes

Human beings are hard-wired to connect, as demonstrated by abundant research spanning ages from infancy to older adults. Living and working in our field of knowledge, we know first-hand some of the human tragedies, personal or public, that occur when a person is left to feel isolated, alone and friendless. This is the message of the National Anti-Stigma Campaign (NASC).

“Bits and Pieces” in our Fall 2006 newsletter mentioned the (then) upcoming campaign. Since October, the Ad Council has distributed media kits nationally to more than 7,500 radio stations and 1,400 TV stations. Broadcasters in each of the 210 market areas received kits, including more than 1,200 bilingual television stations. Kits included broadcast quality tape or CD of public service announcements (PSAs), recorded scripts, campaign fact sheets and contact information.

Through February 2007, the Campaign website, www.whatadifference.samhsa.gov/ had received more than 1,000,000 hits. It is a rich resource where several campaign materials can be downloaded. If you are interested in ordering hard copies of the Campaign brochure, the SAMHSA/CDC report, or “Developing a Stigma Reduction Initiative” contact the National Mental Health Information Center (NMHIC) at (800) 789-2647 where you may order up to 50 copies of each item over the phone.

If you would like more information about the campaign, including a list of media stations in your local area that received a NASC kit, contact Elizabeth Edgar at nasc-liaison@nami.org.

Pathways to Promise Board of Representatives

Doug Ronsheim, American Association of Pastoral Counselors

Open, American Baptist Church USA

Bean Murray, Episcopal Mental Illness Network (EMIN), Little Rock, AR

Lisa Cleaver, Evangelical Lutheran Church of America (ELCA), Chicago, IL

Gunnar Christiansen, FaithNET NAMI California, Orange County, CA

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Nancy Troy, Presbyterian Church (USA), Louisville, KY

Jan Burggrabe, Presbyterian Serious Mental Illness Network (PSMIN), St. Louis, MO

Jan Benton, Roman Catholic Church, Washington, DC

Mark Stephenson, The Christian Reformed Church in North America Disability Concerns, Holland, MI

Richard Address, Union for Reform Judaism, New York, NY

Denise Thompson & Bob Dell, United Church of Christ Mental Illness Network, Sandwich IL

Cynthia Abrams, United Methodist Church General Board of Church & Society, Washington, DC

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**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.

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