

## Pathways to Promise Announcements

February 15, 2024

### Announcing NEW Awareness Care Program

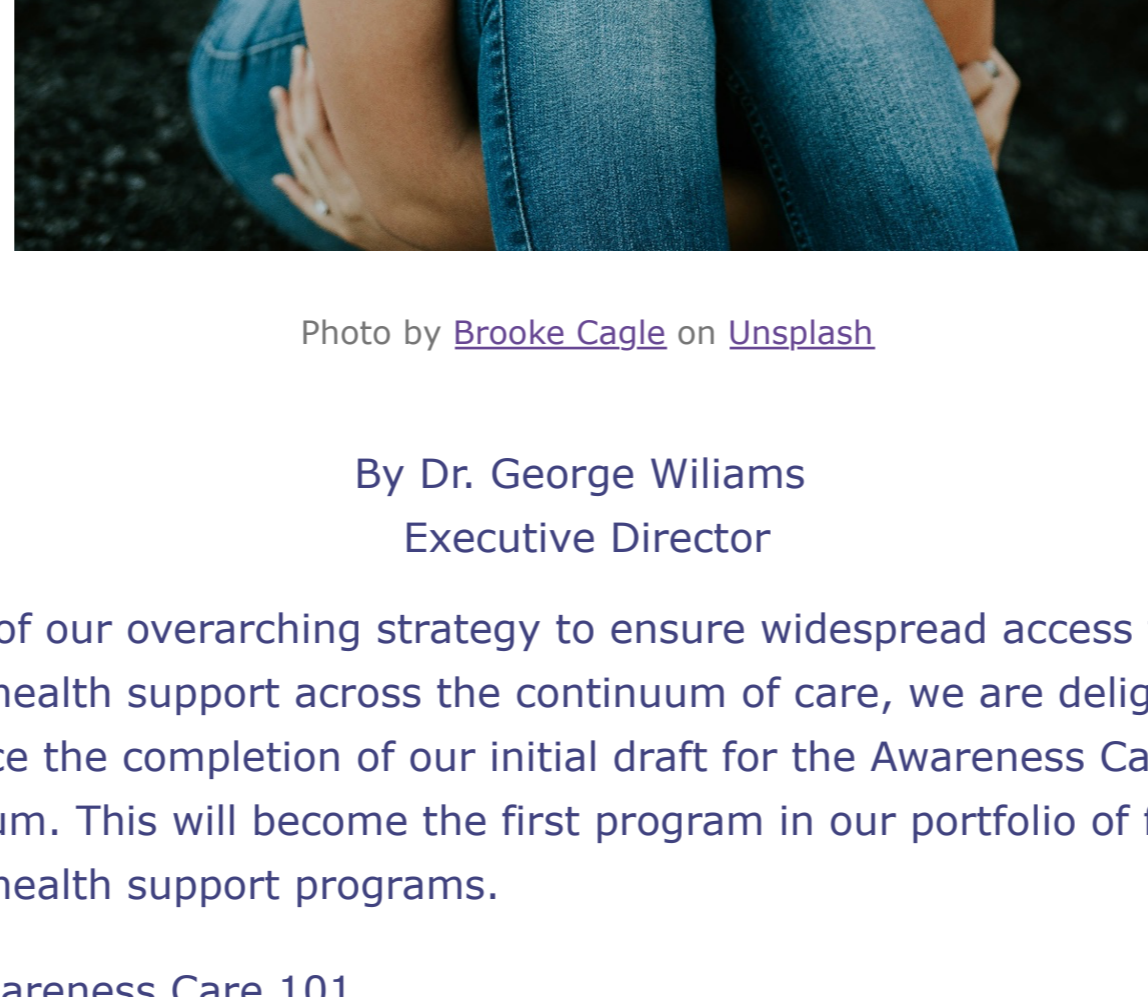


Photo by Brooke Cagle on Unsplash

By Dr. George Williams  
Executive Director

As part of our overarching strategy to ensure widespread access to mental health support across the continuum of care, we are delighted to announce the completion of our initial draft for the Awareness Care 101 curriculum. This will become the first program in our portfolio of five mental health support programs.

- Awareness Care 101
- Resiliency Care 201
- Companionship Care 301
- Referral Care 401
- Recovery Care 501

**This comprehensive mental health awareness curriculum aims to achieve five key objectives:**

1. Foundational Understanding and Language: Fostering a foundational understanding and language of mental health.
2. Self-awareness and Stress Management: Promoting self-awareness through a reflective tool for stress management.
3. Challenging Stigma and Discrimination: Addressing and challenging stigma and discrimination.
4. Building Resilience: Providing coping strategies to build resilience.
5. Encouraging Help-seeking Behavior: Informing and encouraging proactive help-seeking behavior to normalize seeking professional assistance.

The Awareness Care 101 curriculum blends educational content, relatable metaphors, and real-world statistics to enable learners to understand, apply, and practice culturally sensitive mental health concepts. Through interactive discussions and activities, the curriculum encourages participation, fostering understanding, empathy, and positive mental health practices.

**Participants in the program will gain:**

- Practical Understanding: Non-technical language to practically understand mental disorders.
- De-stigmatizing Knowledge: Insights that de-stigmatize mental health issues.
- Encouragement for Connections: Support for healthy public connections.
- Assessment Tool: A practical tool for assessing the need for mental health care.
- Guidance for Next Steps: Directions on taking the next steps to receive support and find care.

We are excited about the prospect of providing additional tools for our trainers to promote mental health support. Stay tuned as we progress towards completing the final draft of the Awareness Care 101 curriculum and prepare for pilots later in the spring and summer of this year.

**Your ongoing support and commitment to mental health awareness are integral to the success of these programs. Join us today in helping people move toward a path to mental wellness.**

[Give Now](#)

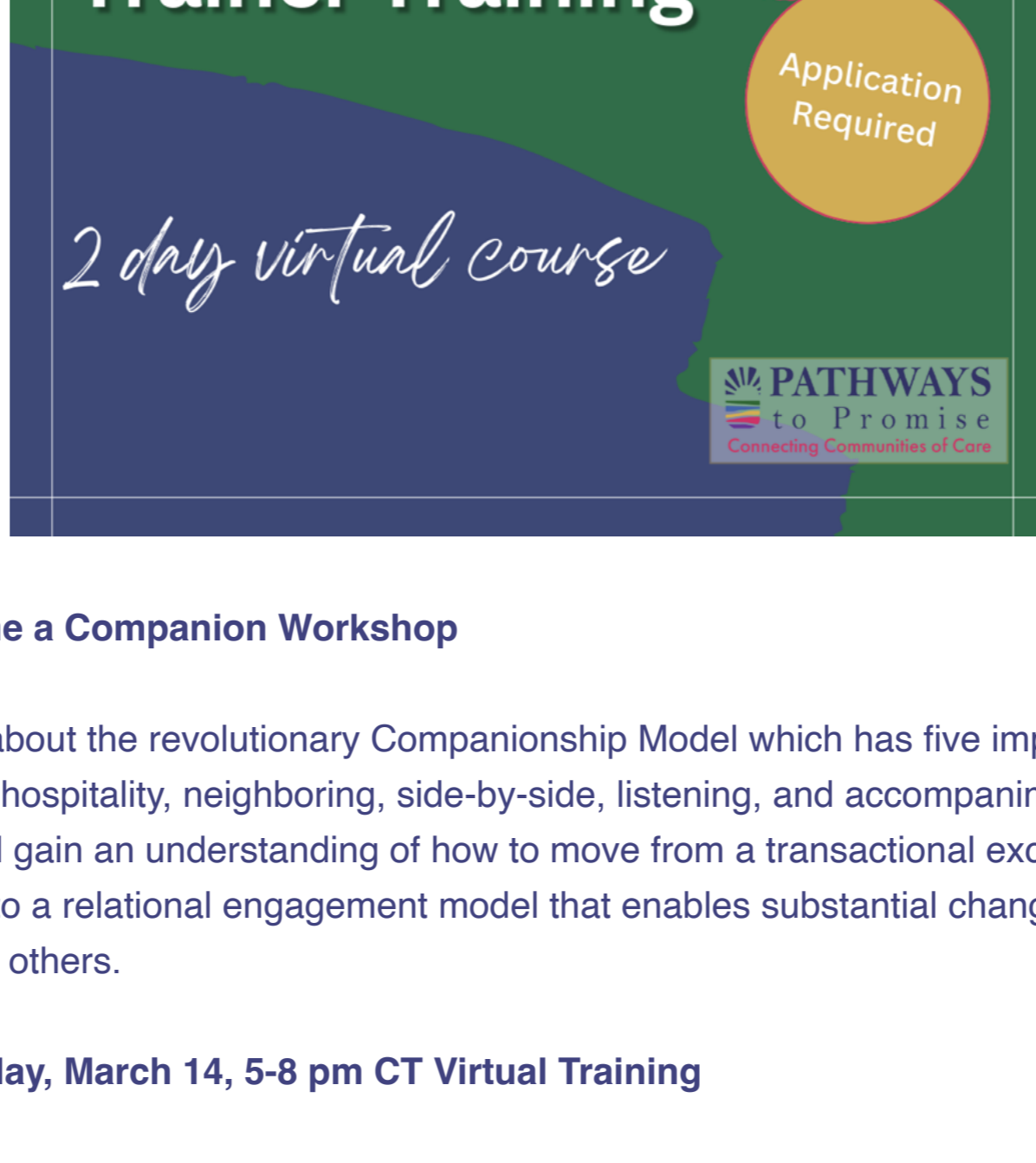


REPRESENTATIVE SHARICE DAVIDS &  
DR. GEORGE WILLIAMS, EXECUTIVE DIRECTOR OF  
PATHWAYS TO PROMISE

U.S. Representative Sharice Davids has been a staunch ally for bipartisan federal mental health funding. She serves in Kansas' third congressional district.

Dr. George Williams, Executive Director of Pathways to Promise, met with her this month to passionately share his organization's innovative strategy to provide anyone, anywhere access to Pathways' mental health support programs, online resources, and social support through a community-based delivery model.

### Upcoming Trainings



#### Become a Companion Workshop

Learn about the revolutionary Companionship Model which has five important tenets: hospitality, neighboring, side-by-side, listening, and accompaniment. You will gain an understanding of how to move from a transactional exchange model to a relational engagement model that enables substantial change when helping others.

**Thursday, March 14, 5-8 pm CT Virtual Training**

To register, [click here](#).

#### Community Trainer Training

Do you want to lead Companionship Workshops? Apply to be trained as a Community Trainer! This virtual, two-day course includes

- "Become a Companion," a three-hour workshop that teaches participants the principles and practices of Companionship
- Instructor Training, an eight-and-a-half-hour workshop that teaches people to lead Companionship workshops themselves.

**Thursday, March 14, 5-8 pm CT Virtual Training (Become a Companion workshop) plus**

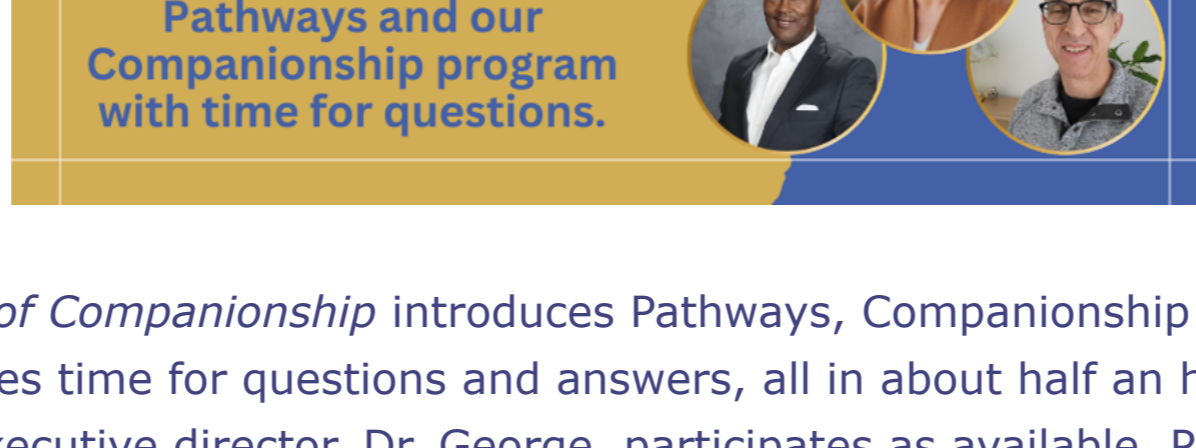
**Saturday, March 16, 9 am-5:30 pm CT Virtual Training**

To apply, [complete the application now](#).

**Application Deadline - March 7**

[Read More About Our Trainings and Workshops Here](#)

### Taste of Companionship Presentations



*Taste of Companionship* introduces Pathways, Companionship and provides time for questions and answers, all in about half an hour. Our executive director, Dr. George, participates as available. Please invite your network to join these presentations.

**Monday, March 4, Noon CT, led by Mark Stephenson, Pathways Board President and National Trainer Apprentice.**

[Click Here to Register on the Pathways to Promise Homepage](#)

### Pathways to Promise Interest Survey Results

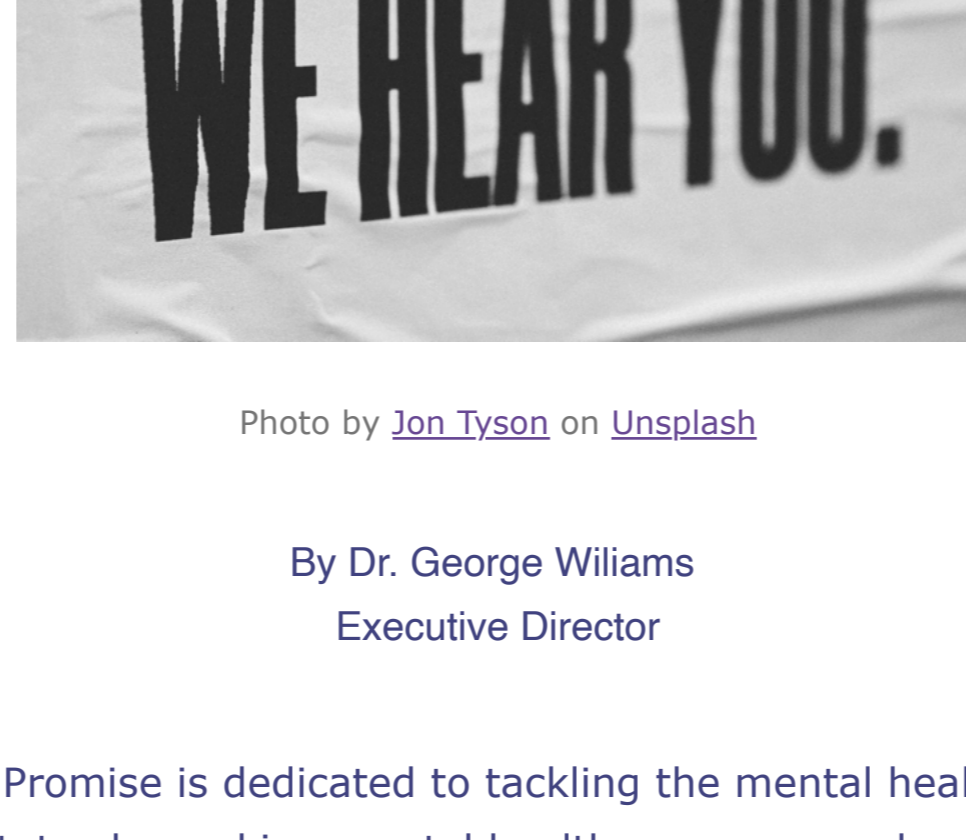


Photo by Jon Tyson on Unsplash

By Dr. George Williams  
Executive Director

Pathways to Promise is dedicated to tackling the mental health crisis in the United States by making mental health programs and resources more accessible to everyone. Our organization, which supports people from various faiths and cultures, aims to provide innovative ways for individuals facing mental health challenges and their supporters to receive that support.

One way we offer support is through our quarterly *Spotlight* newsletter, packed with valuable information for those dealing with mental health issues and their supporters. To better understand our audience, we polled our *Spotlight* and general readers. We conducted a survey with 211 questions about mental health. We received 30 responses, which some experts consider the minimum for meaningful results. The diversity among respondents was encouraging with around 23% identifying as non-White.

The survey asked about mental health diagnoses and symptoms, both for the respondents and their friends or family members. Results showed that a significant portion had received a mental health diagnosis for self or others (about 55%) and had experienced mental health symptoms without a diagnosis for self or others (about 75%).

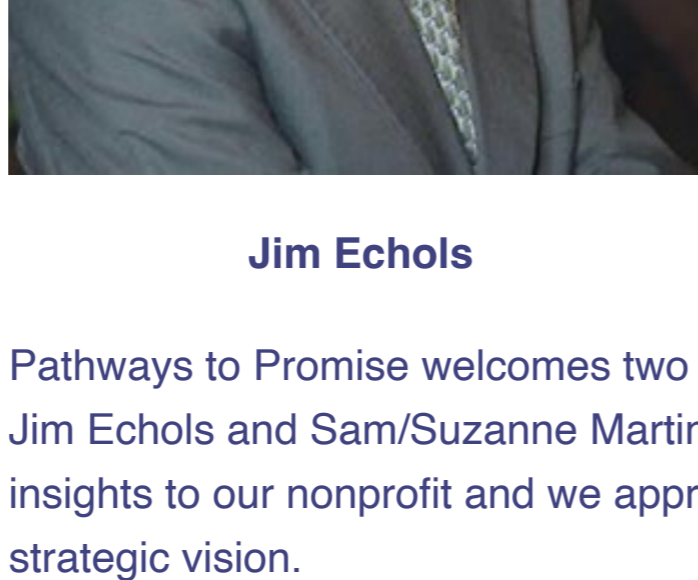
A noteworthy finding from the survey was that participants highlighted the importance of mental health for both self-care (87.1%) and caring for others (86.2%). While it's not surprising that those who sought mental health support through the *Spotlight* newsletter would emphasize this, the gap among those who have experienced symptoms but haven't received a diagnosis is worrisome if they haven't received professional care.

While most participants learned the connection between mental health and faith, some wanted to learn more. The majority identified as Catholic, Protestant, or belonging to another Christian denomination. Their top areas of interest in mental health were depression, anxiety disorders, PTSD, and children/teen mental health. These closely mirror the national rates of mental disorders.

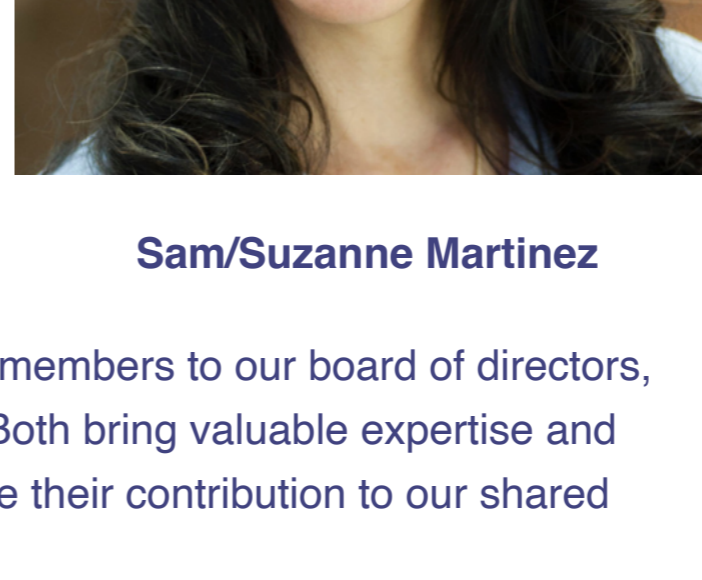
On average, participants expressed a 77% need for mental health and faith support within their communities. They also noted the presence of national, state, and local mental health resources, with 22.6% expressing a lack of a mental health coalition, while 25.5% were uncertain about whether one existed in their community. It's worth mentioning that Pathways to Promise is currently providing or developing many of the community resources that would interest and benefit participants.

Please visit [pathways2promise.org](http://pathways2promise.org) to find out more.

### Welcome New Board Members



**Jim Echols**



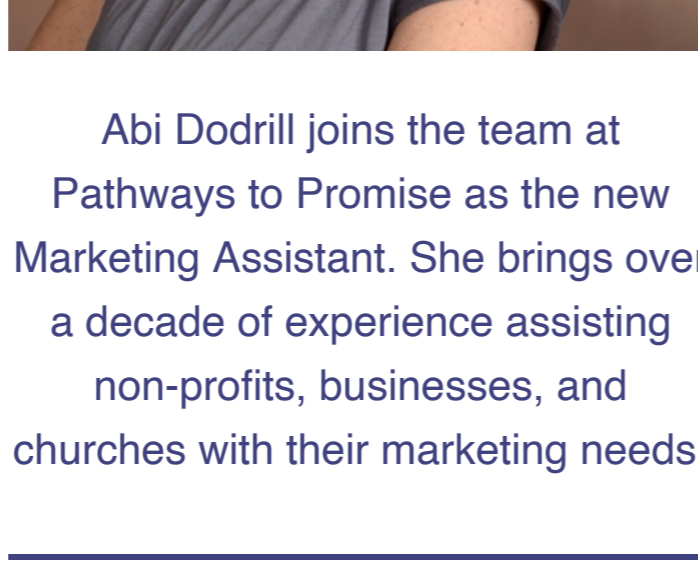
**Sam/Suzanne Martinez**

Pathways to Promise welcomes two new members to our board of directors. Jim Echols and Sam/Suzanne Martinez. Both bring valuable expertise and insights to our nonprofit and we appreciate their contribution to our shared strategic vision.

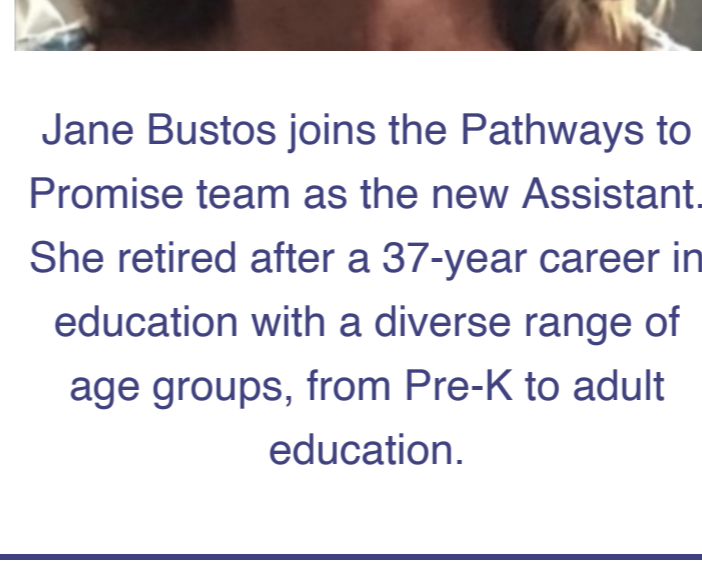
Please visit our website to learn more about our board of directors.

[Board of Directors](#)

### New Team Members



Abi Dodrill joins the team at Pathways to Promise as the new Marketing Assistant. She brings over a decade of experience assisting non-profits, businesses, and churches with their marketing needs.



Jane Bustos joins the Pathways to Promise team as the new Assistant. She retired after a 37-year career in education with a diverse range of age groups, from Pre-K to adult education.



Photo by Jon Tyson on Unsplash

### Black History Month

Pathways to Promise honors Black History Month in February. Watch our Mental Health MINUTE videos by our Executive Director, Dr. George Williams.

[Mental Health MINUTE videos](#)

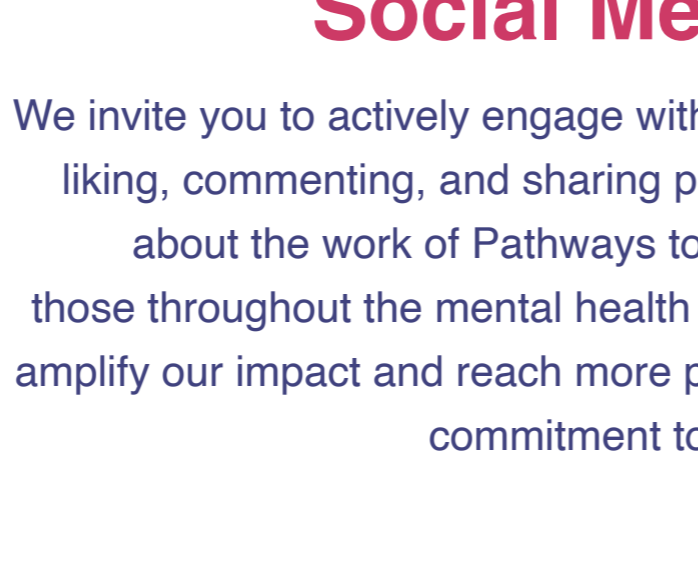


Photo by Marlia Shalabaleva on Unsplash

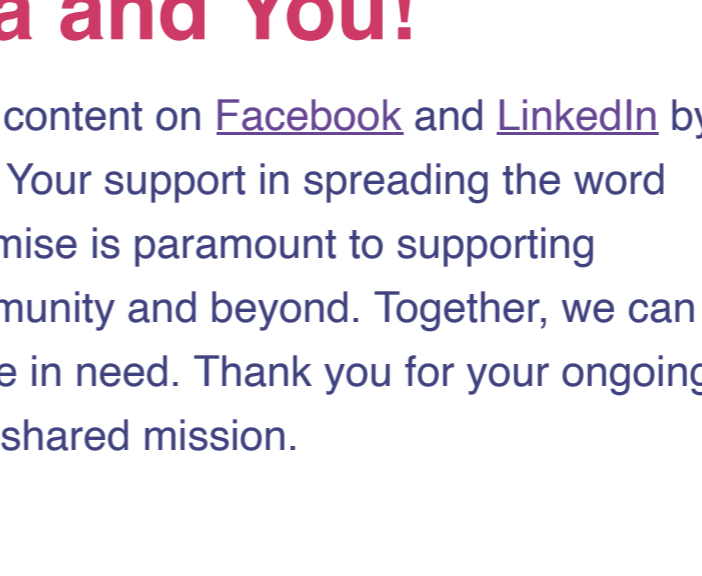


Photo by Alexander Shatov on Unsplash

### Social Media and You!

We invite you to actively engage with our content on [Facebook](#) and [LinkedIn](#) by liking, commenting, and sharing posts. Your support in spreading the word about the work of Pathways to Promise is paramount to supporting those throughout the mental health community and beyond. Together, we can amplify our impact and reach more people in need. Thank you for your ongoing commitment to our shared mission.

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