

# Celebrating Hope

## Promoting Mental Wellness and Resiliency

September 28th, 2016

Medinah Banquets Facility  
550 Shriners Drive, Addison, IL 60101

### Location

Medinah Banquets Facility  
550 Shriners Drive, Addison, IL 60101  
(20-30 min. from O'Hare airport)  
*Free on-site parking available.*

### Registration

Register online at:  
<https://ha.advocatehealth.com/class/Classcode/cx16>

or call Advocate at:  
1 (800) 3-ADVOCATE

Early bird registration by Sept. 9, \$40.  
Registration after Sept. 9, \$50.  
*Fee includes continental breakfast and box lunch.*

\$10 for CEUs (LCSW, LCPC, RN,  
psychologists. CRSS applied for.)

### Hotel Reservations

Hilton Garden Inn Addison  
551 N. Swift Ave. Addison, IL 60101

Register by Sept. 6.  
For reservations call (630) 691-0500,  
mention Mental Health and Faith  
Community Conference

or register online at:  
[http://hiltongardeninn.hilton.com/en/gi/groups/personalized/C/CHIAHGI-MHFC-20160927/index.jhtml?WT.mc\\_id=POG](http://hiltongardeninn.hilton.com/en/gi/groups/personalized/C/CHIAHGI-MHFC-20160927/index.jhtml?WT.mc_id=POG)

*Conference rate of \$119 plus taxes.  
The hotel is adjacent to the conference facility.*

### CEUs

CEUs available for LCSWs, LCPCs, RNs,  
Psychologists and CRSS. Certificates  
of attendance available.

### Scholarships

Scholarships are available.  
For more information contact:  
Robert Skrocki, Pathways to Promise,  
[info@pathways2promise.org](mailto:info@pathways2promise.org).

### Conference Summary



Hosted by Pathways to Promise and the Interfaith Mental Health Coalition, this one day meeting will present various ways that faith communities and people engaged in mental health recovery can work together to educate their communities about mental illness and equip them to develop supportive, caring responses. People from diverse faith traditions who have experienced the journey toward recovery will share their stories, and presenters from a variety of faith communities and mental health services programs will describe ways they have developed the types of relationships and community practices that facilitate recovery and resiliency.

### Conference Schedule

7:45 – 8:30	Continental breakfast and check-in. Networking with sponsors.
8:30 – 8:45	Welcome and Introductions – <i>Jim Zahniser</i>
8:45 – 9:00	“Why being involved in this movement is beneficial” – <i>Nanette Larson</i>
9:00 – 9:45	Companionship/Mental Health Programming – <i>Craig Rennebohm</i>
9:45 – 10:15	Erasing the Distance <i>Erasing the Distance is a non-profit arts organization that uses performance to shed light on mental health issues. Today we explore the story of Cheryl, an ordained minister in the United Methodist Church, who speaks candidly about what it means to both work in a leadership position in a religious institution as well as carry a mental illness diagnosis. The performance will be followed by a brief dialogue.</i>
10:15 – 10:30	Break
10:30 – 11:30	Wellness Recovery Action Planning as a Faith Community Resource – <i>AJ French</i>
11:30 – 12:00	The “Whys” and “How to Do” for a Spiritual Support Group for Mental Health and Wellness – <i>Alan Johnson</i>
12:00 – 12:45	Lunch
12:45 – 2:00	Suicide Awareness and Prevention program: Question, Persuade, Refer (QPR) – <i>Kathy Gudonis, ABH</i>
2:00 – 2:15	Break
2:15 – 2:45	Culturally Competent Approach to using Mental Health First Aid <i>(including work with African American Faith Communities)</i> – <i>Rev. Jermaine Alberty</i>
2:45 – 3:15	Highlights from different faith groups and organizations that comprise P2P
3:15 – 4:15	Application to Your World <i>(facilitated discussion at your tables and “popcorn” sharing with conferees)</i>
4:15 – 4:30	Closing <i>(complete evaluation, get CEUs)</i>

*Continued on back...*



**James Zahniser** is a TriWest Group Principal and Senior Consultant whose work focuses on project evaluation and community assessment, with particular expertise in services for adults and youth with serious mental illness, consumer-driven services, primary and behavioral health care integration, and evidence-based practices, such as assertive community treatment and psychosocial rehabilitation. Dr. Zahniser currently is involved in a National Training Initiative through Pathways to Promise, in which he is helping evaluate models of public-private, inter-faith partnerships for supporting people with mental illnesses. Dr. Zahniser, a licensed psychologist, received his doctoral degree in Clinical and Community Psychology from the University of Maryland at College Park.



**Nanette Larson** serves as the Ambassador for Wellness and Recovery for the Illinois DHS/Division of Mental Health, she has a BA in psychology and religion from Illinois Wesleyan University. She has a broad range of experience working in social service, child welfare and mental health. Nanette has spent the past five years providing leadership and consultation to further the development of a recovery-oriented service delivery system within the public mental health system. She is a nationally recognized leader in the mental health consumer recovery movement and has provided numerous presentations to diverse audiences on recovery, spirituality, and related topics.



**Craig Rennebohm** served for 25 years with the Mental Health Chaplaincy in Seattle, doing outreach on the streets with individuals facing mental illness, working with families and helping develop mental health ministry in local congregations. His ministry is rooted in his own experience with major depression and a long recovery journey supported by others. He has been a member of the NAMI Faithnet Advisory Board, the UCC Disabilities Ministry Board and executive director of Pathways to Promise. Craig is the author of *Souls in the Hands of a Tender God* (Beacon Press), and a series of three booklets, *Mental Health Ministry*, *The Way of Companionship*, and *Organizing a Congregational Mental Health Team*, available from Pathways. Craig is retired, enjoys living on an island in Puget Sound and sharing quietly in the life of a Quaker meeting.



**Erasing the Distance** is a non-profit arts organization that uses the power of performance to disarm stigma, spark dialogue, educate and promote healing surrounding issues of mental health. Founded in 2005, Erasing the Distance has reached over 55,000 audience members. Today we explore the story of Cheryl, an ordained minister in the United Methodist Church, who speaks candidly about what it means to both work in a leadership position in a religious institution as well as carry a mental illness diagnosis. The performance will be followed by a brief dialogue.

## Conference Objectives

1. To develop a greater qualitative understanding of the experience of mental illness and the factors that promote mental wellness and resiliency.
2. To develop a greater understanding of the variety of ways that consumers/peers (people who have experienced mental illnesses) can become partners in overcoming isolation and promoting recovery and community integration.
3. To develop an appreciation of the variety of ways that faith communities can either hinder or help in the recovery process.
4. To develop concrete methods and approaches for engaging faith communities productively.



**AJ French** is a CRSS, a Certified Recovery Support Specialist, who has personal and professional expertise regarding mental health recovery. She developed CRSS trainings for faith communities and justice populations. She also partnered as a trainer with the Illinois Division of Mental Health for the CRSS Values and Ethics Training. AJ works as an independent consultant, providing speaking engagements and mental health trainings throughout the nation. In recent years, she has met with the U.S. Surgeon General for an interfaith discussion on mental health and attended a White House briefing on Suicide Prevention. She has won numerous awards and is known for advancing the Illinois Recovery Movement.



**Reverend Alan Johnson** is the father of an adult child who lives with bipolar and substance abuse, and his brother who was diagnosed with a mental illness ended his life. For the last five years, Alan has been the co-facilitator of the "Spiritual Support for Mental Health and Wellness" group. As a clergy of the United Church of Christ (UCC), Alan served local congregations, was on the staff of the national UCC, and subsequently became a cofounder of the Interfaith Network of Mental Illness (Boulder, CO) and serves as the chair of the Board of Directors of the UCC Mental Health Network.



**Kathy Gudonis** is a Licensed Clinical Social Worker. She has a private practice, teaches yoga, facilitates retreats, and speaks to parent, church, and community groups on grief and loss, mental health and spirituality. Kathy completed several years of study toward a Master of Divinity at McCormick Theological Seminary in Chicago, and the integration of faith in the healing process is central to her approach.



**Reverend Jermaine D. Alberty** is the Lead Consultant of Pathways to Promise and the principal consultant of SALT Initiative. He is the former director of Mental Health First Aid at the Missouri Institute of Mental Health, University of Missouri, St. Louis. MHFA is a program to help the public identify, understand and respond to signs of mental illnesses and substance use disorders. He has more than 20 years of experience in human service-oriented positions within non-profits and churches in Kansas City, Columbia and St. Louis, Missouri. He has worked in the mental-health field for 10 years and is a statewide trainer of cultural competency in mental health services and a national trainer of MHFA.

## Special Thanks to our Sponsors

**Dual Sponsors**, both Conference and 2-day Institute



## Conference Sponsors



A special thank you to the DuPage County Health Department for providing our graphic design for our program materials.

A special thank you to AMITA Behavioral Health for providing our clinical CEUs for this conference.