PRESIDENT & DIRECTOR’S STATEMENT

Craig Rennebohm, author of *Souls in the Hands of a Tender God*, distilled decades of experience working as a chaplain on the streets of Seattle, Washington, and called the training “Companionship.” Sketching a vision for Companionship, he said, “Mental health ministry is integral for a healthy congregation’s life. We all are fragile and vulnerable, needing tenderness and understanding. As we learn to care for each other, we are healthier individuals, families and congregations. Equippeing neighbors to be neighbors is a way to discover what is necessary for healing, peace and well-being in the world.”

People trained in Companionship learn to journey with others in respectful and hospitable relationships, better enabled to love as they are called to love by their faith community. In 2019, Pathways to Promise took Craig’s compassionate and insightful practices and turned them into The Companionship Movement. Over 200 people received Companionship training last year. Even better, nearly 20 people completed the Companionship Instructor Training, so that the training can be maintained and further developed for many more people in faith communities across the country.

Pathways to Promise has already trained congregations in the Evangelical Lutheran Church of America in Companionship and has partnered with the American Baptist Church and New Brunswick Theological Seminary. These partnerships will deepen and grow in 2020.

In addition, Pathways is exploring the potential for city-wide models for faith-based partnerships in several metropolitan areas. We are working with both the Mental Health Chaplaincy and Mental Health Ministries to explore and deepen partnerships to increase the effectiveness of all of these ministries in 2020. Pathways has risen to such prominence on a national level that our Executive Director, Jermine Alberty, was invited to a White House Summit on Transforming Mental Health Treatment in December 2019.

From these highlights and our annual report, we hope you can sense that God is at work through Pathways to Promise. Pathways is committed to creating an atmosphere in the faith and mental health communities which promotes recovery from mental illness and invites people with mental illnesses to enrich the community through actively sharing their gifts and interests.

Your support has been and continues to be essential to Pathway’s success. Here are some ways you can join in and further the mission of Pathways:

1. Encourage the leaders of your faith community to connect with Pathways and discover multiple ways we can support them in their work.
2. Pray for Pathways staff, board, and the hundreds of people receiving training in Companionship.
3. Make a donation so that in this coming year we can help even more people in recovery and compassion.

Thank you,

MARK STEPHENSON
Pathways to Promise Board President

JERMIN ALBERTY, BSBM, M. DIV
Pathways to Promise Executive Director
Pathways to Promise: A Top Faith and Mental Health Initiative

In April 2019, the Meadows Mental Health Policy Institute and the H.E. Butt Foundation published *Bringing Faith and Mental Health Together: An Inventory of Faith and Mental Health Initiatives in San Antonio and Nationally*, which mentioned Pathways to Promise several times. P2P and its programs were featured as a nationally selected example of best practices!

*Bringing Faith and Mental Health Together* detailed P2P’s many faith and mental health initiatives over the past 30 years, including:

- P2P’s information resources and bulletin inserts to national denominations and their faith communities.
- The P2P website which often serves as a central hub for obtaining resources, reading blog entries, and learning about conferences.
- The American Psychiatric Foundation Grant awarded to Pathways in the 2000’s to distribute anti-stigma posters and educational materials to nearly 30,000 congregations nationwide and more than 500 mental health ministry manuals to congregations who requested them.
- P2P’s 2009 “national summit” on the integration of faith/spirituality and mental health in Belleville, Illinois, out of which some of the 150 participants worked collaboratively to create mental health training collaboratives in their communities, like the Interfaith Mental Health Coalition in Chicagoland.
- The development of *The Companionship Movement*, including workshops and a new Instructor Training model (www.thecompanionshipmovement.org).

*Bringing Faith and Mental Health Together* concluded, “Pathways has historically been constituted by member faith communities. However, its board has diversified in recent years to include members of individual congregations, leaders in mental health ministry, and others. It has worked with various types of funding partners, particularly family foundations, but also mental health authorities and providers, to develop consultative services and informational resources. It also has recently forged a collaborative partnership with the Mental Health Chaplaincy in Seattle, Washington.”

The Companionship Movement

In 2019, Pathways to Promise rolled out the new *The Companionship Movement*. As a National flagship program, we partner with faith communities, seminaries, and those impacted by mental illness to share resources, mental health training, and models of outreach and inclusion.

Alongside the 4-hour *Companionship* Workshop, we have developed a 2-day *Companionship* Instructor Training, created *Companionship* Guidebooks which are distributed to all Workshop participants, and published *Companionship* Teaching Notes which are given only to *Companionship* Instructors. We have also developed supporting materials for Companions and Instructors, including a website to promote *The Companionship Movement*: [www.thecompanionshipmovement.org](http://www.thecompanionshipmovement.org)

**Training Companions through Companionship Workshops**

- Over 100 Companions trained in Chicago, IL in February, May, and September
- 30 people trained in San Antonio, TX in August
- 15 people trained in South Dallas, TX in November
- 13 people trained in Yuma, AZ in December

**Training Instructors of Companionship**

- Trained 7 Instructors, 3 P2P Board Members, and 1 P2P Consultant in Chicago, IL in February and September
- Trained 4 Instructors in San Antonio, TX in August
- Trained 4 Instructors in Yuma, AZ in December

**Map of Companionship**
ELCA Grant Partnership & Outcomes

Pathways partnered with 2 grantees of the ELCA Mental Health Ministry Project Grant for new and/or expanded Mental Health Ministries within the United States of an ELCA congregation, synod, or its affiliate(s). The ELCA’s Mental Health Ministry Project’s objective was to address ways in which we can learn with and from one another by addressing the stigma, growing in awareness, becoming better informed, and learning how to accompany persons in need of support and their families. In order to fulfill this objective, 2 grantee congregations included Pathways to Promise in their plans to build and expand their Mental Health Ministry.

To date, Pathways has completed the following with the ELCA grantee communities of Mt. Olive Lutheran Church in South Dallas, TX and Gloria de Cristo Lutheran Church in Yuma, AZ.

**Mt. Olive Lutheran Church, South Dallas, TX (November 6-9, 2019)**

- Completed a congregational and community assessment to determine the knowledge, skill, and comfort level of community members encountering issues of mental health.
- Trained at 15 people in the *Model of Companionship* through a *Companionship Workshop*.
- Selected 2-5 newly trained Companions to attend a *Companionship Instructor Training* in 2020, for the sustainability of the Model in the South Dallas region.
- Soon to deliver the post-training assessment to determine the knowledge, skill, and comfort level of community members encountering issues of mental health after the training.
ELCA Grant Partnership & Outcomes Cont’d

Gloria de Cristo Lutheran Church, Yuma, AZ (December 12-13, 2019)

- Completed a congregational and community assessment to determine the knowledge, skill, and comfort level of community members encountering issues of mental health.
- Trained 13 people in the *Model of Companionship* through a *Companionship Workshop*.
- Trained 4 congregation members to be Instructors of *Companionship*, for the sustainability of the Model in Yuma, AZ.
- Soon to deliver the post-training assessment to determine the knowledge, skill, and comfort level of community members encountering issues of mental health after the training.
The Expansion of the Work of Pathways

One of the goals Pathways had set for 2019 was to foster collaborations among mental health advocates and faith community partners, while strengthening our connections with community, state, and national groupings of faith communities. We are excited to share that this goal was met!

Pathways to Promise has been solicited to exhibit and speak at a number of conferences throughout the country in 2019, and has received numerous inquiries via website, phone, and email. At least 4 of such inquiries led to Pathways providing consultations for congregations across the U.S. and another 5 led to serious discussions and plans to implement Companionship into their communities.

Throughout the course of the year, Pathways distributed a number of marketing promotions in order to highlight its models of outreach and inclusion. Such promotions included:

- Bi-Monthly Engage, Learn & Network Leadership Forum Webinars with a variety of guest presenters
- Regular updates on the Pathways and the Companionship Movement websites
- Updates on social media
- Seasonal newsletters
- Annual reports
- Articles and interviews regarding the work of Pathways to Promise, such as Companionship: A response to social isolation and loneliness
  https://christiancitizen.us/author/jerminealberty/

The Partnership Center

On the 15-16th of May 2019, Pathways to Promise Executive Director, Rev. Jermine Alberty, and P2P Board Members, Kae Eaton and Doug Beach, attended a meeting hosted by the Partnership Center to share their expertise on mental health and faith. At the meeting, the group began a process to identify a set of minimum standards for faith communities that would maximize the degree of welcome and perceived safety felt by those living with mental illness and their caregivers.
American Baptist Churches USA Biennial Mission Summit

On the 22nd of June 2019, Rev. Jermine Alberty spoke at an American Baptist conference in Virginia Beach, VA to share the newly developed Companionship Movement and to promote Pathways to Promise.

White House Summit on Transforming Mental Health Treatment

Pathways to Promise Executive Director, Rev. Jermine Alberty, attended the White House Summit on Transforming Mental Health Treatment on December 19, 2019. Nearly 180 federal, state, local, community, and private sector leaders were brought together to discuss the reform of mental health treatment to combat homelessness, violence, and substance abuse. Rev. Alberty was able to network with faith leaders, psychiatrists, representatives from law enforcement, political leaders, foundation staff, and other not-for-profit leaders to discuss how we can “Transform Mental Health Treatment to Combat Homelessness, Violence, & Substance Abuse.” Pathways to Promise gives its thanks to the HHS Office of Faith-based Partnerships for the invitation and their continual commitment to bridge the gap between mental health and faith communities.
Hawaii Island Fall Aha Mokupuni

Many people turn to faith communities in times of crisis and Pathways to Promise desires to equip faith leaders to be able to provide a welcoming and supportive community for those who live with mental illness. That is why in November 2019, P2P Executive Director Rev. Jermine Alberty met Rev. David Popham, who serves as the Hawaii Conference Minister of United Church of Christ, and George Winchell, the chair of the Hawaii Island Association to discuss the expansion of P2P and *The Companionship Movement*.

Rev. Alberty spoke at the Fall Aha Mokupuni at Church of the Holy Cross in Hilo, Hawaii, presenting a workshop that explored the mission of Companions to act on our concern for another person through offering the encouragement of five basic spiritual practices: *hospitality, neighboring, journeying side-by-side, listening, and accompaniment*. Strengthening their capacities to serve their communities was another essential part of the workshop. Rev. Alberty taught on the importance of assessing the mental health needs of their congregations and providing the necessary education to address what they have learned. And finally, he taught that forming mental health training coalitions, or *Companionship* care teams were vital in sustaining the education gained from the training. Rev. Alberty stressed that these three steps are crucial when developing the ability to support recovery and wellness with individuals and families facing mental health challenges.

Rev. Mike Warren, the pastor of Kalpana Maunakea Church and one of many pastors in attendance, was so moved by the presentation that he invited Rev. Alberty to speak to his congregation on the next day, where he spoke on the importance of finding strength to overcome mental health challenges in faith and that it is okay not to be okay. He encouraged congregants to reset, refocus, and restart. P2P is excited about future opportunities to continue working with congregations throughout the Hawaiian Islands.
Pathways to Promise 2019 Lifetime Achievement Award:
Rev. Susan Gregg-Schroeder

In August 2019, Pathways to Promise participated in the San Antonio, Texas Pathways to Hope NAMI conference. P2P staff and board members were enthusiastically welcomed for the second consecutive year and a high level of interest was expressed in the work and programs of Pathways to Promise. During the conference, P2P honored Rev. Susan Gregg-Schroeder by presenting her with the 2019 Pathways to Promise Lifetime Achievement Award for her outstanding service to those living with mental illness and their families. Rev. Susan Gregg-Schroeder has not only been a friend but also a former board Member of Pathways to Promise. Rev. Susan Gregg-Schroeder founded Mental Health Ministries in 2001 after she and her family experienced firsthand the reluctance of faith communities to talk about or to minister to persons with a mental illness and their families. Mental Health Ministries has produced a growing number of high-quality resources aimed at reducing the stigma of mental illness in our faith communities and lifting up the important role of faith/spirituality in the treatment and recovery process. Mental Health Ministries has since thrived as an interfaith and web-based ministry centered around the “Caring Congregations” five-step model of education, commitment, welcome, support, and advocacy.
Increasing Mental Health Literacy

DLJ Ministries, Inc. offered *Companionship* and Mental Health First Aid Training in Itasca, Illinois as part of a national initiative to increase mental health literacy!

In October 2019, the Itasca Country Club, Amita Health, Alexian Brothers Foundation, and Dr. Darryl and LaDawne Jenkins joined together to raise community awareness about mental illness. Through the Itasca Country Club Family Fun Walk, participants walked the golf course, stopping at each hole to learn more about mental health. Participants of the event were reminded that millions of people in the United States face mental health challenges and that stigma remains a barrier to people receiving the care and attention they need.

Darryl and LaDawne Jenkins of DLJ Ministries, Inc. have a passion to help address the disparities in their community and to provide up-to-date data, education, and resources around mental illness to the city of Itasca, IL and the surrounding communities. As part of this work, DLJ Ministries, Inc. hosted a series of workshops with the focus of connecting mental health, faith and culture to enrich the community and become supportive, caring communities for people with mental illness, their families.

Throughout the event and his work through DLJ Ministries, Darryl Jenkins stresses, "promoting mental health is a critical part of overall wellness and we advocate for prevention services, early intervention, integrated services, care, and treatment for all those who need it. Recovery is the goal."
Pathways to Promise Plans 2020

Pathways to Promise has been awarded 3 grants for Fiscal Year 2020! The American Baptist Home Mission Society awarded Pathways 2 grants to fund the work of training 8-10 new communities in the Model of Companionship and at least 8 new Instructors of Companionship throughout the Missouri and Kansas area. Pathways has also been awarded a grant from the Kinschner Foundation, part of which will continue to fund the general operating costs of the organization. The other portion will fund the partnership and expansion of P2P programs to NAMI affiliates throughout the country.

Sustaining the Work

Pathways to Promise is an interfaith cooperative facilitating faith communities’ work with people who have mental health challenges. Faith and community leaders are often the first point of contact when individuals and families face mental health problems or traumatic events. As faith leaders ourselves, we know how important it is that faith communities be equipped to minister to people with disabilities and mental illnesses. Our experiences drive us to ensure that Pathways has the financial support it needs to equip faith communities to serve.

Since the reimagining of Pathways to Promise’s strategic plan in 2018, the board and staff have worked diligently to achieve the new vision and honor our mission as an organization. Charting a way forward to support the increased demand for the programs and the work of Pathways became a priority for the Pathways Board of Directors and they set for themselves a goal to raise $15,000 in Fiscal Year 2020.

We need your support to ensure this continued success. Please consider making a tax-deductible donation to support the work of Pathways to Promise and our ability to serve as many individuals as possible as they embark on their journey of recovery and spiritual development. A donation of any amount is appreciated and will help to sustain and grow our work in faith and spiritual communities.

Set up automated donations and contribute securely online at
www.pathways2promise.org/donatetoday
or mail a check to Pathways to Promise at
P.O. Box 63273, St. Louis, MO 63163.

We are truly grateful for your consideration and for the many generous donors whose gifts support this ministry.
The income for FY 2019 was $119,132.03 and was comprised of Memberships, Gift Contributions, Grants, Contracts, Instructor Training and Resource sales.

The revenue for FY 2019 was 77,938.44, and was comprised of Program, Meeting, Companionship Initiative, Website Administration, Resource Production, Outreach & Development and Administrative Fees.
**Mission**

Pathways to Promise collaborates with faith and spiritual communities to share resources that assess, educate and effect change to welcome, support, engage and include persons with mental illnesses and those who care for them

**Vision**

People living with mental illnesses and those who care for them are welcomed and supported in all faith and spiritual communities

**Goals**

1. Partner with faith communities, seminaries, and those impacted by mental illness to share resources, mental health training, and models of outreach and inclusion
2. Pathways will provide culturally appropriate and interfaith resources that enhances preparation and praxis of faith community partners about improving the quality of life for people impacted by mental illness
3. Foster collaborations among mental health advocates and faith community partners while strengthening their connections with community, state and national groupings of faith communities
4. Develop funding models to sustain our work

**2019 Board of Directors**

Doug Beach
Tim Darmour-Paul
Lisa Pridmore
Mark Stephenson, *Board President*

Jack Day
Kae Eaton
Cindy Holtrop
Carol Johnson
Tom Lambert

Bean Murray
Curtis Ramsey-Lucas
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