

Building a Congregation-Based Mental Health Ministry

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Getting Started...

What do we believe regarding mental health?

- Congregational assessment for readiness

Who is our ministry for?

- Internal vs. external, population demographics

What area of mental health do we want to focus?

- Specific mental health challenge vs. general support

What structures and protocols do we have in place?

What are our limits and boundaries for accommodation?

Types of Ministries

Education and Resourcing

Support Services

Mental Health Services

Pastoral Care and Spiritual Support

Social and Relational Programming

Advocacy and Justice

Referral Support



**DISCIPLES MENTAL HEALTH
MINISTRIES**

Covenant Christian Church

You Are Not Alone Mental Health Support Group

You Are Not Alone provides a community of support and encouragement to those living with the effects of mental illness, while incorporating elements of faith and spirituality in our ongoing conversation.



YANA is open to anyone in the community affected by mental illness, including friends, family, spouses, or parents who may be offering support to someone living with a mental illness.

How It Works



- Two ongoing spiritual support groups that meet twice monthly
- Facilitated by one mental health professional and one ministry professional
- Structured around a set of 14 guidelines that provide mutual accountability, as well as a set routine for beginning meetings



Loudon Avenue Christian Church

Faith Health Ministry

Our mission is to develop a culturally, competent, Biblically informed wellness program to meet physical, mental, social-emotional, and spiritual needs through education, outreach, and counseling that is affordable, accessible, and available.

The Faith Health Ministry serves congregations and community.



Faith Health Ministry Programs

Community Health Faith/Parish Nurse Ministry

- Sowing Seeds of Wellness

Faith in Action Program

- Social Advocacy



First Christian Church, Midland

RISE: Respect, Include, Support, Embrace



RISE is a ministry to children and youth with special needs and their families.

- Special Needs Sunday School
- Inclusion-Sunday School, youth groups, leading worship, liturgical dance
- Shepherd Program - an adult who assists the child in Sunday School, youth groups, church camps, mission trips

First Christian Church, Midland

SHINE: Supporting Hearts In New Environments

SHINE is a ministry to young adults who have special needs (18-25) and no longer qualify for youth groups.

- Extension of youth groups, which provide fellowship and spiritual growth
- Social groups
- Mentoring by typical young adults
- Sunday School



National
Benevolent
Association
CALLED TOGETHER | CALLED TO CARE



MOTIVATION AND PARAMETERS

What motivated your ministry's beginning or expansion into mental health services, and what parameters and limitations did you consider when deciding your ministry's focus and reach?





SUSTAINING THE MINISTRY

Who sustains the ministry, and how did you go about securing resources for the ministry?

The image features a close-up, low-angle shot of a dandelion seed head. The seeds are illuminated from above, creating a warm, golden-brown glow. A dark, semi-transparent horizontal band runs across the center of the image, providing a background for the text.

COMMUNITY EXPANSION

What are the possibilities for community expansion and development?

SHARE



SHARE partners with all members of families where there are children with special needs, supporting their efforts to establish and maintain strong successful families.

SHARE serves families who care for children ages (0-18) with special needs, which includes but is not limited to autism, Down syndrome, cerebral palsy, fetal alcohol syndrome, and other physical and developmental disabilities.

SHARE Supports Families Through:



- **Respite Care**
 - Facility-based, in-home, medical needs
- **Parent Support**
 - Counseling, support groups, family events, celebrations, Mom's Night Out, Father's Network
- **Sibling Support**
 - Sibshops, SibCamp, Sibling Celebration Dinner, Sibling Socials

New Horizons Healthcare

- Church Basement
- Module on Purchased Land
- Rental Property
- New Horizons Healthcare
 - Federally Qualified Health Center
 - Sliding Scale



The image features a close-up, low-angle shot of several dandelion seed heads. The seeds are long and thin, radiating from a central point, creating a fan-like pattern. The lighting is warm and golden, suggesting a sunset or sunrise. A semi-transparent, dark brown horizontal band runs across the middle of the image, serving as a background for the text.

WISDOM

What wisdom or advice do you have for those discerning their own mental health ministry?

The Health Cabinet Model

- **Sponsoring health-related activities through already existing structures and gatherings, such as the worship service, Sunday school classes, and youth groups**
- **Sponsoring new programs or activities**
- **Looking at the overall health and “unhealthy” in the life of the whole congregation**

UCC Mental Health Network



UCC Mental Health Network

<http://mhn-ucc.blogspot.com/p/about.html>

10 Steps to Developing a Mental Health Ministry

1. Make a commitment
2. Educate yourself
3. Get buy-in from your clergy / board of directors
4. Form a task force or ministry team
5. Decide with your team what you want to offer / accomplish

6. Define strategies for keeping the congregation, board, and clergy involved
7. Make an inventory of available resources
8. Join with other organizations
9. Communicate
10. Be prepared to nurture your ministry

Closing and Q&A

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