

Speaking into the Silence: Storytelling as a Path to Healing

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Rev. Dr. Sarah Griffith Lund



National
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Association
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The background of the image is a monochromatic teal color. It features several dandelion seed heads in various stages of development. Some are in sharp focus, showing the intricate structure of the seeds and the stem, while others are blurred in the foreground and background, creating a sense of depth. The overall aesthetic is clean and modern.

MENTAL HEALTH 101

What is Mental Health?

**MindMatters
in minutes**

PART 1

**What is
mental
health?**

<https://www.youtube.com/watch?v=ArOTqcMH2Go>

What is Mental Illness?

Challenges adapting or responding
to stress / change

Biological Factors
Social / Developmental
Traumatic Event
Multiple Risk Factors



What is Mental Illness? (Cont'd)



Maladaptive Coping Skills
Duration / Severity
Acute vs. Chronic
Curable vs. Healable

What is Mental Illness? (Cont'd)

Affects:

Relationships, Functioning, Behavior, Mood





TESTIFYING TO HEAL

Blessed Are the Crazy: Trailer



<https://youtu.be/anAW2ZqsejE>

Insights from the Author...

“To tell the true story is to heal.”
- Sarah Griffith Lund

“Sharing my testimony is liberation. It sets me free from my prison of fear, shame, and pain, and opens the door to new hope, healing and love.”

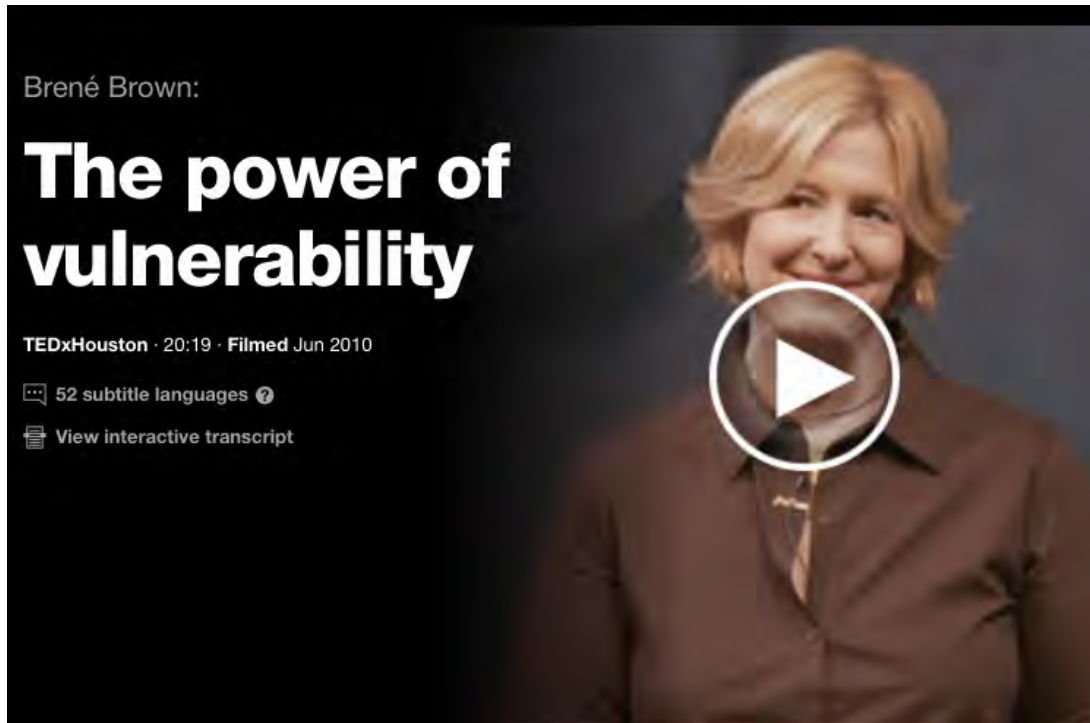
- Sarah Griffith Lund

“Both a narration of events and a confession of belief: we tell what we have seen and heard, and then confess what we believe about it.”

- Anna Carter Florence

Power of Vulnerability

- Funnel & Trauma
- Brene Brown



https://www.ted.com/talks/brene_brown_on_vulnerability?language=en

What Does This Have To Do with the Church?

Protective



Risk

What would it take for the church to be a safe space to be exposed and unashamed?



**PICKING UP THE CROSS OF
MENTAL HEALTH**

Carrying the Cross:

Becoming a safe space for testimony sharing



- **Listen**

Digital Art by: [Mary Button, marybutton.com](http://marybutton.com)

- Allow a space for unfiltered, raw expression

- **Comfort**

- Validate, Empower, Encourage

- **Refer**

- If you feel in over your head...you are

Closing & Questions

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www.nbacares.org/mental-health

Hotlines & Faith-Based Resources

NAMI Faithnet: www.nami.org/FaithNet

Pathways to Promise: www.pathways2promise.org

Mental Health Ministries:
www.mentalhealthministries.net

Interfaith Network on Mental Illness: www.inmi.us

United Church of Christ Mental Health Network:
www.mhn-ucc.blogspot.com

24/7 National Mental Health Helpline:

1-800-662-HELP (4357)

National Suicide Prevention Life Line:

1-800-273-TALK (8255)

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**

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Thank you!



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