

# MI Network News

The Monthly Newsletter of the National Catholic Network on Mental Illness



March 2010

## Greetings! Peace and Joy!

*May God's blessing be upon you and your ministry now and throughout the New Year.*

This is our **FIFTH** NCPD Council on Mental Illness Network Newsletter.

We are looking for people to help with the newsletter!! If you would like to help with editing, writing or finding stories to share, please contact me at 773-525-0453.

We are also looking for you to tell us about your ministry; what you are doing, what are your hopes, and what are your struggles. One of our goals is to network ideas and ministries so that we can all share in the day to day life of people trying to make a difference by being Christ to one another.

Please send all emails to me, Deacon Tom Lambert, at [olmcinfo2@aol.com](mailto:olmcinfo2@aol.com) and put **NCPD Council on MI Network** in the subject line. You can also call me at 773-525-0453 if you have any questions or ideas.



## SHARING FROM THE NETWORK

Kathy and Dave Withers of our Catholic Mental Illness Network are the organizers of a workshop in Cleveland titled: "Mental Health Professionals and Communities of Faith responding to those with Mental Illness"

- The date is Saturday June 26<sup>th</sup> from 8:30 to 3:30 at The Center for Pastoral Leadership, 28700 Euclid Avenue Wickliffe, OH 44092.



You can contact Kathy by email at [catholic@ameritech.net](mailto:catholic@ameritech.net) or leave a phone message at (216) 651-1511.

It looks to be an excellent day and is also an excellent model for a workshop. Here are the details:

## Increasing Support and Hope in Catholic Parish Communities

- An Awareness Workshop on Mental Illness -

8:30 a.m. Registration and Refreshments

8:45 a.m. Welcome and Introduction ( Kathy Wither)

Prayer and Reflection (Fr. Mark Latcovich, Ph.D. Academic Dean, St. Mary Seminary & Graduate School of Theology)

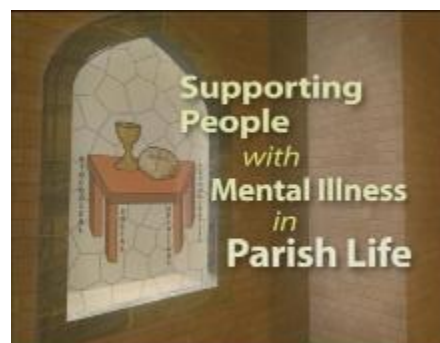
9:00 a.m. Basic Primer on Mental Illness  
(Dr. Christina Delos Reyes, M.D.)

10:00 a.m. Break

10:15 a.m. Q & A with Presenter

10:45 a.m. View DVD:

"Welcomed and Valued: Supporting People with Mental Illness in Parish Life" \*



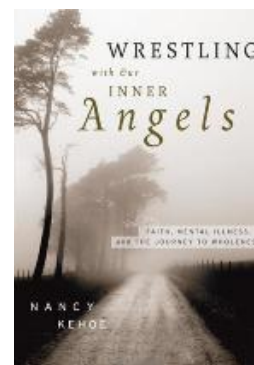
11:20 a.m. Pastoral Embrace in the Parish (Sr. Marie Gillich)

LUNCH

1:00 p.m. Catholic Charities Offices of Disability  
Services & Ministry

(Dennis McNulty, D.Min.  
and Fr. Joseph McNulty)

1:30 p.m. Wrestling with our Inner Angels  
(Dr. Nancy Kehoe, R.S.C.J.)



2:30 p.m. Break

2:45 p.m. Q & A with Presenter

3:15 p.m. Closing Remarks and Prayer

\* NCPD's *Welcomed and Valued* video and resource manual will be available for sale to conference participants.

NAMI Faithnet had the following from Yolanda Ortega, also a member of our network, who ministers in the San Antonio Faith-based Mental Health Initiative.

### **Multicultural Outreach through Training Ministries**

**By Yolanda H. Ortega, faith-based mental health initiative coordinator**



As faith communities expand their efforts to embrace the needs of families and individuals with mental illness, lives and communities will improve. The cry for good services will grow louder. Families and individuals everywhere will feel welcome, supported and loved. They will have better

access to relief in crises.

I lead the Faith-based Mental Health Initiative, an independent program, which NAMI San Antonio helped create and still supports. Since 2006, the Initiative has helped congregations start mental health ministries. We mentor faith leaders and assist them with starting ministries at their own places of worship.

From a multicultural standpoint, we have worked primarily with Hispanics and African Americans. Our efforts have engaged Baptist, Catholic, Episcopal, Lutheran, Methodist, Evangelical, Non- Denominational and Presbyterian faith communities.

### **By the numbers**

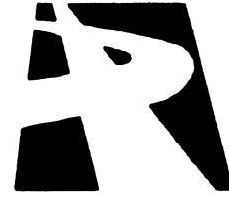
- Of 18 mental health ministry efforts started or in the works, lay leaders include nine Hispanics and three African Americans.
- Four support groups are predominantly multicultural and three groups are bilingual.
- Among active clergy, one is African American and three are Hispanic.
- One pastor ministers to a diverse group of offenders on probation.

Sylvia Luna, my assistant and a licensed substance abuse counselor for the homeless, plans a multi-faith conference of mostly Hispanic and African American people from small Evangelical churches. She recently trained a small group of African American pastors in Selma, Alabama on self-awareness of stigma toward those with mental illness. The pastors in turn plan to offer workshops themselves and have already done so in Selma and Montgomery.

## Basic Strategies

- We offer a non-faith specific training for clergy and laity, typically lasting four to six hours for large groups, or two to three hours for staff of a faith community.
- We assist people who want to create more caring congregations. For two years, we recruited ministry leaders on a church-by-church basis; now people contact us.
- We use Pathways to Understanding: A Manual on Ministry and Mental Illness, which is sold online at [www.pathways2promise.org](http://www.pathways2promise.org), for talks by clergy on "meshing faith and mental health."
- We first work to get the leader of each congregation to "buy into" a ministry. Buy-in includes providing space for meetings and access to promotion opportunities available to other ministries.

Pathways  
To  
Promise  
Ministry  
&  
Mental Illness



*Serving faith community  
and mental illness concerns  
since 1988*

Each ministry is "of and by the church." Infusing spirituality is up to individual ministry leaders and clergy. NAMI San Antonio provides the Pathways to Understanding manual for clergy and laity, access to NAMI classes and office resources and facilities for non-faith specific trainings.

The Initiative mentors each leader in how to: develop a ministry, facilitate a support group and help families and consumers plug into mental health treatment and community services.

For more information about the San Antonia Faith-based Mental Health Initiative, contact [yhalvarado@yahoo.com](mailto:yhalvarado@yahoo.com).

## RESOURCES

Ann Sherzer, Director - Ministry with Persons with Disabilities, Diocese of Kalamazoo sends us the following resource with some great tips and advice:

If you have never heard of the Substance Abuse and Mental Health Services Administration (SAMHSA) I highly recommend you take a look. At "samhsa.gov" you can find good resources about mental illness that can either be downloaded or ordered for free. Topics include types of mental illnesses, how to access help, suicide, youth and young adult concerns, issues of mental health and aging and just about anything you can think of.

I like samhsa.gov because

- I can download fact sheets and other resources as I need them and don't have to remember where I left the master copy
- They will send me supplies of well written and well laid out brochures on any number of topics that I can keep at the office and bring to events
- SAMHSA is the source for the excellent materials from the *What a Difference A Friend Makes* campaign, educating youth and young adults on how to be supportive of their peers with mental illness.
- Many of the resources are available in Spanish as well as English.



A note of caution: protect your credibility and always read any literature you give out.

P.S. I "second" Ann's recommendation! Excellent resource.

## NCPD WEBINARS

As mentioned last newsletter, please tell people about NCPD webinars on mental illnesses at [www.NCPD.org/webinars](http://www.NCPD.org/webinars). Posted at this site are links to view the webinar and the webinar's accompanying materials. These are available for free and are valuable resources for ministry to people with mental illness and their families. There are three on mental illness.

**October 20, 2009:**

*Access to Tools in Addressing Suicide:  
Pastoral Supports and Prevention Strategies*

**October 6, 2008:**

*Come to the Table:  
Nurturing the Sacramental Life of People with  
Mental Illnesses*

**October 10, 2007:**

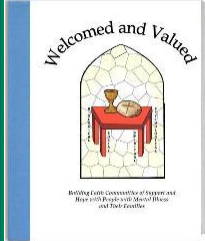
*Supporting People with Mental Illness in your  
Parish*



Fr. Ron Rolheiser, OMI,  
speaker in webinar on suicide

\* Webinars are available for replay up to one year from the event date. They will also be available for purchase at <http://www.ncpd.org/resources> .

## NCPD : WELCOMED AND VALUED DVD & RESOURCE MANUAL



The *Welcomed and Valued* DVD and *Resource Manual* can be ordered on the NCPD website at [www.ncpd.org/resources](http://www.ncpd.org/resources).



The DVD Discussion Starters and the Resource Manual are both available online for a free download ([Click here](#)).

## UPCOMING EVENTS

### Advanced Conversations: Youth and Young Adults and Mental Illness

NCPD's spring webinar will be May 4, 2010 and is devoted to the topic of *Advanced Conversations: Youth and Young Adults and Mental Illness*. More information in upcoming newsletters. ([Click here](#) to visit the NCPD Webinar web page.)



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We are hopeful of getting funding to do more one-day awareness workshops and 3-day advanced trainings like what was piloted in 2009. The Council can also be a resource for people planning their own local meetings. Please let us know if we can be of assistance.

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May is Mental Health Month. Plan now for raising awareness in your parish/diocese. The following are some possibilities:

- Publish bulletin articles available from NCPD
- Show the DVD "Welcomed and Valued"
- Host a mass celebrating the lives of people with mental illness, their families, care givers
- Uses Resources available on the websites of:
  - NCPD - [www.ncpd.org](http://www.ncpd.org)
  - NAMI - [www.nami.org](http://www.nami.org)
  - Pathways to Promise - [www.pathways2promise.org](http://www.pathways2promise.org)
  - Mental Health Ministries - [www.mentalhealthministries.net](http://www.mentalhealthministries.net)
  - Archdiocese Chicago Mental Illness Ministries - [www.miministry.org](http://www.miministry.org)

**The following are the NAMI FaithNet events to be held at the NAMI National Convention (June 30 - July 3, 2010, Washington, DC) in addition to the usual exhibit table. [Click here](#) for more information about convention.**

**The NAMI FaithNet Networking Session** on Wednesday, June 30<sup>th</sup> -- 3:15 pm to 4:30 pm **may be attended without registering for the entire NAMI Conference.**

**NAMI FaithNet Networking Session** - Wednesday, June 30<sup>th</sup> -- 3:15 pm to 4:30 pm.

**Wrestling with Our Inner Angels: Faith, Mental Illness and the Journey to Wholeness** - Nancy Clare Kehoe, Ph.D. - Friday, July 2 - 2:00 pm - 3:30 pm.

**Getting Started with NAMI FaithNet Outreach** - Friday, July 2, 3:45 pm - 5:15 pm - Craig Rennebohm and Carole Wills.

The logo depicts the Eucharistic table, to which all are called.

It also presents four dimensions to personal wholeness, each important to healing and recovery-

spiritual, biological, psychological, and social.

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NCPD  
415 Michigan Ave. NE  
Suite 95  
Washington, DC 20017  
202-529-2933  
202-529-2934 TTY  
202-529-4678 Fax



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