

May 2010

## Don't Miss This Important Webinar

Advanced Considerations:  
Mental Illness in Youth and Young Adults  
June 10, 2010



### NCPD WEBINAR ON MENTAL ILLNESS

Presented by the NCPD Council on Mental Illness as part of its Welcomed and Valued Initiative, and the National Federation for Catholic Youth Ministry, helping parishes support the spiritual life of youth and young adults.

[Click here](#) for flyer. [Click here](#) to register.

Addressing:

- Symptoms and responses
- Support for individuals, families and parishes
- Catholic Church teaching
- Live Q & A

### Recommended for those in the following ministries:

- |  |                       |                   |
|--|-----------------------|-------------------|
| • Catechesis                           | • Youth Ministry      | • Mental Health   |
| • Parish and Diocesan Pastoral Support | • Health Care         | • Chaplaincy      |
| • Catholic Schools                     | • Disability Ministry | • Campus Ministry |
|  | • Social Concerns     | • Family Life     |

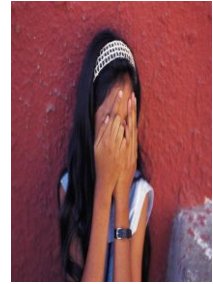
### Presenters:

- **Dr. Robert McCarty, DMin**  
Executive Director  
National Federation for Catholic Youth Ministry (NFCYM)  
Noted speaker and author, Washington, DC
- A young adult with experience of mental illness will share her personal experience of healing and faith, Portland, Oregon



## Moderator

- **Dr. Paul Myers, PhD**  
Psychologist, Health Services Director, University of Portland Counselor for the Northwest Catholic Counseling Center



## Organizations Involved with this Webinar:

### In Partnership with:

The National Federation for Catholic Youth Ministry (NFCYM)

### In Collaboration with:

The National Conference for Catechetical Leadership (NCCL)

## Payment tiers:

All personnel from NCPD's Affiliate Member (Arch)Dioceses attend free of charge. All NFCYM and NCCL members' fees are covered by prior financial arrangement. Others participate for a \$30.00 fee per logged-in computer.

To verify if your (Arch)Diocese is an Affiliate Member of NCPD, click this link:

[Current NCPD Affiliate Member \(Arch\)Dioceses](#)

Please contact Dr. Nancy Thompson at NCPD with questions at 202/529-2933, 202/529-2934 (tty), 319/270-6923 or by email at [nthompson@ncpd.org](mailto:nthompson@ncpd.org).

**FROM THE NCPD COUNCIL ON MENTAL ILLNESS RESOURCE MANUAL  
"WELCOMED AND VALUED"**

## Mental Health Issues of Childhood

The report of the Surgeon General reveals about 20% of U.S. children live with a diagnosable mental illness. Of those, nearly 5 million American children and adolescents live with a serious mental illness that significantly impacts their everyday life-resulting as well, in a significant impact on the life of their families. Diagnosis of a mental illness for children can be difficult. Children differ from adults in that they experience many physical, mental, and emotional changes as they progress through their natural growth and development. A diagnosis of mental illness must consider how



well a child functions at home, with his/her family, at school, and with peers as well as the child's age and symptoms. Children with emotional difficulties are often perceived as children who are misbehaving, and their parents may be judged as incapable of managing them. Understanding that this behavior may be due to mental illness can transform a once judgmental attitude to one of compassion and support needed by children and their families. When children exhibit aggressive or atypical behaviors, many parents feel confused, guilty, and blame themselves. They may feel at a loss about what to do, not yet recognizing that their child may need an evaluation by a mental health professional.

Parents facing these challenges may need guidance and support on what to do, and how to access mental health services. The local community mental health agency and chapter of NAMI (National Alliance on Mental Illness) offer resources on how to access and navigate the system.

- Parents need to take the child to be evaluated by a mental health professional. The information provided by parents and other significant people in the child's life is important.
- The family, the child, the professional(s) and others invited into the process form a treatment team.
- The pastor or trusted church personnel (e.g., parish nurse, catechist, deacon) may act as advocates and/or guide the family through a complicated system, and be part of the team, if invited.
- If psychological intervention is necessary, a treatment plan is developed to address the needs of the child and family. The plan ought to identify difficulties, steps to improve them, supports needed, and child and family strengths to build upon.
- Effective treatment addresses all the important facets of the child's/family's life, including social, mental, spiritual and physical conditions.
- When medication(s) are needed, it is important to make sure the medicine is taken as prescribed; to note/keep track of positive and negative effects; to have an open and ongoing dialogue with the treatment team.



- The most common treatment modalities to address mental health difficulties are family and individual therapy, skill development, and psychiatric medications. Each helps the child/family learn skills to manage the illness.
- Maintaining church involvement may be extremely helpful in the healing process for the child and his/her family.
- Families need to arrange for respite care to avoid burn out. This is one area where the parish may be able to provide very practical support.
- An awareness of the financial impact of accessing services and psychiatric medications may indicate additional ways the parish can be of support to the family

## COMING EVENT: MODEL FOR A WORKSHOP "Mental Health Professionals and Communities of Faith responding to those with Mental Illness"

Kathy and Dave Withers of our Catholic Mental Illness Network are the organizers this workshop in Cleveland. It looks to be an excellent day and is also an excellent model for a workshop. Here are the details:

The date is Saturday June 26th from 8:30 to 9:30 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.

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

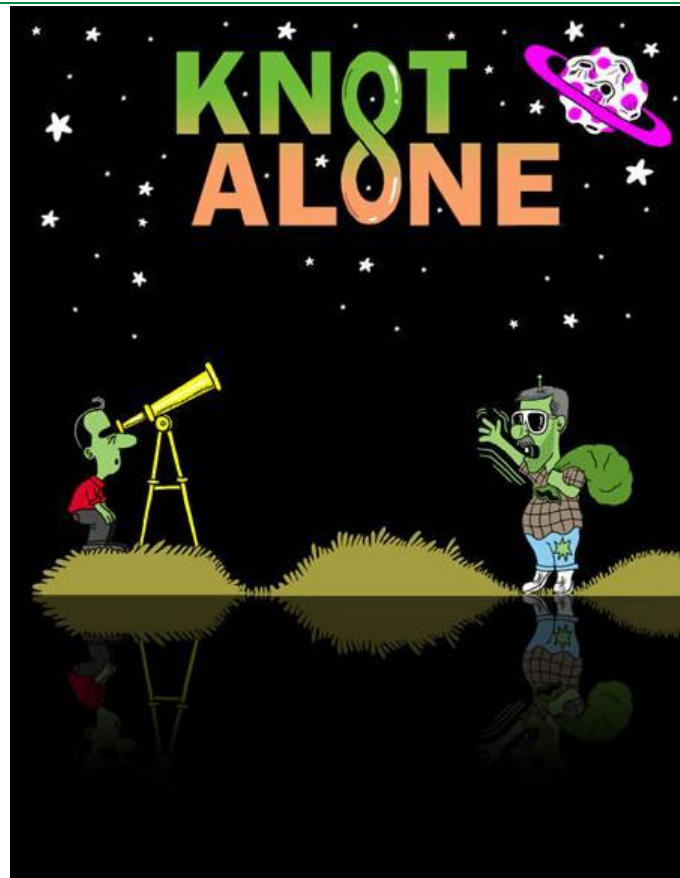
## REFLECTIONS

### **Cartoonist draws strength**

I recently met with someone from the Chicago area who has an interesting past and is willing to share it with groups who advocate for and with people with mental illness and their families. He is scheduled to speak in May at SAMSHA in Washington DC. Scott has offered to lend his talents to our newsletter with excerpts of his memoirs and illustrations.

In his own words:

"Scott Nychay was an award-winning political cartoonist with a troubled past: His father was homeless. The two were estranged for most of their lives but were connected by creativity and mental illness. Sadly, Scott's father, who often took shelter in a church, died on the streets. The two men were then featured in a CBS story: [Click here](#)



#### A NEW COMIC STRIP

Are we alone?

Chances are, given the billions of stars and planets in the universe, life does exist out there. Many questions remain, however, such as: What kind of lives are these people living? What do they look like? Do they have issues with their families, friends and bosses? Are these beings battling inner demons?

The new comic strip, "Knot Alone," by Scott Nychay looks to answer these questions. The title refers to the obvious, but it also alludes to the fact that we are not alone in our universal problems.

Instead of science fiction, "Knot Alone" focuses on dysfunctional families, poverty and addiction. The main characters are Skip, an astronomer, and his homeless father, Billy. Both live on the overcrowded planet of Ono in the Andromeda galaxy.

"Looking at our issues from a different angle can give us a fresh perspective," Nychay says. "I think it's comforting to imagine others out there struggling to find peace and peace of mind - just like us."

The tragic loss set the cartoonist on a new path: Advocating for those afflicted by mood disorders and homelessness. Nychay has channeled his grief into motivational speaking and an upcoming memoir, *Drawing Strength*. The spiritually uplifting book touches on themes of faith, regret and redemption. To find out more you can visit <http://www.nychay.com/index-1.php>."

## Conference on recovery

Kay Hughes, a Member of the NCPD Council on Mental Illness writes us about a recent conference on recovery she attended and some of the good advice at the workshops:

The opening plenary was given by Kathryn Powers, Director, Center for Mental Health Services, an extremely motivating speaker, her main points were:

- Recovery is a Reality.
- There are many paths to Recovery.
- Recovery flourishes in supportive communities.
- It is a voluntary process.
- Recovered Individuals are an important part of the solution. They must reach out and pull forward others who are still seeking.



Another workshop we attended was given by Carole Bailey Floyd of The Copeland Center on "Gratitude as an Action Plan". A quote from the Conference agenda states "***Gratitude can serve to heal and help people move forward in their recovery process. A daily acknowledgement of what is right in our lives can create the groundwork for mindfulness, confidence, self-esteem, and empowerment. Active recognition of the positive force of gratitude is a powerful approach to living.***"

She gave us a handout, which listed some of the benefits of gratitude, including statements such as:

***"People who are consciously grateful, feel stronger about handling challenges, exercise more, have fewer illnesses. "***

The list was generated by Robert Emmons, PhD, U. of C.-Davis. He has written a number of books on gratitude including an e-book, and a textbook.

Carole suggested that **everyone keep a gratitude journal by their bedside, and before going to sleep, write 5 things you were grateful for that day**. As I found several years ago, that sure makes a difference in your self-talk. Very important. She then shared that she belonged to a laughter club that meets in their library weekly.



Sooooooooo, I then went to a workshop called "Laughter Bridges". And we did laugh! It was hilarious. You don't have to have a reason; you just start laughing with a number of different exercises. **There are now 6000 laughter clubs in the world.**

*Kay, I recall as a child always reading the Reader's Digest section "Laughter is the Best Medicine" - It certainly helps!*

---

## **New Book on Mental Illness**

Rosalyn Carter has a new book out "Within our Reach: Ending the Mental Health Crisis." Mrs. Carter has been a long time advocate for better mental health services. I look forward to reading her book. The reviews on Amazon.com have been very good. [Click here](#). The former first lady also has a video clip on the Amazon website discussing mental illness and stigma. [Click here](#) to see the video.



## **RESOURCES**

# NCPD WEBINARS

As mentioned in the last newsletter, please tell people about NCPD webinars on mental illness 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. The June 10 webinar will be posted after its airing.

## October 20, 2009:

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

October 20, 2009

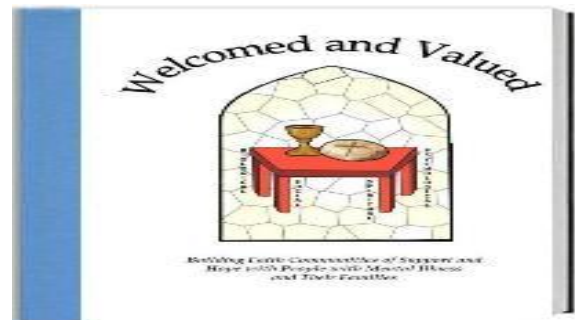
## October 6, 2008:

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

## October 10, 2007:

*Supporting People with Mental Illness in your  
Parish*

\* 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>.



**Fr. Ron Rolheiser, OMI, discusses aspects of pastoral care related to suicide during webinar.**

## 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](#)).



We are hopeful of getting funding to do more one-day awareness workshops and 3-day advanced trainings like those 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.

## UPCOMING EVENTS



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 the Convention.

**The NAMI FaithNet Networking Session:** Wednesday, June 30, 3:15 pm to 4:30 pm.  
**One may attend without registering for the entire NAMI Conference.**

**NAMI FaithNet Networking Session:** Wednesday, June 30, 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 to 3:30 pm.

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

We invite 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.

---

May God bless all you do.

Deacon Tom Lambert  
Catholic Archdiocese of Chicago, Commission on Mental Illness  
Co-Chair, NCPD Council on Mental Illness



**Published by the NCPD Council on Mental Illness**



Please consider making a donation to support the mission of the Council on Mental Illness. Your help allows this effort to continue.

### Our Mission:

Following Jesus who embraced all, we assist the Catholic Community in reaching out to and accompanying our brothers and sisters with mental illness and their families, assuring their rightful place in the Church and society.

National Catholic Partnership on Disability  
415 Michigan Avenue, N.E., Suite 95  
Washington, DC 20017-4501  
202-529-2933; 202-529-2934 (tty); 202-529-4678 (fax)  
Email: [ncpd@ncpd.org](mailto:ncpd@ncpd.org) / Website: [www.ncpd.org](http://www.ncpd.org)

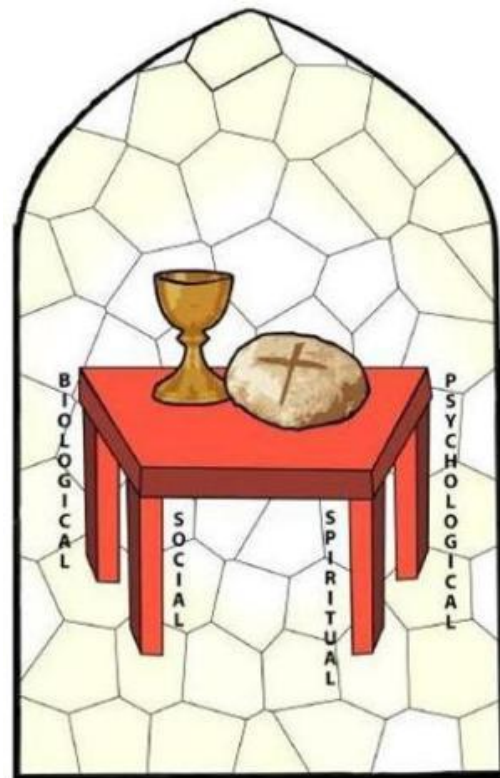
The logo depicts the Eucharistic table to which all are called.

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

spiritual, biological, psychological, and social.

© NCPD Council on  
Mental Illness

Contact NCPD to request permission  
to use this logo.



If you wish to receive this newsletter, [click here](#) to submit your email.