

**June 2010**

**This is the Final Issue for the Summer:  
MI Network News will Return in September!**

## **REMINDER!**

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 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.

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

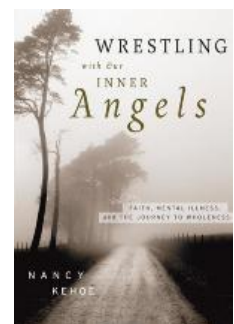
1:00 p.m. Catholic Charities Offices of Disability Services & Ministry  
(Dennis McNulty, D.Min. and Fr. Joseph McNulty)

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



## REFLECTIONS

### *Art of Recovery Presentation*

*The following faith sharing talk was given by Peggy Juricek, at the Illinois Region 1 "Art of Recovery" consumer conference in Chicago. Peggy is a member of the Chicago Archdiocesan Commission on Mental Illness. She also appears on the NCPD DVD "Welcomed and Valued."*

I'll begin by saying I'm a cradle Catholic. I've almost always been a spiritual person, even since childhood. I owe that to my parents and family. Growing up I had trouble learning, especially in grammar school. For the most part I felt pretty stupid much of the time. However, in high school I really hit the books but still struggled to get C's in many of my classes. I gained a little more confidence in learning in high school and eventually made it to college.

After college, when I went to work, I had a series of jobs that didn't work out. In fact, I've never quit a job. I've either been laid off or fired which I attribute to some form of my undiagnosed learning disability.

In college, I took a class called "Religion and Atheism." That was where my first doubts of faith arose. I didn't understand my faith the way I understand it today. I did some un-Christian things in my early adulthood and lived to regret them.

After my Dad died in 1981, I became a psychological mess. I was laid off in 1982 and because of some serious psychological problems, I attempted suicide. This turned out to be a profound blessing in disguise. In the hospital, I met someone who befriended me and made it his purpose to be sure to make the bible an important part of my spiritual life. In time, I began to read the bible and say the rosary every day. For many years during this, recovery was a very rocky road. I suffered paranoid symptoms, severe lack of confidence, and general depression. For years I spent a lot of time in my bedroom at my mother's house ruminating and contemplating my situation. I was very frustrated with myself, unable to come up with something I could do for a living.

I prayed often during this time and was a faithful churchgoer. Finally the good Lord inspired me after many years of inactivity. I knew the good Lord did not create me to lay around being unproductive. So I asked Him to show me my faults and help me find some possibilities for myself.

Gradually, I decided to start with some volunteer work for the church. I spent a few days a week helping the elderly in the parish. This was more rewarding to me than the help I was trying to give. After awhile my therapist encouraged me to go to a day program where I could socialize and learn some basic living skills. We had some group sessions, cooking and cleaning, as well as some recreation.

After several months, around Christmas time, I wanted to move on and do some volunteer work for the Mental Health Association downtown. As I left the day program, we had a Christmas party. To my surprise, everyone had a gift for me and bid me some warm goodbyes.

When I went downtown to the Mental Health Association, they enrolled me in the JVS training program for people with disabilities. I trained in several different clerical modules and practiced my typing. I was a poor typist, but had some skill on the calculator keyboard. After awhile, they sent me to their job club. They arranged for me to work for the EPA in another training program in their mailroom. There I had some challenging experiences, but this job turned out to be another blessing. Eventually they helped me acquire the job I've had for the last twenty years. I started out this job doing some basic duties in the supply room. Gradually, I gained some more responsibility without having to deal with too much pressure. To this day, I still can't handle the work load the average person can do, but since I started the job, all my supervisors have been the best because they try to stretch my potential as well as be supportive in whatever I can do. Today, I just about manage the supply room myself.



Not only has God blessed me with a good job, He's blessed me with a wonderful husband. After working for three years at my present job, I met my husband Marty at a Catholic singles group. Very early on I sensed he was the right one. The night we met he came in and started talking to me and we developed a good rapport. Our first date was to Church and then dinner. He proposed after two months of dating, but we were engaged for a year and a few months. Our marriage is not problem free, but has a good spiritual foundation.

Most of the time I feel God has blessed me with the most wonderful husband I could have dreamed of.

As I look back on my life, the good Lord has always been there for me in all the people I have met from my family, to my friends and coworkers. I've been blessed by everyone.

I know the good Lord does not promise a bed of roses, but through the small and larger miracles in my life, I know I can draw strength from Jesus in whatever challenges come my way.

## NAMI FaithNet OFFERINGS at the 2010 NAMI NATIONAL CONVENTION

*Are you attending the NAMI Conference in Washington D.C. June 30 to July 3rd ? If you attend, don't miss the following sessions on SPIRITUALITY AND MENTAL HEALTH. Also, please let me know if your coming. I'll be at the Faithnet offerings.*  
—Deacon Tom

Come and explore the many dimensions of spirituality and mental health education, awareness and recovery at the NAMI FaithNet networking session, workshop and exhibit booth. New training modules will be introduced and a closely related symposium by Sister Nancy Kehoe, M.D. will help equip you for faith community outreach.



Wednesday June 30, 1:45 – 4:30 pm, NAMI FaithNet Networking Session:  
(Registration for the convention is not required for persons in the DC area who wish to attend this Networking Session. There is no charge.) In this networking session, we will pilot a new NAMI FaithNet presentation that shows the importance of spirituality in recovery and points to resources about faith and mental illness. Come learn what's going on in other NAMI affiliates as they reach out to faith communities. Bring copies of your own summary of NAMI FaithNet-related activities and resources for the handout table.

Friday, July 2 – 2:00 – 3:30 pm – SYMPOSIUM : Wrestling with Our Inner Angels: Faith, Mental Illness and the Journey to Wholeness – Sister (Dr.) Nancy Clare Kehoe will summarize her 25 years of working with clients in a day treatment program support group. Spirituality is a key component of our humanity, yet attention to an individual's belief system and spiritual practices has been largely ignored by those who work with people with mental illness. This session will explore and explain the value of exploring this part of a person's life.

Friday, July 2, 3:45 – 5:15 pm-. Telling to Touch: Sharing Your Story in Faith Communities

Helping congregations and clergy develop a more informed view of spirituality and mental illness starts with the sharing of our personal stories. The way in which we tell the story can open doors to understanding and encourage a willingness to learn more. Join the leaders of FaithNet for an interactive, skill building workshop that will lead you through the steps of telling your story in the unique environment of a faith community.

NAMI FaithNet Exhibit Booth (see NAMI Land schedule): Find resources for helping to create welcoming and supportive congregations for individuals and families living with mental illness—handouts, books, brochures and much more. Come and share your ideas, successes and questions.

## NAMI's STORY IS COMING TO PBS STATIONS

*When Medicine Got It Wrong*, the documentary about NAMI's origins as a grassroots movement and founding as a national organization, began airing on local PBS television stations in May and continues to air in many states. The film tells the stories of families who were unfairly blamed for their children's mental illness and insisted on advancements in medicine and science. The documentary was shown at NAMI's 30th anniversary national convention last year. *When Medicine Got It Wrong* is not just about the past—it's about NAMI's present and future.

In the face of continuing stigma and discrimination, budget cutbacks and people still falling through cracks, it asks, "Where is the outrage today?" To find your local air date and time, visit their [official Web site](http://www.whenmedicine.org/MedW/Watch.html) <http://www.whenmedicine.org/MedW/Watch.html>



## 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 replay link will be posted to the following webpage as soon as it is received by NCPD.

## June 10, 2010:

*Advanced Considerations: Mental Illness in Youth and Young Adults*

## October 20, 2009:

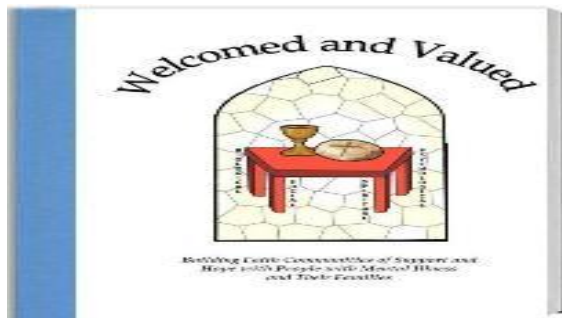
*Access to Tools in Addressing Suicide:  
Pastoral Supports and Prevention Strategies*

## \* October 6, 2008:

*Come to the Table:  
Nurturing the Sacramental Life of People with  
Mental 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 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 or if you know of any funding sources for our work.

## FROM THE EDITOR

We invite you to tell us about your ministry. What are you 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.

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  
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Washington, DC 20017-4501  
202-529-2933; 202-529-2934 (tty); 202-529-4678 (fax)  
Email: [nepd@nepd.org](mailto:nepd@nepd.org) / Website: [www.nepd.org](http://www.nepd.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.

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Contact NCPD to request  
permission to use this logo.

