

# MI Network News

*The Monthly Newsletter of the National Catholic Network on Mental Illness*



**SEPTEMBER 2010**

**Greetings to all who are on our MI Network.  
May God's grace be with you!**

Recently, there was a story in America magazine about a ministry person who worked with street children in Brazil. She related how she was introducing the children to Bible stories and helping them to reflect on them. One day she told the story of the prodigal son. She stopped the parable at the point where the younger son decided to return home, and she asked if the children thought the prodigal son would be able to go back home. One youngster spoke up and said. "It depends," he said. "On what?" the teacher asked. "On whether there is a mother in the house. If there is, then she will work on the father and get him to finally accept the son back."



I think the young child expressed a very human feeling, that it is very comforting to have someone in your corner who can help smooth the way. As we reach out to people with mental illnesses especially those who are often wary of coming to or coming back to church, we can be that person who will smooth their way. We welcome and invite people to a deeper reality that gives life meaning and hope.

May God continue to bless all you do,

Deacon Tom Lambert

## IMPORTANT DATES

In our last newsletter this past spring, we were getting prepared for our Webinar on “Mental Illness in Youth and Young Adults.” I am pleased to say it was very well attended and received.

This webinar, and other past webinars, are available on the NCPD website with accompanying resources. It would make an excellent resource for a fall presentations in the parish and for educators/catechists. See <http://www.ncpd.org/webinars/miyouth>

### IMPORTANT DATES COMING UP:

**Mental Illness Awareness Week is October 3-9**

**The National Day of Prayer for Mental Illness Awareness Recovery and Understanding is Tuesday, October 5**



Helpful resources for these days:

- NCPD-Council on Mental Illness and Mental Illness page - [click here](#)
- Mental Health Ministries – [www.mentalhealthministries.net](http://www.mentalhealthministries.net)
- Mental Illness Ministries – [www.miministries.org](http://www.miministries.org)
- NAMI-Faithnet – [www.nami.org](http://www.nami.org)

**Also: The National Depression Screening Day is October 7**

*Here is an example of a candle lighting service shared by Yolanda Ortega, Coordinator Faithbased Mental Health Initiative in San Antonio, Texas.*

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The Faithbased NAMI Ministry from St. Benedict's Church would like to invite and welcome you to our Candlelight Service on Saturday, October 2nd, 2010 at the 5:30 p.m. Mass.

We will be lighting candles—one for each petition, but the public can bring their own petitions and join the lighting of their candles with ours.

## PRAYER OF LIGHTING OF THE CANDLES

In seeking God's guidance, we can commit ourselves to replacing misinformation, blame, fear and prejudice with truth and love in order to offer hope to all who are touched by mental illness.

-We light the candle of **TRUTH**, that God will help us dispel ignorance and misinformation about major depression, bipolar disorder, schizophrenia, severe anxiety and obsessive compulsive disorder: Lord, hear our prayer.

-We light the candle of **HEALING**, that troubled minds and hearts, broken lives and relationships might be healed. Lord hear our prayer.

-We light the candle of **UNDERSTANDING**, that the darkness of stigma, labels, exclusion and marginalization might be dispelled for the sake of those touched by mental illness. Lord hear our prayer.

-We light the candle of **HOPE** for persons and families living with mental illness, for better treatment, for steadier recovery, for greater opportunity to work and serve. Lord hear our prayer.

-We light the candle of **THANKFULNESS** for compassionate, dedicated caregivers and professionals, for new discoveries in brain research and better medications. Lord hear our prayer.



## ADDITIONAL RESOURCES

### **NAMI FaithNet Newsletter: September 2010**

In This Issue:

- Opening Windows: Mental Illness Awareness Week (MIAW) and Beyond
- Changing Times: Mental Health Awareness in the Jewish Community
- NAMI FaithNet Training Modules Update
- Mental Health in India: Most turn to Faith, not Medicine
- Mental Illness: Denied or Unidentified?
- Sept. 23-25: Widening the Welcome, National Conference

for more information on NAMI [click here](#).

## WORKSHOP MODELS

We offer the following if you are available to attend or as models for something to sponsor in your area.

### **You Are Not Alone: Reaching Out and Recognizing Mental Illness and Addiction in Our Faith Communities**

#### **Seminar for Clergy and Faith Leaders**

Sponsored by:  
Interfaith Committee of the Virginia Beach  
Crisis Intervention Team with the  
City of Virginia Beach

**October 15<sup>th</sup> Virginia Beach, Virginia**

#### **Program Description**

This seminar is designed for clergy and faith leaders in Virginia Beach.

#### **Program Objectives**

- To provide clergy and faith leaders information about mental illness and substance use disorders, basic screening skills, and community resources.
- To promote congregational acceptance and support for those individuals affected by mental illness.
- To learn about the Crisis Intervention Team of the Virginia Beach Police Department and how select officers are trained to respond to an individual in crisis.
- To identify unmet needs.

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Cost:\$15

Registration Deadline: October 4, 2010

Registration: Includes continental breakfast, lunch and toolbox

Location: Spring Branch Community Church

1500 N. Great Neck Road

Virginia Beach, Virginia 23454

## **Agenda**

08:00 AM Registration, Continental Breakfast

08:30 AM Welcome

Alexis Zoss, LCSW, Director (MHSA)  
Mental Health Substance Abuse Division  
Virginia Beach Department of Human Services

James A. Cervera, Chief,  
Virginia Beach Police Department

### **Welcome Prayer – Rev. Michael Simone**

### **Keynote Speakers**

08:45 AM  
Mental Illness and Faith Community Outreach  
Deacon Tom Lambert  
Co-Chair Commission on Mental Illness  
Archdiocese of Chicago

09:30 AM  
Overview of Serious Mental Illness:  
Rudolph Freeman, M.D.,  
Psychiatrist, MHSA Recovery Center

10:15 AM  
Break

### **Morning Workshops**

10:30 – 11:15 AM

A. Understanding Depression and Suicide  
Melissa Pence, PsyD, Hampton Roads Neuropsychology

B. Responding to Addictions and Co-occurring Disorders  
Tony Foy, LCSW, CSAC, Supervisor, MHSA Recovery Center

C. Navigating Community Resources  
Alexis Zoss, LCSW

D. Knowing Your Limits: When Clergy Should Refer  
Deacon Tom Lambert

## **Repeat Morning Workshops**

11:30 AM– 12:15 PM

12:15 PM

Lunch Provided Onsite

Crisis Intervention Team Presentation

## **Afternoon Workshops**

1:05 PM

A - PTSD: Myths and Realities

John Mason, PsyD

VA Medical Center Hampton

B - Recognizing the Impact of Mental Illness on the Family

Carolyn Wood, Don Ashby and Lee Ann Novak

National Alliance on Mental Illness (NAMI)

C - Helping Families Cope with Grief

Debbie Mayer

Director of Clinical Services Jewish Family Service

D - Navigating Community Resources

## **Repeat Afternoon Workshops**

1:45 PM      Break

2:00 PM

Creating an Informed and Welcoming Faith Community

### **Panel Members:**

Rev. Michael Simone, Spring Branch Church

Rev. Carol Sims, Clinical Supervisor, Recovery Center

Deacon Tom Lambert

Bob Chauncey, VBPD Police Chaplain

Crisis Intervention Team Officer, VBPD

John Koehler, author of Bipolar by Koehler

## **Closing Remarks**

3:00 PM

Developing a Road Map

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### **Awareness Workshop on Mental Illness Support and Acceptance in the Parish Communities**

**Archdiocese of Cincinnati  
Thursday October 28, 2010 - 9:00 am to 3:00 pm**

Sponsored by:

Evangelization & Catechesis Office, Catholic Charities & Family Life Office

Registration: \$50 per person; \$40 per person 3 or more from the same parish

Contact Tanya Stager, Archdiocese of Cincinnati for more information

Location: St. Francis of Assisi Church

6245 Wilmington Pike

Centerville OH 45459

### **WHAT WILL YOU LEARN**

This workshop will introduce the issues of mental illness to diocesan personnel, pastoral leaders, and parishioners. It will provide them with tools and resources to further the welcome, support, and involvement of individuals with mental illness and their families in the life of the faith community. Participants will be given practical ideas that are easy to use in their parishes.

### **WHO SHOULD ATTEND**

All concerned about the welcome and support of parishioners with mental illness and their families. Priests, pastoral staff, deacons, catechetical leaders, parish nurses, lay ecclesial ministers, youth ministers, liturgists, disability advocates, ushers, care ministers, chaplains, social workers, healthcare workers, pastoral counselors, and parishioners are invited and encouraged to attend.

## **Agenda**

8:30 AM

Registration

Continental Breakfast

### **Prayer and Welcome**

9:00 AM

Types of Mental Illness

Treatment and Recovery

Lissette Mira-Amaya,

Clinical Supervisor at Beacon Specialized Living Services

NCPD Council on Mental Illness board Member

### **Panel Discussion**

11:00 AM

Mental Illness and the Effect on the Family and the Community

Victor Lloyd, Mental Health Educator, NAMI

PLAN

Noon—Lunch

12:45 PM

Importance of Catholic Faith and Community to Persons with Mental Illness

A Ministry of Compassion and Justice

Deacon Thomas Lambert

Archdiocese of Chicago-Commission on Mental Illness

NCPD Council on Mental Illness Co-Chairord Member

2:30 PM

Community Resources

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National Catholic Partnership on Disability will have materials available for purchase.  
Other Resource Information will be available.

## 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).

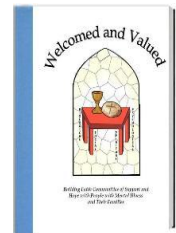
The DVD Discussion Starters and the Resource Manual are both available online for a free download ([Click here](#)).



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  
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.

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