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PATHWAYS TO PROMISE
Connecting mental health, faith and culture
Since 1988

Mental Health Ministries
To erase the stigma of mental illness
A Program of Pathways To Promise

Spring Spotlight 2023

Mental Health Ministries & Pathways to Promise

Mental Health Ministries, as a program of Pathways to Promise, provides resources to erase the stigma of mental illness in our faith communities and create caring congregations for persons living with a mental illness and their families.

May is Mental Health Awareness Month!

Use the principles taught in the Companionship Model in your interactions for supporting those struggling with mental illness. For more information, see the article below.

Click here for phone and text resources for mental illness support

Visit our Shop to purchase materials to support your efforts

Website Resources

At the end of January, Pathways to Promise published a new website. Mental Health Ministries information can be found under these menu items:

- Homepage – scroll down to click on "Learn more" in the Mental Health Ministries box
- Resources button – click on Mental Health Ministries Resources in the dropdown box
- Mental Health Ministries button

Please visit these pages for resources. We are working to improve the listing of resources. You may contact us at admin@pathways2promise.org to suggest or share additional mental health resources.

COMPANIONSHIP
Hospitality • Neighboring • Side-by-Side • Listening • Accompaniment
Since 1987

Companionship Training - August 16, 18, & 19

Join our training to become a Companionship Instructor:

Wednesday, August 16, 6:00-9:00 p.m. CT
"Become a Companion" Workshop
Learn about the revolutionary Companionship Model which has five important tenets: hospitality, neighboring, side-by-side, listening, and accompaniment. You will gain an understanding of how to move from a transactional exchange model to a relational engagement model that enables substantial change when helping others.

Friday, August 18, 6:00-9:00 p.m. CT
Saturday, August 19, 9:00 a.m.-5:00 p.m. CT
Companionship Instructor Training, Part 1 & 2
This training focuses on the values and philosophy of The Companionship Model and how to effectively communicate the aim and practices of Companionship. The instructor training includes all three dates: August 16, August 18, Companionship Instructor Training, Part 1, and August 19, Part 2.

Deadline for applications is 4:00 pm CT on Friday, August 4.

For more information and to register, click here

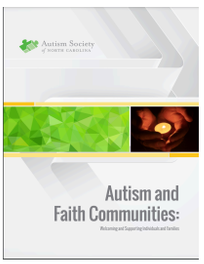
NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

988 SUICIDE & CRISIS LIFELINE

Embracing disability as a critical part of diversity: Appreciating the life of Judy Heumann

An article written by a Pathways to Promise Board Member!

Click Here to Read More



Autism and Faith Communities: Welcoming and Supporting Individuals and Families

A toolkit by the Autism Society of North Carolina.

Get the Toolkit!

THE COLOR OF Autism FOUNDATION

The Color of Autism Foundation: Connecting Families to Trauma Informed and Culturally Competent Support

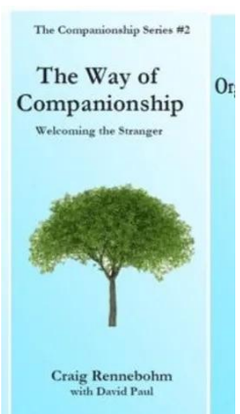
"Our goal is to end the stigma of Autism Spectrum Disorders in communities of color. We are devoted to building efficacy and empowering families to lessen their isolation."

Click Here to Learn More

The Way of Companionship Series

Bring the principles of Companionship into your faith community. You can move from a transactional exchange model to a relational engagement model that enables substantial change when helping others by using these techniques. The three-part "The Way of Companionship Series" provides a framework for the spiritual care of individuals and families facing a serious mental health issue, descriptions of the principles of Companionship and instruction on how to form a mental health ministry team in your faith community.

Buy now: $25



The Blue Dove FOUNDATION

The Blue Dove Foundation: Transforming the way the Jewish community understands and responds to mental illness & addictions

"In the Jewish community, discussions about mental illness and substance abuse tend to be rare, if they happen at all. As a result, many individuals and their families suffer in private and lack the information necessary to address their issues. The Blue Dove Foundation is working toward advancing these conversations, eradicating shame and educating the community."

Click Here to Learn More

Muslim Mental Health 101: An Islamically Integrated Perspective

"The terms mental health, stress, anxiety, depression, self-care and other similar terms are commonly heard these days. They casually come up in our discussions, or are discussed in our classes and social media. There has been a rise in people and organizations promoting "mental health awareness." What exactly **is** mental health and mental illness, and how do we understand them within an Islamic context?"

Click Here to Read More

Ramadan and Mental Health

"Ramadan Kareem! Ramadan is a beautiful month that many Muslims look forward to … As much excitement as Ramadan can bring, it can also be a time of difficulty for those with severe mental health disorders … We need to discuss how those with mental health disorders can still take care of themselves while practicing their faith and strengthening their connection to Allah during this holy month."

Click Here to Read More

Beyond Stigma and Shame to Recovery and Hope in Addressing Substance-Use Disorder

"Faith coalitions are addressing the opioid crisis by providing resources, connections and a de-stigmatizing vision."

Click Here to Read More

Nurturing Shame-Free Environments: An Open Letter to Faith Community Leaders

"Sexual violence is a spiritual issue. As the topic of sexual violence has slowly become less of a taboo subject, plenty of information has become available about how abuse and rape affect someone emotionally, physically, and even socially or financially. But it's not as frequently acknowledged that sexual violence can affect folks spiritually."

Click Here to Read More

Ending the Silence: Confronting Sexual Shame in the Church

"Ending the Silence: Confronting Sexual Shame in the Church offers a deep exploration about sexuality and what it means for today's religious communities. In this groundbreaking documentary, hear from key advocates and ministry leaders as they provide an in-depth exploration of what sexuality means to churches and communities today."

Watch the Trailer!

Click Here to Learn More

Join the No Shame Movement!

Join The Safe Project's national movement to combat stigma, because there's **No Shame** in getting help for mental health and addiction.

Join the Movement Today!

Black Emotional and Mental Health Collective (BEAM)

"BEAM is a national training, movement building, and grant making institution that is dedicated to the healing, wellness, and liberation of Black and marginalized communities. Our mission is to remove the barriers that Black people experience getting access to or staying connected with emotional healthcare and healing through education, training, advocacy, and the creative arts."

Click Here to Learn More

Learn with Love: Uplifting Transgender Youth Stories

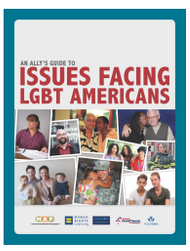
"The Trevor Project is proud to share the first episode of our "Learn with Love" series. We invited three trans young people from all over the country to talk about growing up and the important relationships in their lives. Experience their stories today."

Click Here to Watch!

Uplifting Faith-based LGBTQ Activism and Narratives in East Africa

"Faith-based narratives are a consistent driver of anti-LGBTQ discrimination. Where religion remains a central influence in cultures and societies, we cannot create sustainable change without shifting religious narratives toward equity, inclusion, and social justice."

Click Here to Read More



Supporting the Transgender People in Your Life: A Guide to Being a Good Ally

"Learning to be an ally to the transgender people in your life, or to transgender people overall, is an ongoing process. Some ways to be a good ally are simple and easy, while others require more time, energy, and commitment. Whether you're looking for information on supporting a transgender person in your life or helping to change the world to be better for transgender people overall, this guide can help."

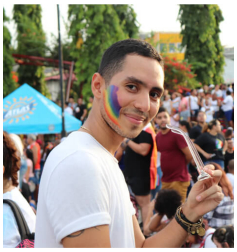
Click Here to Download the Guide

Bisexuality Initiative

The Bisexuality Initiative

"Although bisexual people make up the largest percentage of the LGBTQ community, bisexuality is often invisible in LGBTQ communities and society as a whole. On the whole, faith communities and denominations have not acknowledged or embraced the experiences of their bisexual members or the bisexual community at large. The Religious Institute hopes to change that. Through our congregational guidebook, *Bisexuality: Making the Invisible Visible in Faith Communities*, our trainings for faith leaders, and our work with individual faith communities, the Religious Institute helps a broad range of faith communities welcome and embrace bisexual people, reflect theologically on bisexuality, and take action to heal the suffering caused by bisexual erasure and marginalization."

Learn What Your Faith Community Can Do



Multi-Faith Resources for the LGBTQ+ Community and Allys

Resources for LGBTQ people of different religious communities like Mormons, Mennonites, Quakers, Hindus, Muslims, and more.

Explore the Resources

Additional Resources

In Our Own Voice: National Black Women's Reproductive Justice Agenda

"*In Our Own Voice* is a national-state partnership focused on lifting up the voices of Black women leaders at the national and regional levels in our fight to secure Reproductive Justice for all women, femmes, and girls. Our eight strategic partners are Black Women for Wellness, Black Women's Health Imperative, New Voices for Reproductive Justice, SisterLove, Inc. SisterReach, SPARK Reproductive Justice NOW, The Afiya Center and Women With A Vision."

Click Here to Learn More

Infertility Support in Faith-Based Communities

Why me God? Why infertility? Why another pregnancy loss?

"If someone came to a faith-based leader or community and asked these questions what would they say? What SHOULD they have said? There are many stigmas both cultural and religion based, that can happen within infertility and faith based communities. The common thread is that all faith based communities need a safe place of support from both members of their community and their leaders. We started a conversation with 4 panelists from many faith based backgrounds and perspectives. Here's what they had to say."

Watch Now

Interfaith Ministries' Women's Empowerment Group Program

"Before coming to the United States, refugees have often experienced traumatic, life-threatening events. War, violence, or significant persecution has caused them to leave everything they know and love. For women, the adjustment to a new country can be especially difficult. To help with that transition Interfaith Ministries created the Women's Empowerment Group (WEG) Program, designed to prevent isolation, build community, and equip women with the information or skills they need to thrive in their new lives."

Read More

compassionate care

Compassionate Care Training Program

"Rooted in sacred, moral, and reproductive justice values, the Religious Coalition for Reproductive Choice (RCRC) is a multifaith, intersectional, and antiracist movement for reproductive freedom and dignity leading in spiritual companionship, curating frameworks for faith leaders, and training the next generation of activists. RCRC values and promotes religious liberty which upholds the human and constitutional rights of all people to exercise their conscience to make their own reproductive health decisions without shame and stigma. RCRC challenges systems of oppression and seeks to remove the multiple barriers that impede individuals, especially those in marginalized communities, in accessing comprehensive reproductive health care with respect and dignity."

More About the Compassionate Care Program

Is Caring For Your Mental Health a Spiritual Practice?

"The Baha'i writings emphatically state that mental health struggles are separate from the life of the soul: "The soul of man is exalted above and is independent of all infirmities of the body or mind." But there also appears to be a strong correlation between spiritual strength and mental health management. Even as a mental health professional myself, I'm still seeking to understand the connection between spirituality and mental health, and learning how to apply the spiritual teachings of my faith to my life."

Learn More Here

Faith in the Environment: The Religious Fight to Save Planet Earth

"On a sunny June Sunday on the National Mall, four individuals representing Muslim, Jewish, Christian, and Native American faith teachings came together to probe the intersections of faith and environmentalism. This was "Ways of Knowing, Ways of Living: Exploring Faith and Conservation," an interfaith panel at the 2022 Smithsonian Folklife Festival's Earth Optimism × Folklife program and a preview of the 2023 program Living Religion: Creative Encounters in the U.S."

Read More

How Religious Freedom Contributes to Positive Criminology and Justice Reform

"Faith-based organizations and programs can have transformative effects on even the most challenging and volatile prison settings in America. In this and many other contexts, a firm commitment to religious freedom can contribute to positive and lasting change in the U.S. criminal justice system."

Read More

Mark your Calendars!

April 2023

- **2 – World Autism Awareness Day**
- **4 – Mahavir Jayanti:** This holiday celebrates the birthday of Jainism founder Lord Mahavira.
- **5-13 – Passover:** This holiday spans 7-days and commemorates the Israelites being freed from slavery in Egypt.
- **9 – Easter:** Easter is the most important holiday in Christianity. It celebrates the resurrection of Jesus Christ — Lord and Savior of Christians.
- **14 – Vaisakhi:** This ancient festival celebrates both the Solar New Year and springtime harvest.
- **16 – Feast of the Divine Mercy:** This day, celebrated on the Second Sunday of Easter, is based on the private revelations of St. Faustina Kowalska. St. John Paul II declared that it would be celebrated when he canonized her in 2000.
- **21-22 – Eid al-Fitr:** The holiday that marks the end of Ramadan.
- **22 – Earth Day**

May 2023

Mental Health Awareness Month
Jewish American Heritage Month
Asian American & Pacific Island Heritage Month

- **1 – Beltane:** A festival honoring life in the Pagan and Wiccan religions. It represents the peak of Spring and the beginning of Summer.
- **5 – Buddha's Birthday:** A celebration of the Buddha's birthday, and for some Buddhists, a day that also marks his enlightenment.
- **5 – Vesak:** A Theravada Buddhist festival that observes the birth, death, and enlightenment of the Buddha.
- **5 – Cinco de Mayo**
- **17 – International Day Against Homophobia, Transphobia, and Biphobia**
- **18 – Ascension Day:** This day is 40 days following Easter when Christians believe that Jesus ascended to Heaven.
- **19 – Malcolm X's Birthday**
- **23 – Martyrdom of Guru Arjan Dev Sahib:** A day observed by Sikhs to celebrate the first martyr in their faith.
- **25-27 – Shavuot:** This holiday celebrates the giving of the Torah on Mount Sinai and a grain harvest.

June 2023

LGBTQ+ Pride Month

- **4 – Trinity Sunday:** A Sunday that centers on the doctrine in the Christian church that God is three in one — the Father, Son, and Holy Spirit.
- **5 – HIV Long-Term Survivors Awareness Day:** A day to highlight the resilience and strengths of people living longest with HIV and AIDS
- **11 – Race Unity Day:** A holiday in the Baha'i faith that promotes racial harmony and understanding.
- **8 – Feast of Corpus Christi:** A Roman Catholic feast day marking the real presence of Jesus in the Eucharist.
- **12 – Pulse Night of Remembrance:** To honor the 49 LGBT lives lost in the Pulse Nightclub shooting in Orlando, Florida.
- **16 – Feast of the Sacred Heart:** A Roman Catholic feast day commemorating Jesus' heart and his love for all of humanity.
- **19 – Juneteenth:** Commemorates the emancipation of enslaved African Americans in the US.
- **24 – Litha:** A Pagan and Wiccan festival that starts on the summer solstice and celebrates midsummer.
- **18-29 – Eid al-Adha:** A holiday in the Islamic faith that ends the Hajj pilgrimage.
- **26-July 1 – The Hajj:** The annual pilgrimage to the holy city of Mecca that's required for all Muslims during their lifetime.
- **28 – Anniversary of the Stonewall Riots:** The riots were a reaction to the NYPD raid of the Stonewall Inn. This initial event was a galvanizing force for LGBT political activism, and argued by some to be the birth of the gay rights movement, in the United States and around the world. The world's first pride parade occurred on the 1st anniversary (28 June 1970).

Also consider the following calendars for other important dates:

2023 Interfaith Calendar

2023 Diversity Calendar

Sign Up to Receive the Mental Health Ministries Spotlight e-Newsletter

If you wish to be added to receive our Spotlight e-newsletter, you can sign up **here**. All our Spotlights are archived on the MHM page of the Pathways to Promise website and most of the resources included can be found **here**.

Jessica Dexter, MA
Coordinator of Mental Health Ministries

Visit Mental Health Ministries on the Pathways website

Mental Health Ministries, a program of Pathways to Promise, creates and promotes resources to help erase the stigma of mental illness in our faith communities. We hope you will consider a tax deductible gift so that we may continue this good work.

A monthly or one-time gift is most appreciated.

Click here to give now

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