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PATHWAYS TO PROMISE
Serving Clients Since 1916
Mental Health Ministries
Promoting Wellness

Spotlight

Summer 2023

Mental Health Ministries & Pathways to Promise

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

Website Resources

Check out Pathways to Promise to discover more Mental Health Ministries resources on their website.

- Sign up for our newsletter to click on "Learn more" in the Mental Health Ministries section.
- Bring attendees to visit our Mental Health Ministries Resources page on our website.
- Mental Health Promotion Guide

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

The Loneliness Crisis

George B. Wallace, PhD
Executive Director, Pathways to Promise

Loneliness, isolation, and a lack of connection have become a pressing public health crisis in the United States. In a recent Surgeon General's Advisory, Dr. Vivek Murthy, MD, MBA, MPH, stated, "The severity of this issue, emphasizing its impact on our well-being, Even before the COVID-19 pandemic hit, approximately 115 million adults in the United States reported feeling lonely sometimes or always. However, the pandemic further exacerbated this epidemic by cutting us off from our acquaintances, friends, and loved ones. Even as the COVID-19 pandemic has assertively ended, the crisis continues.

The consequences of this loneliness crisis are far reaching. Not only does it cause emotional distress, it also leads to increased stress and anxiety, but it also poses physical risks. People affected by loneliness face a greater chance of developing cardiovascular disease, stroke, and premature mortality. According to the Surgeon General, "Loneliness has been compared to smoking up to 15 cigarettes per day in its impact on our mental, emotional, and physical health. These findings directly affect our society's performance, productivity, and engagement.

To tackle this pressing issue, Pathways to Promise turns to its Mental Health Ministries program. The program aims to combat the loneliness crisis in America by teaching individuals how to build relationships based on equality, empathy, and understanding. The program emphasizes the importance of fostering a community ambiguous those who are experiencing distress or suffering, to seek common ground, and to understand their experiences. The ultimate goal of Pathways to Promise is to assist individuals in the support they need.

A Taste of Companionship

If you're interested in learning more about Companionship and how it can address the loneliness epidemic in your community, we invite you to join us for one of our sessions titled "A Taste of Companionship." This 90-minute session will provide an overview of Companionship, the program's approach and its potential to make a positive impact on your community. Let's come together to combat loneliness and foster meaningful connections.

Click on one of the dates below to register for one of the monthly sessions.

August 9, Wednesday, 12 pm CT

September 14, Thursday, 12 pm CT

THE COMPANIONSHIP MOVEMENT

Explore Upcoming Training Events to Become a Companion, Certified Companionship Instructor, or Certified National Trainer

Become a Companion Workshop
Learn about the Companionship Model which has five important tenets: hospitality, neighboring, step by step, listening, and accompaniment. You will gain an understanding of how to move from a "helping" mindset to a "being with" mindset and discover insights that evidence substantial change when helping others.

Option 1
Wednesday, August 2, 6 pm CT
Registration Deadline - Wednesday, July 26

Option 2
Wednesday, November 8, 6 pm CT
Registration Deadline - Wednesday, November 1

Certified Companionship Instructor Training
Do you want to lead Companionship Workshops? Apply to be trained and certified as a Companionship Instructor! This virtual, three day training includes:

- "Become a Companion," a three hour workshop that teaches participants the principles and practices of Companionship
- Instructor Training, an 11 hour workshop (over two days) that teaches people to lead Companionship workshops themselves.

Option 1
Wednesday, August 2, 6:30 pm CT
Friday, August 4, 6-9 pm CT
Saturday, August 5, 9 am-2 pm CT
Registration Deadline - Wednesday, July 26

Option 2
Wednesday, November 8, 6-9 pm CT
Friday, November 10, 6-9 pm CT
Saturday, November 11, 9 am-2 pm CT
Registration Deadline - Wednesday, November 1

Certified National Trainer Workshop
Become certified to train Certified Companionship Instructors

Friday, October 6 10 am CT
Saturday, October 7 10 am CT
Registration Deadline - Wednesday, September 27
Contact Mental Health Ministries
For more information email: admin@pathwaystopromise.org

To register/inquire for upcoming training events, click here

JULY

July is Bebe Moore Campbell National Minority Mental Health Awareness Month – aka BIPOC Mental Health Awareness Month

Pathways to Promise: Promoting Mental Health Support for Racial and Ethnic Minority Communities

George B. Wallace, PhD
Executive Director, Pathways to Promise

Pathways to Promise is a national organization providing mental health support for mental health. Every Mental Health Awareness Month, we strive to raise awareness in BIPOC Mental Health Awareness Month, we strive to raise awareness in BIPOC Mental Health Awareness Month, we strive to raise awareness in BIPOC mental health communities regarding mental illness.

Mental health encompasses our emotional, psychological, and social well-being and impacts how we handle stress, relate to others, and to thinking, feel.

SAMHSA's 2021 estimates show lower treatment rates for mental illness among Black Americans (19.4%) and Hispanic Americans (18.8%) than Caucasians (24.4%) compared to non-Hispanic white people (22%). The disparity is influenced by limited access to quality mental health care, cultural stigma, mistrust of medical professionals, and systemic barriers in underserved communities. Consequently, these communities often experience substantial mental health outcomes.

Pathways to Promise is deeply committed to improving mental health outcomes in BIPOC communities. We provide resources and support to overcome these challenges, including those with stigma and mistrust, ensuring that mental health care is accessible and culturally sensitive. Our mission is to foster a supportive and inclusive environment where everyone has the opportunity for optimal well-being.

All the following articles from websites other than pathwaystopromise.org are intended as a library of resources for Mental Health Ministries and people who are seeking mental health financially from these organizations. The contents of all of the articles in this newsletter, as well as of those found on our website, are provided for informational and educational purposes. The content is not intended to be a substitute for professional advice, diagnosis, or treatment.

Photo by Laura Ockel

Bebe Moore Campbell National Minority Mental Health/BIPOC Mental Health Awareness Month Resource Flyer

Check out this flyer with links to mental health resources related to the various BIPOC communities.

Click here for the flyer

Photo by Ashley Mcnamara

4 Ways to Show Support & Be an Ally to the BIPOC Community

Many may wonder why it is important to highlight BIPOC mental health issues. We are aware that very person can experience mental health challenges regardless of race or ethnicity. However, there is a heightened disparity in accessing care for many particularly in mental health disorders. Discover ways to be an ally to the community.

Click here to learn more

Photo by Ashley Mcnamara

Destigmatizing Mental Health Care Among Muslims

Across the United States, Muslim attitudes toward mental illness are shifting, with a rise in the use of mental health services. During the pandemic, Muslims have been more willing to engage in public conversations regarding mental health issues, including the taboo topic of suicide. This shift is a result of Muslim organizations actively accelerating mental health problems in a variety of ways, including by taking mental health training. Although limited, such training can be a key first step in ensuring that mental health care is a part of the solution to their community's mental health needs.

Click here to learn more

Photo by Laura Ockel

International Self Care Day - July 24

Find out more about this day that stresses the importance of self care as the cornerstone of wellness.

Click here to learn more

July 26 - Celebrating the Americans with Disabilities Act

Mental Health & Legal Rights in the Workplace

If you have depression, post-traumatic stress disorder (PTSD), or another mental health condition, you are protected against discrimination and harassment in the workplace. Learn about your mental health legal rights, and you may have a legal right to get reasonable accommodations that can help you perform and keep your job.

Click here to learn more

The Significance of Mental Health & People with Disabilities

People with disabilities face a variety of structural and stereological challenges that can lead to a lack of mental health care. Mental health challenges are often as the root of poor mental health and mental illness among individuals with disabilities, rather than disability itself. However, this can be reversed by providing access to accurate and inclusive health and services to people with disabilities.

Click here to learn more

AUGUST

Photo by Ashley Mcnamara

August 26 is Women's Equality Day

Psychological Effects of Gender Inequality

Gender inequality has a profound effect on mental health worldwide. Some of the psychological effects of gender inequality include higher levels of stress, anxiety, depression, and post-traumatic stress disorder (PTSD) in women and people of marginalized genders.

Click here to learn more

August 30 is National Grief Awareness Day

Stages of Grief and What to Expect

Grief is universal. People often describe grief as passing through 5 or 7 stages. The 5 stages are denial, anger, bargaining, depression, and acceptance. The 7 stages elaborate on these and aim to address the complexities of grief more effectively.

Click on the image above for a short video on the stages and the further below for more information.

Click here to learn more

Navigating Grief.Land

Navigating Grief.Land: A Resource from Pinnacle Leadership Associates

Navigating Grief.Land is an 8-week group that provides a space for healing and growth for those who have experienced a loss. It is a safe space where you can share your stories and grief and gain tools to navigate your loss. You'll get tools that you can take out and bring home. Most of all, you'll get a group in which you can be yourself, be heard, be seen, be understood, and be a part of hope you without having to be alone.

Navigating Grief.Land is available for churches and other faith-based organizations to offer to their congregations and communities.

Click here to learn more

Coping with Grief and Loss

Grief is a natural response to loss. It's the emotional suffering you feel when something or someone you love is taken away. Often, the pain of loss can feel so intense that it disrupts your ability to think, feel, and carry out everyday activities. Grief can cause an anger to disbelief, guilt, and emotional sadness. The pain of grief can also disrupt your physical health. Training is difficult to sleep, eat, and focus on work. Grief is a natural response to loss, and the more significant the loss, the more intense your grief will be.

Click here to learn more

SEPTEMBER

September is National Recovery Month

National Recovery Month, (dont operator) in 1989, is a national observance held every September to promote and support new evidence-based treatments and services, celebrate the lives of those strong and proud recovery community, and the dedication of services providers and communities who make recovery in all its forms possible.

Click here to learn more

About Recovery

Recovery is a process of change through which people improve their health and wellness, live self-directed lives, and strive to reach their full potential. Even people with severe and chronic substance use disorders or with long, overcome their illness and regain health and social function.

Click here to learn more

September is National Suicide Prevention Month

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

988 SUICIDE & CRISIS LIFELINE

Suicide Data & Statistics

Suicide is one of the leading causes of death in the United States. Click below to see more information.

Click here to learn more

Photo by Andreas Dress on Unsplash

Higher Risk of Suicide Among Farmers in Rural America

Rural populations have a significantly higher suicide rate than urban areas and available information indicates the suicide rate among farmers is 3.5 times higher than the general population. Male farmers, ranchers and other agricultural managers have a significantly higher rate of suicide deaths at 43.2 per 100,000 compared to the average across all other occupations of 27.4 per 100,000.

Click here to learn more

September is National Hispanic Heritage Month

Barriers to Mental Health Care for Hispanic/Latinx Communities

Hispanic/Latinx communities show similar vulnerability to mental illness as the general population, but they face disparities in both access to and quality of treatment. More than half of Hispanic young adults ages 18-25 with serious mental illness may not receive treatment. This inequality puts these communities at a higher risk for more severe and persistent forms of mental health conditions, because without treatment, mental health conditions often worsen.

Click here to learn more

Yom Kippur: September 25 Mental Health in the Days of Awe

Every year on Yom Kippur, the most solemn Jewish holiday, "sin" and "repentance" are the key words stuck in my head. But for someone who is already experiencing depression and/or other mental illness, these themes can be extremely upsetting and even harmful to think about.

Click here to read more of this blog post

MARK YOUR CALENDARS

July

Bebe Moore Campbell National Minority Mental Health Month/BIPOC Mental Health Month
8 – Hijri New Year: Islamic New Year
10 – Martyrdom of the Bab: a day remembering the execution of one of the founders of the Baha'i faith
24 – International Self-Care Day
26 – Americans with Disabilities Act: This law protects people with disabilities from being discriminated against
27 – Tisha B'Av: commemorates the destruction of the Jewish temple that occurred once in 586 BCE and once in 70 CE in Jerusalem

August

9 – International Day of the World's Indigenous People: created by the UN to celebrate the culture of indigenous people on a global scale
15 – Feast of the Assumption: Catholic holy day when Mary, the mother of Jesus, was assumed (body and soul) into Heaven
18 – Lord Krishna's Birthday: one of the most popular deities in the Hindu faith
26 – Women's Equality Day: anniversary of women gaining the right to vote in 1920
30 – National Grief Awareness Day
31 – Ganesh Chaturthi: Hindu festival celebrates Lord Ganesha's birth

September

National Recovery Month: seeks to educate Americans on treatment and health services for individuals with substance use disorder
National Suicide Prevention Month
10 – World Suicide Prevention Day
15-17 – Rosh Hashanah: Jewish New Year – themes are rest and reflection
15-Oct 15 – National Hispanic Heritage Month
20 – HeForShe: movement started by the UN with the goal of promoting gender equality
21- 29 – Mabon: autumnal equinox
24- 25 – Yom Kippur: one of the most important Jewish high holy days – central themes are atonement and repentance
27 – Mawlid: The celebration of the birth of the Prophet Muhammad in the Islamic faith
29-Oct 6 – Sukkot: A 7-day holiday commemorating when Jews journeyed to the desert on the way to the promised land
29-Oct 14 – Pitru Paksha: A period when members of the Hindu faith pay homage to their ancestors

Also consider the following calendars for other important dates:

2023 Interfaith Calendar

2023 Diversity Calendar

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

Click the button below to give a monthly or one-time gift.
We appreciate you!

Click here to give now or mail check to address below

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