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PATHWAYS to Promise
Connecting Communities of Care

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

SPOTLIGHT

Winter 2024

Pathways to Promise & Mental Health Ministries

Mental Health Ministries, 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 mental health challenges and their families.

Website Resources

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

International Women's Day - March 8

Photo by Bethany Beck on Unsplash

Spotlight on Maternal Mental Health

George R. William, PhD
Executive Director

Every mother or mother-to-be and their families in the U.S. should have the help and support they need to face mental health challenges. Unfortunately, forty of the fifty states are neglecting access to maternal mental health, according to the first report card by the Policy for Maternal Mental Health and George Washington University. All but 10 states received either a D or F grade on several key measures of maternal health risk policies and access to care, which included access to therapist, psychiatrist, or mental health treatment programs.

In the U.S. about 4 million babies are born every year and roughly 600,000 (20%) of the mothers may experience challenges with their mental well-being every year. And according to the Maternal Mental Health Leadership Alliance, Black women are twice as likely as White women to experience maternal mental health conditions but only half as likely to receive treatment.

The Center for Disease Control and Prevention reports postpartum depression occurs in about 1 in 8 mothers. Meanwhile, postpartum anxiety affects approximately 1 in 10 mothers. And although more rare, postpartum psychosis occurs in 1 or 2 out of every 1,000 deliveries according to Postpartum Support International.

The Department of Health and Human Services' Health Resources and Services Administration (HRSA) funded the National Maternal Mental Health Hotline on Mothers' Day in 2022. The hotline is part of a broader effort to improve maternal health and equity across the U.S. If you or someone you know needs support before, during and after pregnancy for any reason including depression, anxiety, or feeling overwhelmed, please call or text 1-833-TLC-MAMA (1-833-852-6262).

Explore Upcoming Training Events to Become a Companion or Community Trainer

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.

Thursday, March 14, 5-8 pm CT Virtual Training

Community Trainer Training

Do you want to lead Companionship Workshops? Apply to be trained as a Community Trainer! This virtual, two-day course includes

- "Become a Companion," a three-hour workshop that teaches participants the principles and practices of Companionship
- Instructor Training, an eight-and-a-half-hour workshop that teaches people to lead Companionship workshops themselves.

Thursday, March 14, 5-8 pm CT Virtual Training (Become a Companion workshop) plus
Saturday, March 16, 9 am-5:30 pm CT Virtual Training
Application Deadline - March 7

For more information and to register/apply, click here

To learn more about Companionship and how it can address the mental health challenges in your community, we invite you to join us for one of our sessions titled "A Taste of Companionship." By attending one of these sessions, you'll gain a deeper understanding of the program's approach and its potential to make a positive impact in your community.

Click on a link below to register for a Zoom session.
(Contact admin@pathways2promise.org for Zoom support.)

Monday, February 5, 6 pm CT
To register:

https://us02web.zoom.us/meeting/register/tZwrcu2qrjssE9x4rxU2Qe3KLKiS_SGRTlk9

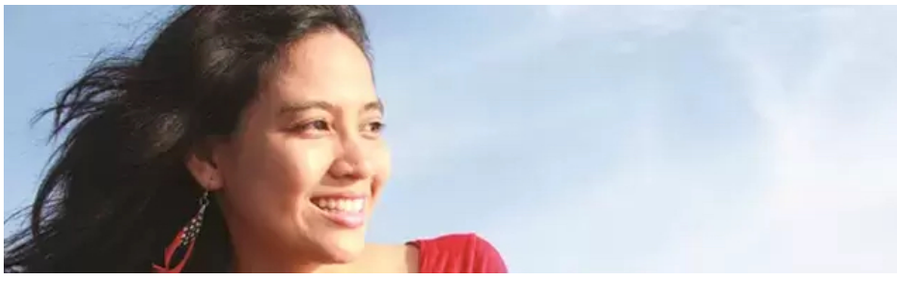
Monday, March 4, Noon CT
To register:
https://us02web.zoom.us/meeting/register/tZEpf-CprTgqH9aAOU5RKA0yF990J8GqWbfN

All of the following articles from websites other than pathways2promise.org are intended as a library of resources only. Pathways to Promise receives no financial benefit from these organizations.

JANUARY

These resources are helpful for any time, although intended to highlight themes from the Mental Health calendar for January.

January is Mental Wellness Month



Mental Health America Resources for Living Mentally Healthy

Mental Health America suggests steps for living a mentally healthier life, information for recovery and support, along with tools for mental wellness.

Click here to read more

LookUp Indiana Provides Faith Resources for Mental Wellness

Learn more about popular mental health topics from a faith perspective and find additional tools and information.

Click here for free faith resources

Martin Luther King, Jr. Day - January 15

From the King Center

Our strategic theme for 2024 is 'Shifting the Cultural Climate through the Study and Practice of Kingian Nonviolence'. This theme defines the 2024 King Holiday Observance events and programming while serving as a compass for all the work we will do this upcoming calendar year and beyond. The pioneering work of Dr. Martin Luther King, Jr. demonstrated that Kingian Nonviolence (Nonviolence365™) is the sustainable solution to injustice and violence in our world, ultimately leading to the creation of the Beloved Community, where injustice ceases and love prevails.

The King Center welcomes and invites you to join this movement for a new future as we strive to cultivate a Beloved Community Mindset, and ultimately transform unjust systems.

Click here to learn more

National Network to Eliminate Disparities in Behavioral Health

MLK Jr and Combatting Mental Health Stigma

As an adult, King experienced bouts of severe depression. The stigma against individuals with mental illness, which we still battle today, was even more pronounced in the 1950s and 1960s. Concerned that people opposed to the Civil Rights Movement would use it as a way to try to discredit him, his incidents of depression remained a closely held secret among family, friends, and aides during his lifetime.

The stigma that forced King to keep secret his experience with depression still negatively affects millions of people throughout the United States.

Click here to read more of this article

FEBRUARY

These resources are helpful for any time, although intended to highlight themes from the Mental Health calendar for February.

Black History Month

Photo by jurien huggins on Unsplash

Behavioral Health Equity
Best Practices for African Americans

The Substance Abuse and Mental Health Services (SAMHSA) Office of Behavioral Health Equity, 988 & Behavioral Health Crisis Coordinating Office, and the Suicide Prevention Branch will be hosting a Black History Month webinar that will feature several SAMHSA grantees and partners to discuss best practices in behavioral health equity for African American populations.

Click here to learn more

Black Mental Health History

Learning about the history of systemic racism during Black History Month - and all year - in the mental health system and movement and how it harms Black communities in the US and around the world is key for creating a mentally healthier world.

Click here to learn more

Chinese New Year- February 10
Year of the Dragon

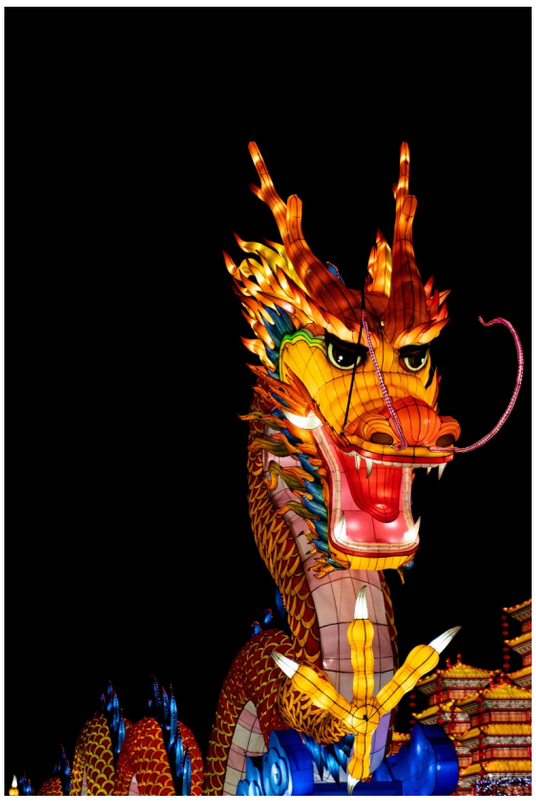


Photo by Thomas Despeyroux on Unsplash

Lunar New Year and Asian American Mental Health Statistics

According to some Asian American mental health statistics, mental health stigma still exists within the AAPI community. Celebrating Lunar New Year this month can also be a way to shed light on mental health disorders within the Asian American community.

Click here to learn more

Lent Begins on Ash Wednesday - February 14

Photo by Annika Gordon on Unsplash

Lent and Mental Health

Lent is a springtime season in the Christian Church that begins a 40-day discipline of prayer, fasting, and contemplation. Lent also forces us to grapple with our own mortality. This can be triggering for many, but, with meditation and reflection, Lent can be a wonderful season for our mental health. Read on to learn more about Lent and mental health.

Click here to learn more

Parinirvana Day - February 15

Known as Nirvana Day in Mahãyãna Buddhism, this day honors the death of Buddha and his attainment of final nirvana.

Photo by Wonderlane on Unsplash

How Buddhism Benefits Mental Health

The main form of mental training is meditation. Studies show that meditating has many mental health benefits such as reducing stress, anxiety and depression. It accomplishes this over time through teaching people to experience unproductive thoughts from a different perspective. Rather than letting a thought nag at someone's state of mind, meditation teaches them to recognize that it is a thought with no benefit and then release it.

Click here to learn more

National Eating Disorders Awareness Week - February 28-March 5

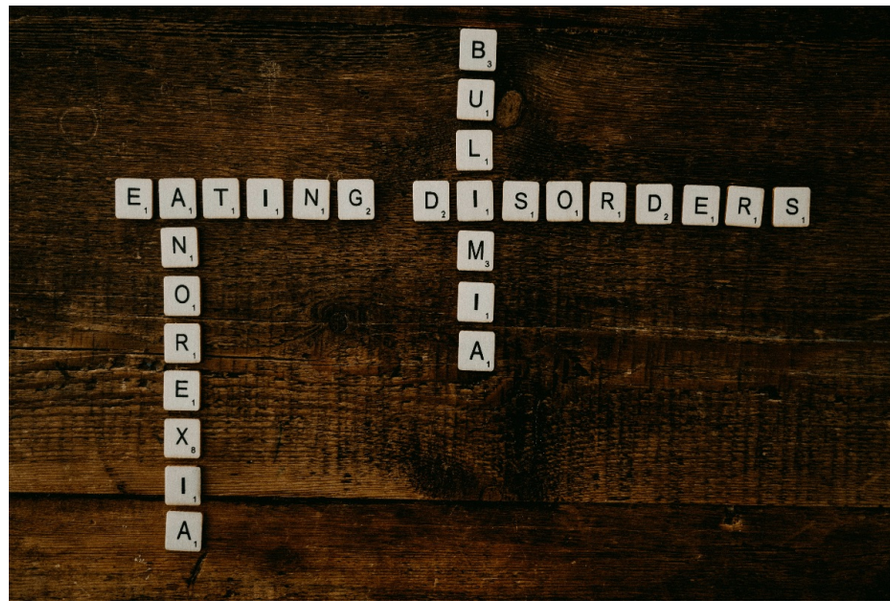


Photo by Annie Spratt on Unsplash

What Is Eating Disorders Awareness Week?

Eating Disorders Awareness Week is a week-long campaign that aims to shed light on the complexities of eating disorders, including anorexia nervosa, bulimia nervosa, binge-eating disorder, and others. The event emphasizes the importance of early intervention, access to treatment, and reducing the stigma associated with eating disorders. It provides a platform for individuals to share their stories, raise awareness, and offer support to those in need.

Click here to Learn More

MARCH

These resources are helpful for any time, although intended to highlight themes from the Mental Health calendar for March.

National Women's History Month

Photo by Library of Congress on Unsplash

The History of Women's Mental Health Awareness

It wasn't until the late 20th century that people began to recognize and validate women's mental health issues. As women began to challenge societal norms and centuries-old gender roles, women's mental health awareness — and mental health awareness in general — became a global talking point. Instead of writing off symptoms of anxiety, depression, and other mental illnesses, physicians began to diagnose and treat these conditions with various therapies and medications.

Click here to learn more

Self Injury Awareness Day - March 1

Photo by Annie Spratt on Unsplash

How to Get Involved

In our journey towards understanding mental health and creating inclusive communities, Self Injury/Harm Awareness Day (SIAD) stands as a beacon, shining light on a subject often overshadowed by stigma and misconception. This day represents empathy, education, and empowerment for countless individuals. Let’s delve deeper into the significance of SIAD and its impactful message.

Click here to learn more

Ramadan Begins - March 11

Get Ramadan Ready - Tips to protect your mental and physical health during Ramadan

As Ramadan approaches, many Muslims around the world are preparing for a month of fasting, prayer, and reflection. While the spiritual benefits of Ramadan are well-known, it's important to also consider the mental and psychological impact of fasting. If you're planning to fast the whole month in good health, Ramadan Preparation is a key to ensuring a positive and healthy Ramadan experience.

Click here to learn more

National Drug & Alcohol Facts Week - March 18-24

Mark Your Calendar for NDAFW

Participate in National Drug and Alcohol Facts Week® (NDAFW) and help share facts about drugs, alcohol, and addiction in your community. NDAFW is an annual health observance that inspires dialogue about the science of drug use and addiction among youth. NDAFW provides an opportunity to bring together scientists, students, educators, healthcare providers, and community partners to help advance the science and address youth drug and alcohol use in communities and nationwide. Sign up for NDAFW email updates below, and find lots of great resources for planning and promoting your very own NDAFW event.

Click here to learn more

LGBTQ Health Awareness Week - March 20-24

Photo by t Kaiser on Unsplash

Awake to What's Happening and Aware of What's Right

Despite a number of positive steps forward, LGBTQ people continue to face significant barriers to accessing healthcare services. This includes the discrimination they encounter from insurers and medical providers, as well as the delays or denials of care they face. In addition, in many cases, a lack of federal legislation prohibiting discrimination on the basis of Sexual Orientation and Gender Identity is the primary source of these barriers.

Click here to learn more

Christian Holy Week Begins - March 24

Holy Saturday - Between Despair and Hope

Holy Week personifies Christan hope. During Holy Saturday, we'd do well to ponder two questions in particular: First, would we have left Christ all alone in his suffering? Second, how are we being asked to journey with others in their suffering today?

Click here to learn more

MARK YOUR CALENDARS

January

- Mental Wellness Month

- 6 Epiphany

- 7 Coptic Orthodox Christmas

- 14 Orthodox New Year

- 16 MLK Jr Day

- 21 World Religion Day – Baha'I faith day inspired by their idea of the oneness and evolution of religion

- 27 International Day of Commemoration in Memory of Victims of the Holocaust

February

- American Heart Month

- Black History Month

- 10 Chinese New Year

- 14 Ash Wednesday

- 15 Parinirvana – Nirvana day – honors death of Buddha and his attainment of final nirvana

- 16-23 Random Acts of Kindness Week

- 26-3/3 National Eating Disorders Awareness Week

March

- National Women's History Month

- Ethnic Equality Month

- Gender Equality Month

- 1 Self-injury Awareness Day

- 8 International Women's Day

- 10-16 National Sleep Awareness Week

- 11 Ramadan begins

- 11-17 Brain Awareness Week

- 15 World Sleep Day

- 18-24 National Drug and Alcohol Facts Week

- 20-24 LGBTQ Health Awareness Week

- 24 Palm Sunday – start of Holy Week

- 24 Purim

- 25 Holi – Hinduism holy day celebrating the arrival of spring and new life

- 30 World Bipolar Day

- 31 Easter

Also consider the following calendars for other important dates:

2024 Interfaith Calendar

2024 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. Join us in making a difference for those with mental health challenges and those who love and support them.

Click the button below to give a monthly gift of $30 (just $1 a day) or a one-time amount of $120 (which equals just $10 a month) or any amount you choose. You may also send a check to Pathways to Promise at the address below.

Thank you for joining us in supporting mental health needs!

Click here to give now

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