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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

Fall 2023

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.

November 18 is International Survivors of Suicide Loss Day

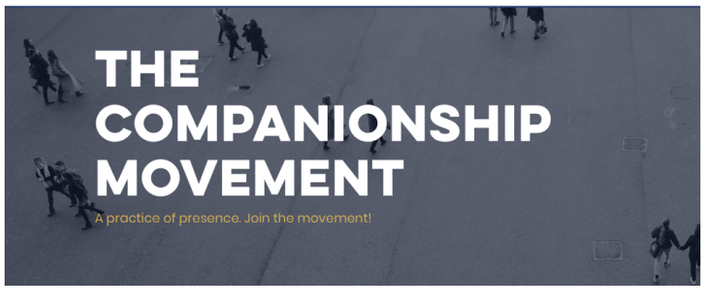
Pathways Is Dedicated to Suicide Prevention

George R. William, PhD
Executive Director

In 2022 the U.S. saw a peak in suicides, marking it as the second leading cause of death for adults aged 25 to 44 and the largest increase with people ages 45 and older. As the Surgeon General reported, often people are experiencing isolation and loneliness as they face life challenges of losses in loved ones, health, and careers.

There are still many reasons for hope. Bipartisan backing for government initiatives is evident. For example, a national suicide and crisis lifeline was launched a year ago, so anyone in the U.S. can dial **988** to reach a mental health specialist. With increased attention on youth mental health issues, in 2022 there was a significant 8% drop in suicides in people ages 10 to 24.

Something else to note is the suicide rate fell in 2019 and 2020, the first year of COVID-19 pandemic, which some experts attribute to people pulling together and supporting each other. And our national Pathways to Promise organization intends to amplify that connectedness. Our vision is to establish across the country CONNECTED COMMUNITIES OF CARE that are a safety net of stigma-free, preventatively aware, successful referral, and ongoing recovery to bring multi-faith mental health support to all, especially diverse and marginalized neighborhoods.



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.

Wednesday, November 8, 6-9 pm CT
Registration Deadline - 4 pm CT, Friday, November 3

Community Trainer Training

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

Wednesday, November 8, 6-9 pm CT Virtual Training (Become a Companion Workshop)
Friday, November 10, 6-9 pm CT Virtual Training (Part 1)
Saturday, November 11, 9 am-5 pm CT Virtual Training (Part 2)
Application Deadline - 4 pm CT, Friday, November 3

For more information and to register/apply, click here

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

A Taste of Companionship

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 connect to a Zoom session:

November 15, Wednesday, 7 pm CT
Join Zoom Meeting
https://us02web.zoom.us/j/89487536020?pwd=TUd6ZFZtNHN0aTFUcmNRZWhBZjU1dz09

Meeting ID: 894 8753 6020
Passcode: 268333

December 11, Monday, 7 pm CT
Join Zoom Meeting
https://us02web.zoom.us/j/85023140108?pwd=NGZtZ084VVZBT0FNQ1h5VEdzM25RQT09

Meeting ID: 850 2314 0108
Passcode: 230303

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.

OCTOBER

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

October is Global Diversity Awareness Month

Photo by Joice Kelly on Unsplash

Four Ways Culture Impacts Mental Health

According to research published by The Commonwealth Fund, minorities in the United States are less likely to get mental health treatment or will wait until symptoms are severe before looking. In fact, only 66 percent of minority adults have a regular health care provider compared to 80 percent of white adults. Hispanic and Asian populations report the lowest rates of having a regular doctor or provider, at 58 percent and 60 percent.

Click here to read more

October 3 is the Anniversary of the Mental Health Parity and Addiction Equity Act

Your Mental Health and Substance Use Disorder Benefits Are Protected by the Mental Health Parity and Addiction Equity Act

It's the law: Most health insurance providers must cover mental health and substance use disorder benefits the same way they cover physical health benefits.

Click here to learn more

Mental Illness Awareness Week - October 1-7

Photo by Uday Mittal on Unsplash

Focus on Anxiety

Mental Health Awareness Week in the UK focused on the theme of Anxiety. Check out this guide for secondary schools created by the Mental Health Foundation. It contains some excellent resources.

Click here to see the guide

Photo by Jon Tyson on Unsplash

Resources from Mental Health America

Mental Health America advances the mental health and well-being of all Americans through direct service, public education, research, advocacy, and public policy. We drive progress with a public health perspective through community-based solutions and a national agenda.

Explore our free resources, from mental health screening to comprehensive toolkits on maintaining your overall health.

Click here to learn more

October 10 is World Mental Health Day

How to Take a Mental Health Day

Regular mental health breaks are crucial for your wellbeing. Here are 8 signs that you need a mental health break, and 10 ways to actually take one.

Click here to learn more

Mental Health Is a Universal Right

The focus of human rights has historically been on needs such as food, shelter, and healthcare. However, mental health stands as a critical pillar for human well-being. Recognizing that mental health is a universal human right is acknowledging the relationship between mental health and the overall quality of life.

Click here to learn more

October is Depression Awareness Month

Creating Awareness on Prevention and Control of Depression

- Depression is a common mental disorder. Globally, more than 300 million people of all ages suffer from depression.
- Depression is the leading cause of disability worldwide, and is a major contributor to the overall global burden of disease.
- More women are affected by depression than men.
- At its worst, depression can lead to suicide.
- There are effective psychological and pharmacological treatments for depression.

Click here to learn more

October 24 is Dussehra: the Final Day of 10 Hindu Holy Days

Photo by Darshan Patel on Unsplash

Five Ways to Good Mental Wellbeing and Hinduism

Practicing each of the five ways to wellbeing every day can have a very positive impact on your mood and wellbeing. These approaches are all aligned with Hindu beliefs and teachings.

Click here to learn more

NOVEMBER

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

Native American Heritage Month

Addressing Mental Health Disparities Among Native Youth

Native American youth in the US are facing a mental health crisis that is not being discussed. We dive into what is causing this and provide several resources to help.

Click here to learn more

Indian Health Service
Fact Sheet on Behavioral Health

In the ongoing effort to meet behavioral health challenges in Indian Country, support for tribal management and delivery of behavioral health services in their communities has grown. In the last decade, Tribes have increasingly contracted or compacted via the Indian Self-Determination and Education Assistance Act to provide these services. Currently, more than 50 percent of the mental health programs and over 90 percent of the alcohol and substance abuse programs are tribally operated. This evolution in behavioral healthcare delivery and management is changing the face of behavioral health services in Indian Country. Where IHS was previously the principal behavioral healthcare delivery system for American Indian and Alaska Native persons, there is now a less centralized and more diverse network of care provided by federal, tribal, and urban Indian health programs.

Click here to learn more

National Family Caregivers Month

Mental Health Resources for Caregivers

Caregiving can often have a significant impact on the life of the caregiver in more ways than one. It can make maintaining your physical and mental health more difficult and may put a strain on work and social life. It’s important for caregivers to take care of their own mental health. Supporting caregivers with information and resources can help them maintain their mental health and better serve loved ones with mental illness.

Click here to learn more

Transgender Awareness Week - November 13-19

Resources to Honor Transgender Awareness Week

Transgender Awareness Week and Transgender Day of Remembrance is a time for the LGBTQ+ community to celebrate, uplift and honor our trans community.

By publicly demonstrating support while challenging anti-trans legislation and negative rhetoric, we can turn our solidarity as LGBTQ+ people and allies into a collective power to advance equality and justice.

Together, we can transform the world.

Click here to learn more

Transgender Resource Center

Being trans, nonbinary, or questioning your gender isn't a mental illness — but the trans community does experience higher rates of mental health conditions and challenges than any other LGBTQ+ identity group. This isn't because of their gender itself — it's due to negative social attitudes toward their identity and lack of access to gender-affirming care.

Click here to learn more

November 28 is GIVING TUESDAY

Join us in delivering resources to ease the

Join us in delivering resources to ease the mental health crisis!

This Giving Tuesday a monthly gift of $30 (just $1 a day!) or a one-time gift of whatever you feel you can give would help establish a stigma-free safety net bringing multi-faith mental health support and a continuum of resources across the country and especially to marginalized neighborhoods. Read more about Pathway's expansion here.

Click here to join Pathways in addressing the crisis

No need to wait until Giving Tuesday!

Click the link above to give anytime or, if you prefer, send a check to

Pathways to Promise
P.O. Box 271662
Flower Mound, TX 75027

DECEMBER

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

December 10 is International Human Rights Day

Photo by Resume Genius on Unsplash

Mental Health Conditions in the Workplace and the ADA

Psychiatric disabilities have a unique dynamic in the workplace because they are both very common and very misunderstood. The purpose of this fact sheet is to inform employers, job applicants, and employees about:

- Legal issues around mental health conditions in the workplace.
- Practical strategies that can be used to ensure ADA rights for people with psychiatric disabilities are realized.

Click here to learn more

The Holidays and Mental Health

December 7-15 Hanukkah
December 25 Christmas

December 26-January 1 Kwanzaa

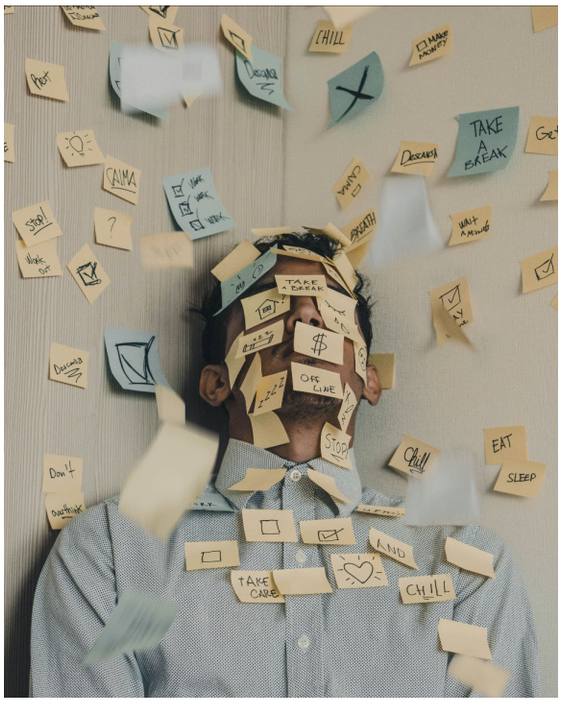


Photo by Luis Villasmil on Unsplash

Managing Recovery and Substance Abuse Issues During the Holidays

The onset of the holiday season conjures up images of families gathered together, big meals, cozy fires and lots of celebration. But for many people, especially individuals experiencing or in recovery from substance use challenges, the holidays can be tough.

The holiday season can be full of triggers — end-of-year deadlines, shopping for gifts and dealing with certain family members or friends can all bring on additional stress. In a survey by the American Addiction Center, 94% of respondents in recovery for substance use reported feeling overwhelmingly or moderately stressed during the holidays.

Click here to learn more

Rekindling Faith: Reflections on Mental Health for Hannukah

Also known as the Festival of Lights (חַג הָאוּרִים, *Chag Ha'Urim*), Hanukkah has been celebrated during periods of darkness for the Jewish people. We have heard stories of Jews lighting Hanukkah menorahs in the concentration camps and in other times when it was unsafe to celebrate. So it was without question that when my family was fighting a life-threatening battle last Hanukkah, we would find a way to celebrate this joyous holiday.

Click here to learn more

Photo by Andreas Dress on Unsplash

Mental Health at Christmas: How to Cope During the Holidays

Christmas is traditionally a time of celebration, eating, drinking, spending time with family and friends, and generally enjoying the festive spirit. However, for those who struggle with a mental health condition, the yuletide season can be an especially difficult time.

Click here to learn more

Kwanzaa Is the Seven-Day Holiday That's Relevant 365 Days a Year

Kwanzaa is the Black cultural holiday that you may know of, but not know very much about. Kwanzaa gives Black folx an opportunity for connection with family, community, and their culture. A connection with culture can give us a sense of pride and purpose, and promote our well-being. Kwanzaa is celebrated for a week at the end of the year, but its principles, which include self-determination, collectivism, and faith in ourselves and each other, are relevant year-round.

Click here to learn more

MARK YOUR CALENDARS

October

- Global Diversity Awareness Month: An awareness month with the goal of promoting respect toward various cultures.
- National Disability Employment Awareness Month: This awareness month aims to advocate for individuals with disabilities and their inclusion in the workforce.
- Breast Cancer Awareness Month: Breast cancer is a leading cause of cancer deaths in women; this month seeks to boost awareness of the disease.
- National Polish American Heritage Month: A month selected to honor those with Polish heritage.
- 9 – Indigenous People's Day: This day honors the indigenous people of the United States; the holiday coincides with Columbus Day.
- 10 – World Mental Health Day: A day that advocates for mental health awareness and education; on this day, you can support the efforts by reflecting on your own biases regarding mental health and advocating against social stigma related to it.
- 14 – Defender of Ukraine Day: This day celebrates those who have fought for the freedom of Ukraine.
- 15-24 – Navaratri: A festival in the Hindu faith that celebrates the Goddess Durga.
- 16 – Birth of the Bab: A day honoring the birthday of a co-founder of the Baha'i faith.
- 17 – Spirit Day: This day is aimed specifically at LGBTQ youth and what their community can do to support them. You can participate in this day by wearing purple and speaking out against bullying.
- 17 – Birth of Baha'u'llah: One of the nine holy days in the Baha'i faith that honors the birthday of one of the co-founders.
- 24 – Dussehra: The final day of 10 Hindu holy days.

November

- National Native American Heritage Month: This month celebrates the contributions — cultures, traditions, histories — of Native people to the United States.
- Movember: A month-long fundraiser that seeks to raise awareness for men's issues such as suicide as well as prostate and testicular cancer.
- 1 – All Saints' Day, All Souls Day, Día de Los Muertos: These days are dedicated to all those who have passed away in the Christian faith as well as the Mexican and Aztec communities.
- 12 – Diwali: An important celebration in the Hindu faith in which a variety of deities are praised.
- 16 – International Day for Tolerance: The UN holiday was founded to encourage respect among various people regardless of culture, language, religion, or ethnicity.
- 16 – Dutch American Heritage Day: This day applauds the long friendship between the Netherlands and the United States.
- 20 – Transgender Day of Remembrance: This day is held as a remembrance for all those murdered because of transphobia.
- 27 – Jain New Year: A day celebrated on the first day after the month of Kartika.
- 30 – St. Andrew's Feast Day: St. Andrew is the patron saint of Scotland, Greece, Russia, Ukraine, Barbados, and Romania. This day honors him, his good works, and his canonization in the Catholic Church.

December

- 1 – World AIDS Day: This day highlights the importance of HIV/AIDS awareness and raises money for its cure.
- 3 – International Day of Persons with Disabilities: This United

Nations holiday raises awareness for the rights of individuals with disabilities.

- 7-15 – Hanukkah: An 8-day celebration in the Jewish faith that honors the victory of Jews over Syrian Greeks.
- 8 – Feast of the Immaculate Conception: The day that Roman Catholics celebrate Mary's conception without original sin.
- 10 – International Humans Rights Day: A holiday adopted by the UN in 1948 following the Universal Declaration of Human Rights.
- 16-24 – Las Posadas: A religious festival celebrated in Mexico and parts of the U.S. during the Christmas season.
- 22 – Guru Gobind Singh's Birthday: Guru Gobind Singh is the tenth Sikh Guru and spiritual master. This date commemorates the day he was born.
- 25 – Christmas: An important Christian holiday commemorating the birth of Lord and Savior Jesus Christ.
- 26 – St. Stephen's Feast Day: The day commemorating St. Stephen's life and service as he became the first Christian to die for the faith.
- 26-January 1 – Kwanzaa: A 7-day holiday often celebrated by Black Americans that was inspired by African harvest celebrations.

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. As you consider your year-end giving, 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 year-end 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

Pathways to Promise
P.O. Box 271662
Flower Mound, TX 75027
(314) 810-2234
admin@pathways2promise.org

www.pathways2promise.org

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