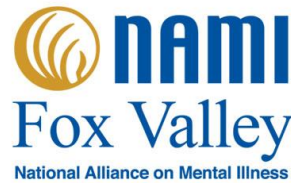


Faith Leader Mental Health Integration Project

9 -11 a.m., Sept. 6, 2018 through March 7, 2019 (first Thursdays)
Miron Construction Wenzler Center, 1471 McMahon Dr., Neenah

Presented by



**You are a mental health lifeline for many
in your faith community and beyond.**

Equip yourself to lead people to wellness in mind and spirit.

Mental illness is among the most pressing public health concerns in our region. As a professional or volunteer faith leader, you regularly encounter people with mental health struggles. Your vocation calls you to act with love, compassion and mercy. **Would you like to do so with skill and confidence?**

In this six-session series (see reverse), you'll delve into mental health topics relevant to ministry and deepen your understanding of regional resources to which you can refer those in need of healing.

- Get to know therapists, psychologists and others one on one.
- Learn to manage and de-escalate mental health crises.
- Recognize signs and symptoms of substance abuse.
- Gain broad familiarity with mental health resources in your community.

For more information, contact Doug Bisbee, Samaritan Counseling Center, at DBisbee@samaritan-counseling.com or 920-886-9319, ext. 107.

\$150 for all six sessions

Generously underwritten by the International Association for Clear Thinking

Register online:

www.samaritan-counseling.com/events

2018-19 Faith Leader Mental Health Integration Project

Where: Miron Construction Wenzler Center, 1471 McMahan Dr., Neenah

Cost: \$150 for all six sessions

Includes: 2 participants and light refreshments

Register online at www.samaritan-counseling.com/events

9:00 to 11:00 AM Thursday, September 6, 2018

- **Mental Illness 201** - What is mental illness? What is mental health? This presentation provides an overview of mental illness, including the categories of mental illness, their incidence and biological basis; treatment and recovery; the adverse effects of stigma; and the importance of advocacy. This presentation is given by a team of peer specialists who weave their personal stories into an education format of learning about impact of mental health issues and myths associated with several mental illness conditions.

9:00 to 11:00 AM Thursday, October 4, 2018

- **Crisis Management and De-Escalation Strategies** - Learn best practices and techniques in nonviolent crisis de-escalation to support someone in a crisis related to mental illness or suicide. Brain physiology, grounding approaches, and the opportunity to problem solve to apply techniques through case scenarios will be reviewed.

9:00 to 11:00 AM Thursday, November 1, 2018

- **Understanding Substance Abuse and Dual Diagnosis** – This presentation will assist faith leaders in recognizing the signs of substance abuse and how to connect faith community members experiencing substance abuse to community resources. Learn about the complex relationship between mental illness and co-occurring substance abuse (or other addiction) and understand the importance of integrated treatment and strategies when working with this population.

9:00 to 11:00 AM Thursday, January 3, 2019

- **Living Well in Recovery** - This recovery-education program is presented by individuals affected by mental illness who share their personal stories. The presentations are a practical tool to educate and increase awareness about the true nature of mental illness while also breaking down stigma. Powerful and hopeful, this sharing of recovery stories is appropriate for all audiences. Learn about the history, definition and values of peer support in the world of mental health and substance use/addiction recovery. Utilizing the recovery definition, dimensions and principles established by SAMHSA (Substance Abuse and Mental Health Services Administration), this presentation brings to life and builds understanding of this new way of looking at living with a mental illness.

9:00 to 11:00 AM Thursday, February 7, 2019

- **Navigating Community Mental Health Resources** - Explore mental health community resources that support roles of faith leaders as they promote wellness for faith community members. An introduction to mental health resources and services such as county services, nonprofit organizations, and health systems will be reviewed. Faith leaders will be informed how to connect faith members who experience mental health issues to these resources.

9:00 to 11:00 AM Thursday, March 7, 2019

- **Powerful Partnerships: Faith Communities and Clinicians** - Learn how faith communities and people engaged in mental health recovery can work together to educate their communities about mental illness, break stigma and develop supportive, caring responses. The training will offer faith leaders information related to mental illness and resources to create caring congregations that help facilitate mental health recovery.