

intersect

*Supporting those at the intersection
of faith and mental health.*

Information and Training Guide



**ACCESS
SERVICES**

unlocking potential



Who We Are

Are you standing at the intersection of faith and mental health? Maybe you are interested in learning how your faith community can be a welcoming and inclusive environment for those living with mental illness. Or maybe you're a human service provider wanting to bring spirituality into an overall approach to integrated health. Either way, we can help! Intersect is an initiative offered by Access Services run by a team of staff equipped to train, consult and collaborate with faith communities and human service providers.

Our Philosophy

At Access Services, we believe that all people are valuable and unique. Our approach is holistic and person-centered, and we seek to address the four basic areas of human need in the life of each person we serve – physical, spiritual, social, and emotional. Meeting spiritual needs takes place when people have the opportunity to express personal values and beliefs, worship with a faith community of their choice, experience hope for the future, and know and develop a relationship with God.

Given the significant number of people experiencing mental illness in our society and the limited resources available, no one individual, organization, or church is sufficient for the task. **What's needed instead is a network of faith communities and organizations collaborating for the sake of those with mental illness.**

Opportunities for Faith Communities

Training - We provide training in a variety of areas such as a faith perspective on mental illness, trauma, addiction and suicide intervention.

Consultation - We can equip you or your team in how to best minister to people within your congregation and broader community experiencing mental illness.

Collaboration - We will support you in connecting with community resources able to help those in your congregation.

Resources - Each month we send a brief e-letter that includes a resource, question to ponder, upcoming events, and the opportunity to ask questions.

Opportunities for Human Service Providers

Training - We provide training in how to conduct spiritual need assessments and bring spirituality into an overall approach to integrated health.

Consultation - We can support you in how to best serve the spiritual needs of the people in your agency through person-centered support, spirituality groups and connection with local faith communities.

Collaboration - We can help you connect the people you serve to local faith communities that will help them in their recovery and community integration.

Resources - Each month we send a brief e-letter that includes a resource, question to ponder, upcoming events, and the opportunity to ask questions.

Get Involved

Sign up for our newsletter on <https://www.accessservices.org/intersect>. You may also fill out the "Get Involved" card inserted with this booklet.

Connect with David Eckert, Director of Intersect to learn more about these opportunities at 215.540.2150 x1286 or deckert@accessservices.org



Training Opportunities

Intersect offers free trainings to faith communities and human service organizations. The trainings listed on the next few pages are the main trainings we offer, however, trainings can be customized to fit a theme or time frame as needed.

Supporting Those with Mental Illness in Your Congregation and Community

Course Description

This training will provide clergy and faith community members approaches to making their congregations a welcoming and supportive space for people with mental illness. Particular attention will be given to public communication, relationship development and partnering with external mental health providers.

Course Objectives

1. Increase understanding of how to communicate publicly about mental illness through preaching, teaching and prayer.
2. Gain an understanding of how to develop supportive relationships with people living with mental illness.
3. Learn how to develop partnerships with mental health providers in their community.
4. Identify the challenges and opportunities of mental health ministry.

Target Audience

Clergy, faith community members, social workers, professional counselors, and peers.

Towards a Biblical View of Mental Illness: Responding to 5 Myths

Course Description

This training will explore various myths about the relationship between faith and mental illness present in both the faith community and mental health system. Through an extensive look at scripture, attendees will be given a way of challenging these myths and learning how to support people in a way that is both biblically informed and recovery oriented.

Course Objectives

1. Identify myths present in faith communities about the relationship between faith and mental health.
2. Identify myths present in the mental health system about the relationship between faith and mental health.
3. Gain an understanding of what scripture says about mental illness.
4. Learn what approaches to serving people with mental illness are consistent with their faith commitments.

Target Audience

Clergy, faith community members, social workers, professional counselors, and peers.

QPR: Question, Persuade, Refer

Course Description

This training will teach participants skills for supporting people considering suicide. Specific attention will be given to the methods of question-asking, persuasion and referring people to community resources.

Course Objectives

1. Increase awareness of the suicide epidemic in our society.
2. Gain an understanding of the various approaches to asking people about suicide.
3. Learn approaches to helping persuade people thinking about suicide to choose life.
4. Gain knowledge around how to refer people thinking about suicide to community resources.

Target Audience

Community members, social workers, clergy, faith community members, peer specialists, and nurses.



Healing and Hope for Suicide Survivors

Course Description

This training will provide participants a way of supporting those who've lost loved ones to suicide. Particular attention will be given to the stories and experiences of real-life survivors and what we can learn from them about approaches and resources that are most helpful to finding healing and hope.

Course Objectives

1. Increased awareness of the experiences of those who've lost loved ones to suicide.
2. Identify the unique challenges facing survivors.
3. Gain an understanding of resources available to assist survivors in the process of healing.
4. Gain knowledge and strategies for building a more suicide-safe community.

Target Audience

Community members, clergy, faith community members, social workers, peers

Ministering to Those in Crisis: Creating an Internal System of Care

Course Description

This training will equip church staff in developing an internal process for supporting people in their congregation or community impacted by abuse, mental health struggles, self-harm or thoughts of suicide.

Course Objectives

1. Know how to personally respond to people expressing thoughts of suicide or self-harm.
2. Gain an understanding of which resources to contact for support in various emergency situations.
3. Identify which church staff members should be involved around different responses/needs from within their congregation or community.
4. Develop an awareness around how responses differ for needs on a Sunday morning verses needs related to daily ministry situations.

Target Audience

Clergy, church staff, and lay leaders.



Mental Illness: What is it and why does it matter for your church?

Course Description

This training will provide participants with a basic understanding of mental illness in relation to its causes, defining characteristics, and impact on society. A summary biblical perspective on mental illness will also be offered to help individuals respond to those with mental illness in ways that are faithful, compassionate and recovery oriented.

Course Objectives

1. Learn a definition of mental illness and increase their awareness of its impact.
2. Identify the contributing factors to mental illness.
3. Gain an understanding of patterns of mental illness in our culture
4. Learn a bible perspective of mental illness.

Target Audience

Clergy, faith community members, and peers.

Spiritual Tools & Resources for Mental Health Practitioners

Course Description

This training will provide practitioners a way of navigating the faith and spirituality of those they serve within an overall context of integrated health. Particular attention will be given to the practices of spiritual assessment, spiritual support/skill building, and connecting people to external resources and faith communities.

Course Objectives

1. Increase awareness of the role of spirituality/faith for those receiving support.
2. Identify the challenges and opportunities of providing spiritual support.
3. Gain an understanding of the various approaches to conducting a spiritual assessment .
4. Learn the formats and tools available to those offering spiritual support/skill building.
5. Gain knowledge and strategies for connecting people to other spiritual sources.

Target Audience

Target audience includes social workers, professional counselors, marriage and family therapists, recovery coaches, peer specialists, nurses, nurse practitioners, psychiatrists, and substance abuse counselors for this intermediate level of instruction.

Maintaining Mental Wellness During Times of Crisis

Course Description

This training will equip participants around strategies for maintaining mental wellness for themselves and others during times of crisis. Concepts from within both the mental health field and faith community will be synthesized in order to provide an integrated approach to wellness.

Course Objectives

1. Develop an understanding of how crisis impacts mental wellness.
2. Learn key concepts for addressing personal wellness during crisis.
3. Use wellness concepts in caring for other people in crisis.
4. Gain an integrated approach to wellness that pulls from both clinical and faith based resources.

Target Audience

Community members, clergy, faith community members, social workers, peers.

Pastors and their Mental Health

Course Description

This training will provide clergy with an understanding of the unique challenges to mental wellness that come with pastoral ministry. Practical strategies and resources will also be provided to help faith leaders support their own mental health as they seek to effectively minister to others.

Course Objectives

1. Increase understanding of the struggles many in pastoral ministry are having with their own mental health.
2. Gain an understanding of the complementary nature of spiritual and mental health as part of an overall integrated health model of care.
3. Be exposed to practices grounded in both theology and the mental health field that support clergy mental health.
4. Learn how to develop partnerships with mental health providers equipped to support clergy mental health.

Target Audience

Clergy, Seminarians, Church Leadership Boards.

Being A Guide Through Grief & The Unconventional Loss

Course Description

This training will provide participants with the knowledge to recognize the grief that comes with homelessness, addiction, mental health struggles, and major life changes. Participants will learn how to recognize signs of grief, how to facilitate healing, ways to help others cope, and how to help others find hope when their situation seems hopeless.

Course Objectives

1. Define grief and loss.
2. Recognize signs of grief and loss.
3. Provide coping mechanisms to help manage grief.
4. Gain confidence in supporting those battling major life changes resulting in grief.
5. Be a facilitator of hope.

Target Audience

Community members, clergy, lay leaders, faith community members, social workers, peers.

What Teachers Should Know About Mental Health

Course Description

This workshop will equip educators to have a better understanding of mental health issues affecting teachers, students, and the educational process. Practices and resources will be explored for fostering mental wellness in the school and classroom.

Course Objectives

1. Gain an understanding of common mental health issues affecting teachers and students.
2. Know how teacher mental health affects student mental health.
3. Identify what practices and resources foster mental wellness within a school context.

Target Audience

Teachers, School Administrators, Students, Parents.

Connect with David Eckert, Director of Intersect to learn more about these opportunities at 215.540.2150 x1286 or deckert@accessservices.org



**Search Facebook for
Intersect: Community Needs
to help meet needs in Bucks and
Montgomery Counties.**

www.accessservices.org/services/intersect