WELCOME! BRIDGES OF HOPE STARTINGA MENTALHEALTH MINISTRY





Largest Grassroots Mental Health Organization in the U.S.

Mission: Support, Education, Advocacy and Awareness

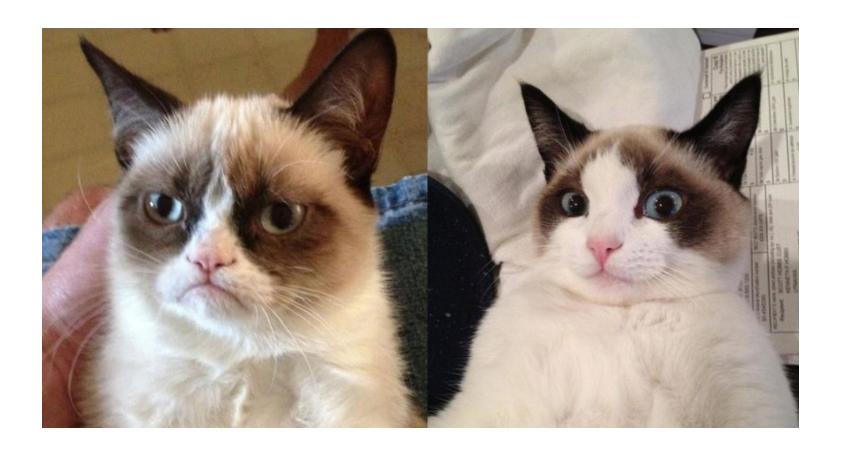


Zechariah 4:10a NLT

Do not despise these small beginnings, for the LORD rejoices to see the work begin



Kumi Before and After Therapy



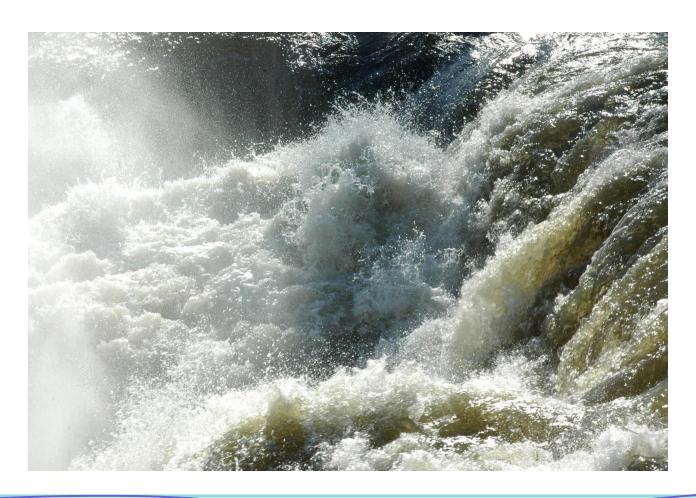


WHAT WE WILL COVER

- Create welcoming communities
- Stronger safety nets for people w/ mental illness
- How mental illness impact all of us
- Role of the church
- Simple steps to start a mental health ministry
- How does NAMI help people and churches



Torrents of Mental Illness





Kathy Reed NAMI Family to Family Teacher and FaithNet Speaker





What is Mental Illness?

- A serious medical illness.
- Includes depression, schizophrenia, bipolar illness, OCD, PTSD and more.
- Are equal opportunity illnesses.
- Untreated, have long reaching consequences.
- Are treatable for most.

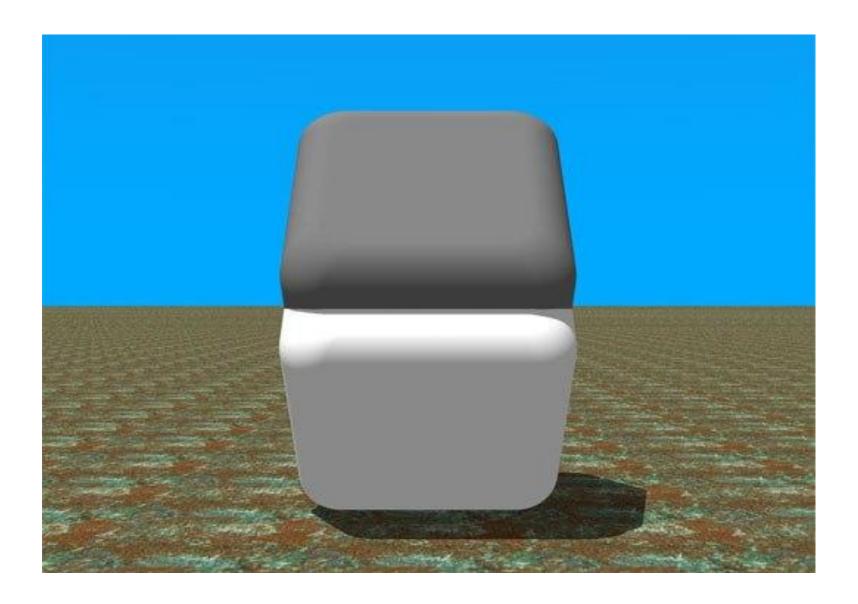




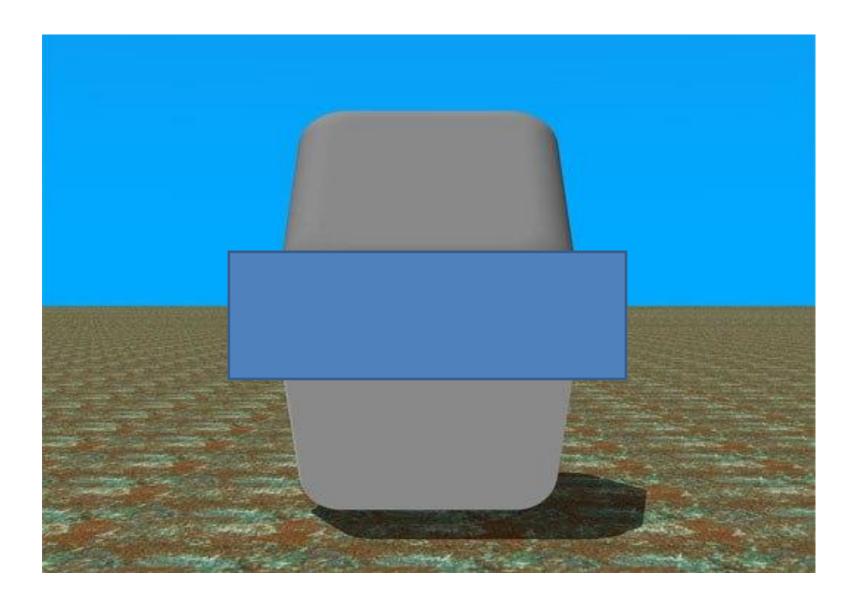
















RED FLAGS

- a marked personality change;
- an inability to cope with problems and daily activities;
- strange or grandiose ideas;
- excessive anxiety;
- prolonged depression or apathy;



The Scope of Mental Illness



- 1 in 5 adults experiences a mental health disorder in a given year
- About 1 in 17 lives with a serious mental illness
- •26 % of the homeless population lives with a serious mental illness



The Scope of Mental Illness



- About 20-25 % of jail and prison inmates and youth involved with juvenile justice live with a mental illness.
- We lose one life to suicide every 15.8 minutes.



The Scope of Mental Illness





Spiritual Questions

- Where is God in this?
- Why do bad things happen to good people?
- How can my faith help me heal?
- What now? Is there meaning and purpose for my life? Where do I belong?



Spiritual Isolation





Questions?





The Role of Faith Communities







Faith Communities' Unique Role:

- Clergy are on the front lines
- · Faith communities are more numerous
- They provide education settings
- They are committed to social justice and caring
- Faith is a key component in coping and recovery



churches Provide a Bridge to Hope







Responding to Illness

When Susie had cancer, she received:

- Visits in the hospital
- Notes and cards
- Meals for her family
- Prayers
- Support for treatment

When Karin had <u>mental</u> <u>illness</u>, she received:

- Visits in the hospital
- Notes and cards
- Meals for her family
- Prayers
 - Support for treatment



How to Get Started

I planted the seed, Apollos watered it, but God has been making it grow.

1 Corinthians 3:6



One-on-One Basic Care

- Learn to recognize and accept.
- Assist in finding the help needed.
- Support treatment and recovery.
- Attend to the person's basic needs.
- Offer spiritual support.



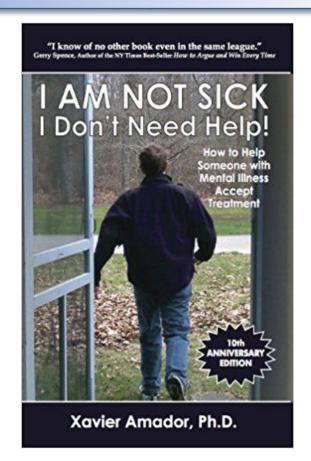
Types of Spiritual Support

- Offer the gift of presence
- Listen and share the journey
- Pray for them



LEAP

Listen
Empathize
Agree
Partner





Providing Care to the Family

Reach out – be a friend.

Learn about the illness.

Create a supportive network or group.

Learn what is helpful and hurtful to do or say.

Provide community resource referrals.



National Awareness Toolkit: www.nami.org/faithnet

- May Mental Health Awareness Month
- July Minority Mental Health Month
- September National Recovery Month
- Mental Illness Awareness Week First week of October
- May 2, 2019 is National Day of Prayer



IDEAS FOR OBSERVING AWARENESS MONTHS

- Write an article or post on social media
- Compose a poem or prayer to be used in a service
- Schedule a mental health speaker
- Create a bulletin board
- Form a team for a local NAMI WALK





National Alliance on Mental Illness

#StigmaFree

Saturday, October 27, 2018 · Honolulu



20 18



Join the NAMI Hawaii mental health walk to raise funds and awareness to help change perceptions about mental illness.

Register and Donate Today!

www.namiwalks.org/hawaii

For more information contact:

Kumi Macdonald

Email: info@namihawaii.org

Phone: 808-591-1297

Check-in at 8:00am

Walk at 9:00am

Honolulu Hale, Civic Grounds



NAMI Beginnings





What is NAMI?

- Grassroots organization
- Dedicated to building better lives
- Pillars of Action: Education, Support, Advocacy, Research



- Three-tiers: National, State and Local Affiliates
- "Peer-led" and "lived-experience" approach





www.namihawaii.org













You Can Make a Difference

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. 2 Corinthians 1:3-5 NIV



Ministry Resources





www.hope4mentalhealth.com



FREE RESOURCES at www.namihawaii.org

FaithNet Resources



Finding Help









Resources

NAMI HelpLine (800) 950-NAMI www.nami.org/namifaithnet





FREE INFORMATION SUPPORT **EDUCATION AWARENESS**



www.namihawaii.org



WHAT TO DO IN A PSYCHIATRIC EMERGENCY

- If they are in imminent danger of hurting themselves or someone else, stay calm and:
 - If they are cooperative and desire help, call their psychiatrist, or your nearest community mental health center's emergency access line.
 - <u>If they are not cooperative</u>, call 911 and ask for a
 C.I.T. officer or a mental health mobile crisis unit.



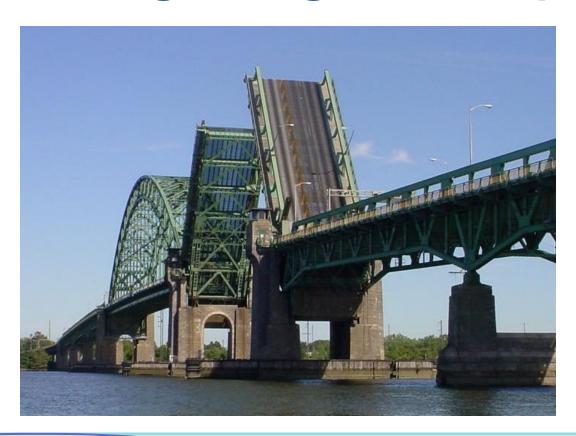
Other Resources

- www.hope4mentalhealth.com
- www.mentalhealthamerica.net

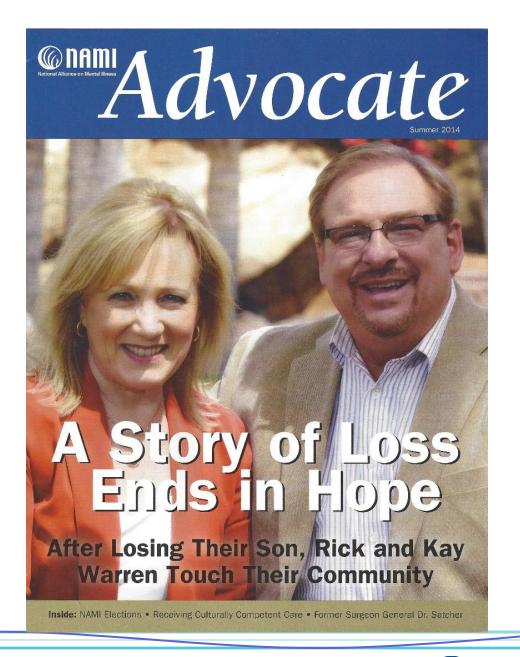
- www.nimh.nih.gov National Institute of Mental Health
- www.mentalhealthministries.net



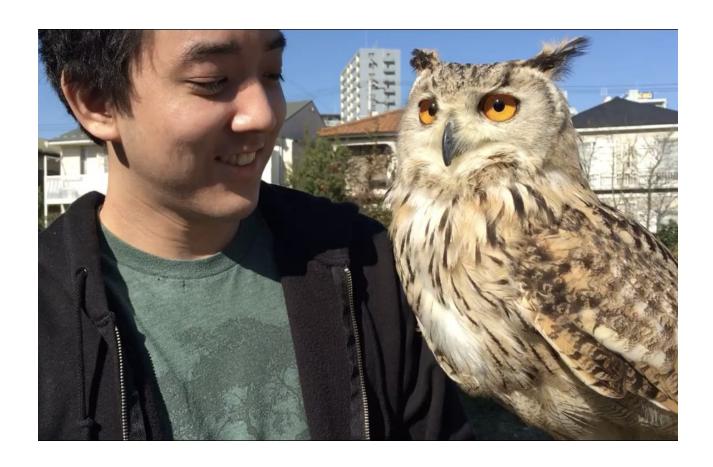
NAMI & Faith Communities: Building Bridges of Hope













Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a **living hope** through the resurrection of Jesus Christ from the dead. **1 Peter 1:3 NIV**





Hope starts with you.



Questions or Comments?

SURVEYS

SIGN IN IF YOU WANT MORE INFO





