



**Mental Health & Spirituality
TRAINING SERIES**
offered by the
California Mental Health & Spirituality Initiative

TITLE: Mental Health & Spirituality 101 Training for Faith Leaders

AUDIENCE: Spiritual/faith community leaders and caregivers as first responders to mental health crises

**LEAD
TRAINER:** Minister Monique Tarver

Please visit www.mhspirit.org to download the scope of work for additional offerings in this training series designed primarily for mental health providers (lead trainer: David Lukoff, PhD) or consumers and family members (lead trainer: Rev. Laura L. Mancuso, MS, CRC/CPRP)

I. SCOPE OF WORK

The training program described in this contract is designed to broaden competency of spiritual/faith leaders and caregivers as first responders to mental health crises in the community. The training will not advise spiritual caregivers to replace the mental health providers and allied health care professionals; but will prepare them to better support individuals as they seek help from the mental health community and include spirituality as a resource for wellness, recovery, and multi-cultural responsiveness. The training described below focuses on how to include the needed aspects of, spirituality and mental health services, as complementary components of holistic treatment while including the expertise of local community identified cultural/spiritual brokers to enhance the experiential aspect of the training.

II. INTRODUCTION

The spiritual/faith community has a long history of being the first choice for many individuals and families dealing with the symptoms of severe emotional disturbances as well as those experiencing depression, chronic and severe mental health issues and other undefined psychiatric concerns. Upon seeking help and resources from the spiritual/faith community, many individuals have experienced further trauma due to the lack of basic knowledge and understanding for individuals experiencing mental health distress. Yet research over the past several years has established that when there is a healthy understanding of what is needed to maintain mental wellness, an integration of spirituality may be beneficial in recovery. In fact these studies have shown that clients/consumers experience: shorter recovery times, fewer relapses, and fewer hospitalizations when their faith/spirituality practices are embraced. This training seeks to replace misinformation about mental health issues among spiritual/faith-based caregivers thereby, reducing stigma and increasing access to care and helpful supports.

The California Mental Health and Spirituality Initiative was organized in 2006 to increase awareness of the importance and relevance of spirituality as a core component of multicultural competency. It is housed at the California Institute for Mental Health (CiMH) in the Center for Multi-Cultural Development which provides infrastructure support for implementing the Initiative's activities.

III. OBJECTIVES

The objectives of this workshop are to provide training for spiritual/faith leaders to be able to:

1. Define four of the leading mental health distress/disorders
2. Identify symptoms of mental health distress
3. Explain the importance of seeking mental health services to the client/consumer
4. Advocate for client/consumer choice for integration of spirituality in treatment as a part of culturally responsive practices
5. Explain how spiritual competency is part of multicultural awareness
6. Build collaborations with the mental health provider community to enhance the recovery experience
7. Provide appropriate resources and coordinate proper referrals

IV. DELIVERABLES

Min. Monique Tarver, Spirituality Consultant, has worked with CiMH on the statewide initiative and other like projects, as well as local mental health and spirituality efforts and will oversee the coordination and planning of trainings for spiritual/faith leaders to achieve the objectives identified above. The training is enhanced most by utilizing local spirituality experts/community identified cultural brokers who are well connected in both their mental health and spiritual communities.

Recommended training time is from 9:00 am- 4:30 pm although training times can be adjusted as needed.

The training will include 7.5 hours of on-site training using the following formats:

Didactic Presentations

Lecture and Multimedia (PowerPoint, audio and video on research and theoretical concepts)

Experiential Training

Role-plays, case-based and personal value exploration exercises and discussions in which participants reflect on specific mental health/spiritual competencies.

AGENDA: (can be modified with reasonable flexibility per contractor's requests)

- 9:00am -10:00am Welcome /Introductions/Ice Breaker
 Overview of Day
 Interfaith Learning Agreements
 Large Group Discussion Exercise – How have you seen your spiritual community respond to mental health distress?
 Didactic Lecture: Definitions of Mental Illness
- 10:00am -10:50am Mental Health Distress Symptoms
 Didactic Lecture: What does mental illness look like? Definitions of the four major Mental Health Disturbances: Depression, Bi-polar, Schizophrenia, Post Traumatic Stress Disorder
 Dyadic Exercises and Discussion
- Break
- 11:00am-12:00pm Didactic Lecture: Spiritual Competency As Part Of Multicultural Competency
 Relationship to Multicultural Practice Guidelines
 Small Group Discussion of Case Vignette Exercises
- 12:00pm -1:00pm Lunch Break
- 1:00pm – 2:00pm Where Do We Go From Here?
 Where to Go For Help? When & How to Make Proper Referrals
 How to Support the Client/Consumer and Family through the New Process
 Small Group Case-Based Discussions
- 2:00pm – 2:45pm Didactic Lecture: When Two Worlds Collide
 Addressing when medical and spiritual practices and beliefs seem to oppose one another
 Religious or Spiritual Problem Case Exercises
- Break
- 2:55pm – 3:30pm Didactic Lecture: “The Caring Congregation” a curriculum for faith/spiritual communities – Rev. Barbara Meyers
- 3:30pm – 4:15pm When Faith is not Enough
 Questions for panel Large Group Discussion
- 4:15 - 4:30pm Closing

V. EVALUATION

At the end of the workshop, participants will fill out an evaluation form using a 5 point Likert scale from strongly agree to strongly disagree:

Based on the content of this workshop, we will be able to:

1. Gauge the overall success of the training
2. Identify other topics that may need to be addressed for possible future trainings
3. Collect data from participants that may be helpful in building networking and collaborative opportunities
4. Identify specific mental health concerns facing clients/consumers
5. Give examples of how a healthy understanding of mental health can reduce stigma and barriers to care

VI. CONTRACT TIME FRAME

March 2011.

Fee to MHSI/CiMH - \$2500.00