THE MENTAL HEALTH WEEKEND

by the UCC Mental Health Network and the Southwest Conference of the UCC





FRIDAY AND SATURDAY NOVEMBER 1-2, 2019

NOVEMBER 1-2, 2019 Church of the Beatitudes, United Church of Christ PHOENIX, AZ

"Do not fear; for I have redeemed you; I have called you by name, you are mine." Isa. 43:1



Sponsored by



We thank the UCC for the financial support which helped make this conference happen.

To donate, please visit: mhn-ucc.org

MHFA

Mental Health First Aid mentalhealthfirstaid.org

WISE

Welcoming •Inclusive •Supportive •Engaged facebook.com/uccmhn

MHFA Conference--REGISTER NOW--Click Here

WISE Conference-- REGISTER NOW--Click Here

NOTE: to attend BOTH days, you will need to register and pay for each event separately

THE MENTAL HEALTH WEEKEND

by the UCC Mental Health Network and the Southwest Conference of the UCC

You are invited to this Weekend for Mental Health. While we know that 1 out of 4 people are directly affected by mental health challenges, we also know that we can be a resource in responding to these challenges. On Friday and Saturday, Nov. 1 and Nov. 2, there are two engaging and equipping programs on mental health. They are Mental Health First Aid and the UCC WISE (Welcoming, Inclusive, Supportive, Engaged) Mental Health Conference. We hope you will participate in both or either of the two programs. You will join with others to learn, understand and address mental health concerns so as to provide education, support and advocacy in your congregation and to reduce the stigma about mental illness in our society, in our congregations, and even in ourselves.

Do not fear; for I have redeemed you; I have called you by name, you are mine." Isa. 43:1

Isaiah reminds us to live not in fear, but in the personal, renewing relationship with the loving presence of God. Affirming this faith, we meet to address a part of our experience which is sometimes painful and which also often leads to a deeper appreciation of the gift that we call life.

Mental Health First Aid, (MHFA) will be on Friday, Nov. 1. You will learn how to identify, understand and respond to signs of mental illnesses and substance use disorders in your community, church or family.

WISE (Welcoming, Inclusive, Supportive, Engaged) Conference about Mental Health will be on Saturday, Nov. 2. Individuals and congregations will learn how to become WISE about mental health by hearing stories by persons affected by mental health challenges and receive practical steps in workshops and to how to engage in a mental health ministry in your congregation.

We are grateful to the United Church of Christ and the Southwest Conference of the UCC which has in part financially supported this Weekend for Mental Health.

Our hope is that these two programs will continue to be a vanguard as our UCC reaches out to all the congregations which are moved to address mental illness and which may decide to become a WISE Congregation for Mental Health.

Rev. Alan Johnson on behalf of the UCC Mental Health Network Rev. Dr. Bill Lyons on behalf of the Southwest Conference of the UCC

UNITED CHURCH OF CHRIST

Schedules at a Glance

Friday, November 1, 2019 Mental Health First Aid (MHFA)

Friday Fee: \$20

Full details on page 3

To Register online: CLICK HERE, or print page 3

Food trucks available for lunch purchase

7:30 am Doors Open 8:00 am Training begins

12:00–1:00 pm Lunch

1:00-5:00 pm Training continues

5:00 pm Depart

Saturday, November 2, 2019 WISE (Welcoming, Inclusive, Supportive, Engaged) Conference Saturday Fee: \$35

Full details on pages 4-6 To Register online: CLICK HERE, or print page 9

Food trucks available for lunch purchase

8:00 am Register/Continental Breakfast 8:30–8:45 am Welcome and Gathering Worship 8:45–9:30 am Keynote by the Rev. Dr. Sarah Lund 9:40–10:30 am Becoming a WISE Congregation

by Rev. Amy Petre Hill

10:30–11:00 am Break

11:00-11:45 am CORE Groups

12:00–1:00 pm Lunch 1:00–2:00 pm Workshops 2:00–2:15 pm Break

2:15–3:15 pm Repeat of Workshops

3:30–4:00 pm The Basics: by Robin Kempster 4:00–4:30 pm Church Teams: Commitments/

Next Steps

4:30–5:00 pm Closing and Worship

Both Events will take place at
Church of the Beatitudes
United Church of Christ
in PHOENIX, AZ
CLICK HERE for Church details (page 7)

Registration Questions? djcowen@msn.com

WISE Conference
Questions?
Rev Alan Johnson

Rev Alan Johnson revalan2004@comcast.net

MHFA Conference Questions? Rev. Dr. Bill Lyons blyons@uccswc.org

Mental Health First Aid (MHFA) Program and Registration

MHFA Friday, November 1, 2019 Friday Fee: \$20

Register Now - click here

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders in your community, church or family. This 8 hour training course culminates in a certificate from the National Council of Behavior Health valid for 2 years. The course will be offered in Spanish and in English; limit of 30 participants in each class.

Schedule

7:30 am Doors Open 8:00 am Training begins

12:00–1:00 pm Lunch (food available for purchase at onsite food trucks)

1:00-5:00 pm Training continues

5:00 pm Depart

MHFA Trainers

Elizabeth Ortiz de Valdez is a psychiatrist and a Certified Trainer in Mental Health First Aid (MHFA) & Mental Health First Aid-Youth, MHFA (Veterans and military) MHFA for older adults, and REDES (MHFA in Spanish) for adults and youth.

Michael Donnelly is the Pastor of Care and Counseling at Bethany Bible Church and a Doctorate of Education Candidate in Organizational Leadership at GCU. Michael has over 20 years of counseling experience in public behavioral health settings. Michael is a member of the Arizona ACE Consortium and is a state trainer for ACES and Trauma.

Toni Donnelly is the Director of Training and Innovation for the Family Involvement Center in Phoenix Arizona. Toni is a member of the Arizona ACE Consortium and is a state trainer for ACES and Trauma.

MHFA Conference Questions? contact Rev. Dr. Bill Lyons blyons@uccswc.org

Fee \$20 To Register for MHFA online, click here

Or print this page, complete this section, and mail form:

- ◆Make checks payable to "the Planners Client Meetings". Mail to—100 Park Ave West, #1001, Denver, CO 80205
- ◆Phone registrations are accepted if necessary. 303-886-7137
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WISE Keynote Speaker



Rev. Dr. Sarah Lund, Minister for Disabilities and Mental Health Justice The Power of Personal Story and Breaking the Silence on Mental Illness

Sarah is passionate about loving God, her family, and being part of faith communities. Her personal mission is to partner with others to share God's healing and hope. She is an ordained minister with standing in the United Church of Christ and the Christian Church (Disciples of Christ) and has served as pastor to churches in Brooklyn, NY, Minneapolis, MN, and New Smyrna Beach, FL. Sarah also served as Regional Minister for the Florida Conference of the United Church of Christ where she worked with congregations on vitality and renewal. After serving Christian Theological Seminary as Vice President for Advancement, Pastor Sarah was called in January of 2018 to serve as senior pastor of First Congregational UCC of Indianapolis, IN

and called in April of 2018 to serve on the national staff of the UCC in the role of Minister for Disabilities and Mental Health Justice.

Sarah's formal education includes degrees from Trinity University (BA), Princeton Theological Seminary (MDiv), Rutgers University (MSW), and McCormick Theological Seminary (DMin). Sarah received the Princeton Engle Preaching Prize in 2002 for excellence in preaching and the Bob and Joyce Dell Award for Mental Health Education from the United Church of Christ Mental Health Network in 2015 for "her outstanding authorship and leadership in breaking the silence about mental illness in family and in church and offering healing and hope." She is the author of the widely regarded book "Blessed are the Crazy: Breaking the Silence About Mental Illness, Family and Church" (Chalice Press, 2014) and blogs at sarahgriffithlund.com. You can contact Sarah at lunds@ucc.org.

WISE Featured Speakers



Rev. Amy Petré Hill

How to Become a WISE Congregation for Mental Health: Inspiring Stories & Practical Advice

Learn how to become a WISE Congregation: a Welcoming, Inclusive, Supportive, and Engaged church offering radical belonging with those living with mental health challenges, brain differences, and substance use disorders. Using a ten-step approach, we will cover the history of the WISE Congregation program, discuss the opportunities for spiritual and membership growth through WISE certification, and share practical advice on how to overcome common challenges and emerge a WISE Congregation on Mental Health.

Rev. Amy Petré Hill is the Minister of Mental Health and Inclusion at Mountain View United Church in Aurora, Colorado, and the first UCC minister ordained to mental health ministry in

a congregation. She previously worked as a disability rights attorney, spiritual advisor to the Voices for Veterans Mental Health Council of Eastern Colorado, and chaplain intern at a Colorado state psychiatric hospital. She is a certified Mental Health First Aid Instructor, NAMI Group Facilitator, Soul Shop for Congregations trainer, and currently serves on the United Church of Christ Mental Health Network Board.



Robin Kempster

The Basics: How One Church Started and Grew a Mental Health Ministry, and Voted to Become a WISE Congregation for Mental Health
The church voted to become a WISE Congregation for Mental Health in February, 2019.

Robin Kempster is the Parish Nurse at First Church Berkeley, UCC in California. She started the Mental Health Ministry at the church and has encouraged others to join together and to be active participants. The goals of the ministry are to include all members and friends in the life of the church, to provide opportunities to reduce stigma for those with mental health challenges, to share our stories, and to educate ourselves around mental health issues. Robin is on the Board of Directors of the UCC Mental Health Network. She enjoys the piano and portrait photography.

WISE Conference Chaplains



Reverend Sandra Britton is a board certified chaplain in the field of addiction recovery and served as senior clinical chaplain in variety of settings including hospitals, treatment centers, counseling agencies and private practice. She is interested and specializes in Twelve Step Spirituality as foundational to recovery from addiction.

Chaplain, Rev. Tom Martinez is the Senior Minister serving Desert Palm UCC in Tempe, AZ, and has worked as a Mental Health Professional in the Pacific Northwest. Tom has a lifelong interest in the interface of psychology and religion.





WISE Workshops—1:00-2:00 pm

Addiction: Crisis and Call Rev. Jack Abel

How can leaders and communities respond faithfully to substance use concerns within and around their context of ministry? This workshop will speak to the fundamentals about substance use disorder as a mental health concern. It will suggest three categories of opportunity to the crisis in our midst: (a) hosting recovery communities; (b) referring appropriately when staff or family concerns are identified; and (c) embracing recovery. Core competencies of clergy and congregations and other useful links are provided and suggested outcome-oriented actions will be explored.

Latinx Population and Mental Health Jon Gilbert Martinez

This workshop will examine a brief historical look into the Latinx population in the United States through hope, struggles, colorism, and resilience. We will explore the messages that children, women, men, immigrants, and the LGBTQ community receive about mental health.

What Helps You When a Loved One is Living with a Mental Illness, and Starting a Mental Health Spiritual Support Group Rev. Alan Johnson

This workshop will engage participants in ways that we can understand, relate, and deal with the experiences that we have when a loved one is living with a mental health challenge. Many of us are impacted by the mental illness of our loved one. We need understanding and information, to learn about resources, find support, practice ways to take care of ourselves, and how to sort through the varied emotions which arise such as confusion, helplessness, support, and hope. One resource which will be offered is how to start a spiritual support group for mental health in your congregation.

Suicide: Prevention, Intervention, Postvention Rev. Dr. Rachael Keefe

This workshop will examine the role congregations can play in suicide prevention, intervention, and postvention. We will discuss all aspects of suicide including signs and symptoms of a person who is at risk, how to respond to someone who may be suicidal, and how a congregation can respond after suicide. We will also look at some of the theological questions and common beliefs around suicide.

Companionship—an Introduction Robin Kempster

Companionship is a ministry of presence, responding to isolation and suffering, and supportive of healing and recovery. Companionship is rooted in our natural capacity to be sensitive, compassionate and concerned. Companions observe and approach individuals and use the five basic spiritual practices of hospitality, neighboring, sharing the journey side-by-side, listening and accompaniment. Developed by

Craig Rennebohm, author of The Way of Companionship: Welcoming the Stranger, Companionship can be helpful in congregations as they respond to people experiencing "in-the-moment" events of a mental health nature at church. Companionship is part of Pathways to Promise (pathways2promise.org).

"Take your Candle, Run to the Darkness": The Impact of Childhood Trauma and the Mitigating Role of the Local Church

Dr. Vicki K. Harvey & Rev. Amy Petré Hill

This workshop will explore the depth of the break in trust and identity when trauma hits children in the heart of their innocence. We will examine ways in which the church can become a new womb, surrounding the child and their also-traumatized circle (parents, teachers, siblings, caregivers) with practical and spiritual support. The goal is to experience a stable and loving space to rest, grow, and eventually find a way forward.

Anxiety and Depression in the Life of the Church Rev. Megan Snell and Devin Shmueli

Exploring mental health across the lifespan, this workshop will highlight depression and anxiety. By the end of the workshop, participants will be able to identify the signs and symptoms of depression and anxiety as well as their prevalence in the church and the larger world. In sharing their lived experiences, Rev. Megan Snell and Devin Shmueli will provide some best practices regarding mental health in the church and some narrative examples for those seeking to address mental health/illness in church. There will be additional resources shared for loved ones and caregivers.

Workshops Repeat: 2:15–3:15 pm

Conference Musician—Rev. Kirk Moore



Rev. Kirk Moore, Conference Music Director for our WISE conference, is a therapeutic musician, playing live therapeutic music at the bedside to help create a healing environment. Kirk is the pastor of St. Paul's UCC in Downers Grove, IL and a member of the UCC Mental

Health Network Board of Directors. He lives in Wheaton, IL.



WISE Workshop Leaders



Rev. Jack Abel oversees Wellness and Culture at Urban Recovery, a residential detox and inpatient addiction treatment provider in Brooklyn, New York. Jack is a leader in spirituality for addiction treatment services. He brings his ordination in parallel with his Masters in Business to lead with compassion and insight. Jack is a member of the UCC Mental Health Network Board of Directors

and founding president of Spiritual Care Addiction Treatment Professionals. Jack is a graduate of Wesley Theological Seminary, studied at Catholic University and explored interfaith ministry at The New Seminary in New York.



Jon Gilbert Martinez is a graduate of Garrett-Evangelical Theological Seminary in Evanston, IL. A multi-generational Tejano and Chicano, he now resides in Chicago. Gilbert is a member in discernment on track for ordination with Chicago Metropolitan Association-Illinois Conference of the United Church of Christ. Currently, he serves as the Community

Pastoral Care Minister at San Lucas UCC in Chicago. He has completed a training course in Mental Health First Aid and is a new board member of the United Church of Christ Mental Health Network.



Dr. Vicki Harvey is a clinical psychologist in private practice in Brea, California. She has worked for decades with traumatized families. Through both adoption and hosting, Vicki and her husband have brought traumatized children into their family. They currently host a 10-year-old boy through an innovative international program called Kidsave. This program seeks to reach the

forgotten older children in foster care and find permanent families. Vicki credits the holding womb of the Diamond Bar United Church of Christ in Diamond Bar, California for the larger welcome, nurturing environment, and tenacity of spirit for making this tough work possible. She currently serves on the UCC Mental Health Network Board of Directors.



Rev. Alan Johnson is an ordained UCC clergy who retired as chaplain at The Children's Hospital (TCH), Denver. He had been pastor for 14 years in churches in Connecticut and New York City, been on national staff of United Church of Christ for 16 years, and now for 10 years he has volunteered in the field of mental health. He is a co-founder of the Interfaith Network on Mental Illness and serves as Chair of the

United Church of Christ Mental Health Network.



Rev. Dr. Rachael Keefe is the pastor of Living Table United Church of Christ in Minneapolis, MN. She's a favored conference presenter on topics related to mental health, suicide, and congregations. Previously, she served as clinical chaplain at the state psychiatric hospital in New Hampshire where she worked with patients, staff, clergy, and churches to increase understanding

and welcome of persons living with severe and persistent symptoms of mental illness. She also served on the New Hampshire State Suicide Prevention Council.



Devin Shmueli (MDiv) has a passion for mental health education, stigma reduction around mental illness, and suicide prevention in communities of faith. After working with children, youth, and families for nearly a decade as a religious educator, Devin also works for an organization called Families for Depression Awareness as their Teen Depression Program Coordinator.

In this role, he provides psycho-education helping parents and caring adults know how to help a teen, and teens know how ask for help, all to improve teen mental wellness and prevent teen suicides.



Rev. Megan Snell is the Pastor of the Nahant Village Church (UCC) in Nahant, Massachusetts and is presently a doctoral student at the Pacific School of Religion. Megan studies the intersection of mental illness/health and Christian congregations. She writes and speaks extensively on clergy mental health, theology that upholds intersectional identities, and the lived experience of having

and the lived experience of having mental illness and being a Christian. She lives openly with Bipolar I disorder. Megan serves on the United Church of Christ Mental Health Network Board and writes for the Mental Health Network Blog.

Rev. Amy Petré Hill and **Robin Kempster** located on page 3

THE MENTAL HEALTH WEEKEND by the UCC Mental Health Network and the Southwest Conference of the UCC Friday, November 1 and Saturday, November 2, 2019

CONFERENCE LOCATION

Church of the Beatitudes United Church of Christ

555 W Glendale Ave Phoenix, AZ 85021 Phone: (602) 264-1221



Church of the Beatitudes **United Church of Christ**

click here for church website

An Open & Affirming Church

Click here for directions/map to Church of Beatitudes

Local Hotel Option with Discount

Courtyard Phoenix North

9631 N Black Canyon Highway Phoenix, AZ 85021

Discounted Rate: \$79 per night

(limited number of rooms available on a first-call basis)

Call or 602-944-7373 and use code "Beatitudes" when making a reservation.

Additional hotel reservations sites include:

Priceline.com Expedia.com Booking.com

Registration Fees

Mental Health First Aid (MHFA) Friday, November 1, 2019 Friday Fee: \$20

WISE Conference

(Welcoming, Inclusive, Supportive, Engaged) Saturday, November 2, 2019 Saturday Fee: \$35

WISE Planning Team

Kathryn Andrews, Attorney, member of the Desert Palm, UCC, member of the SW Conference Widening the Welcome Team Ministry, AZ

Gail Bird, member of the SW Conference Widening the Welcome Team Ministry, representative of the SWC on the Arizona Faith Network Board of Directors, retired teacher, AZ

Michael Curry, SW Conference Lay Minister for Disability Education, Advocacy and Awareness. Member of Shadow Rock UCC, AZ

Rev. Amy Petré Hill, Minister of Mental Health and Inclusion Ministry, Mountain View United Church, member of UCC Mental Health Network Board, CO

Rev. Alan Johnson, Mental Health Advocate, member of the UCC Mental Health Network Board, CO

Rev. Dr. Rachael Keefe, Pastor, Living Table, UCC, member of the UCC Mental Health Network Board, MN

Robin Kempster, Parish Nurse, First Congregational Church of Berkeley, member of the UCC Mental Health Network Board, CA

Debe Knaack, member First Congregational Church, Co-Facilitator of the SW Conference Widening the Welcome Team Ministry, AZ

Rev. Robert Koth, member of the First Congregational Church, Co-Facilitator of the SW Conference Widening the Welcome Team Ministry, AZ

Rev. Rebekah Krevens, Pastor of Foothills Christian Church, Glendale, AZ

Rev. Tom Martinez, Senior Minister, Desert Palm UCC, member of the SW Conference Widening the Welćome Team Ministry, AZ

Deni Nordmeyer, Parent, Family Ministry Coordinator at Church of the Beatitudes, member of the SW Conference Widening the Welcome Team Ministry, AZ

Jo Vredenburg, member Desert Palm, UCC, Desert Palm W.I.S.E. Committee, AZ

REGISTER

Click here to register for MHFA Click here to register for WISE

NOTE: to attend both days, you will need to register and pay for each event separately



REGISTRATION INFORMATION and POLICIES

Payment and Receipts

- ◆MasterCard, Visa, Discover and American Express credit cards are accepted.
- Pre-payment in full by check or valid credit card is required to qualify for discounted fees. In cases where cards are initially declined, the prevailing fee at the time of approval will be due and charged.
- •Receipts confirming registration will be sent via email.
- ◆Please verify the accuracy of your receipt and contact the conference office immediately with any change (djcowen@msn.com)
- •In the event that a registrant is entitled to a refund for his/her registration fee, it will be processed via the same method it was paid; for instance, if payment was made by credit card, the refund will be processed as a credit to your credit card account.

Services for People with Disabilities

If you require specific aids or services to attend the conference, please mark the appropriate boxes on the registration form or contact the conference office if you need to register by phone. Please allow adequate time for arrangements to be made. If you are traveling with a personal care attendant (PCA) or personal assistant (PA) and he/she will attend the full meeting with you, please have them register for the conference so that we may include them as an attendee and plan accordingly (seating, name badge, food functions.)

Not all workshops may have full services for interpreting and Assisted Listening Services (ALS). Specific session rooms may be assigned with interpreters and assisted listening services.

Hotel Rooms: You are responsible for making your own hotel reservation. Several ADA rooms may be available at the hotels listed on page 6. Please request your ADA room when making reservations.

How to Register

- ◆Web—<u>click here to register online</u>
- ◆Mail—100 Park Ave West, #1001, Denver, CO 80205
- ◆Phone registrations are accepted if necessary. 303-886-7137

Payment must accompany registration in order for our office to process your registration. Be sure to fully complete the registration form — the information requested is important in processing your registration. Early and on-site registration fees will be applied based on the date registration is received in full at the registration office. MasterCard, Visa, Discover and American Express credit cards are accepted. Make checks payable to "the Planners Client Meetings".

Cancellation

- ◆Requests for refunds must be in writing: e-mail: djcowen@msn.com
- ◆Deadline for full refund less \$10 processing fee—October 25, 2019
- *After October 25, no refunds will be made.
- ◆There will be no form of refund for "no shows" unless considered a special exception.
- ◆Special exceptions such as family and health emergencies will be handled on a one-on-one basis.
- •The schedule and speakers are subject to change; committee reserves the right to make changes as needed without penalty.

Consent to Use Photographic Images

Registration and attendance at the 2019 WISE Congregations for Mental Health constitutes permission by the registrant to use and distribute attendee's image or voice in photographs, videotapes, electronic reproductions and audiotapes of such events and activities. By registering for the WISE Conference, you grant permission for your photograph to be taken and/or video and sound recordings to be used in future marketing materials.

Click Link For:

Dates to Remember

October 25: No registration refunds after this date November 1: WISE Regular registration rate ends November 2: WISE On-site registration rate begins WISE Conference Registration
MHFA Conference Registration
UCC Mental Health Network
MHFA Information
Hotel Information

WISE CONFERENCE REGISTRATION FORM, Early Fee \$35 WISE Congregations for Mental Health, November 2, 2019, Phoenix, AZ

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First name for badge		
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Included in conference fee: All sessions and continental breakfast. Food trucks funds to purchase lunch at the food trucks.	will be availalbe for you to purchase you	ır lunch. Please bring
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☐ Early Rate (by 11/1/19) # people x \$35 = \$	STOTAL	
□On-site Rate (11/2/19) # people x \$45 = \$	\$TOTAL	
	Gran	d Total\$
SECTION C		
 Do you require the assistance of an interpreter If yes, please indicate the interpretation type new When attending this conference, what other sparticipation (Assistive Listening Device, electropy you require large print for the program and 	eeded (ASL, Signed Exact English, or obecific aids or services might be requirence follows for screen reader, other)?	oral) ed to insure your full
Specific sessions/rooms may be assigned with interpre arrangements to be made. Every effort will be made be guaranteed. Reasonable accommodations will be p Please contact revalan2004@comcast.net with a	de to accommodate advance requests; o provided during meeting sessions.	
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