



## Mental Health Ministry Team

Gloria de Cristo Lutheran Church

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A Foothills Family Church

## Did You Know?

On average

**123**

People die by suicide each day

– American Foundation for Suicide Prevention

From 1999 to 2016

**630,000**

People died from drug overdose

Centers for Disease Control

Nearly

**1 in 5**

U.S. adults lives with a Mental Illness

National Institute of Mental Health via the National Survey on  
Drug Use and Health and the Substance Abuse and Mental  
Health Services Administration

Only

**43% of adults**

with a mental illness get treatment each  
year

National Alliance on Mental Illness (NAMI)

**20%**

Of people experiencing homelessness  
also have a serious mental illness

National Alliance on Mental Illness (NAMI)

**1 in 8**

Of all visits to U.S. emergency departments are  
related to mental and substance abuse disorders

National Alliance on Mental Illness (NAMI) Pre-COVID19

## Gloria de Cristo Mental Health Ministry Team

Guided by these sobering facts and our lived experiences, interested congregation members applied for and received a grant from the ELCA's Disability Ministry. We then partnered with Pathways to Promise, an interfaith cooperative, to develop a plan. We are now trained to offer two workshops.

**Mental Health First Aid:** an 8-hour training to teach participants how to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it helps trainees identify, understand, and respond to signs of mental illness and substance use disorders.

**Companionship:** a 4-hour workshop that teaches a ministry of presence, a relationship responding to isolation and suffering and supportive of healing and recovery. It is a model designed strictly for creating an environment and relationship to help reduce the isolation of our neighbors in distress.



## Mental Health First Aid

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

### The course will teach you how to apply the ALGEE action plan:

- **Assess** for risk of suicide or harm
- **Listen** nonjudgmentally
- **Give** reassurance and information
- **Encourage** appropriate professional help
- **Encourage** self-help and other support strategies

### What It Covers

- Common signs and symptoms of mental illness
- Common signs and symptoms of substance abuse
- How to interact with a person in crisis
- How to connect the person with help



Learn how to support the individuals in your community who live with mental illness, insecure housing, or chemical dependency and move from a transactional exchange to relational engagement, enabling substantive change with Companionship:

A three-hour course that provides an effective approach to the practice of mental health ministry through which any caring human being can reach out and help another who is in distress.

### Participants will learn:

- The five practices of Companionship
- Skills to listen consciously and with openness
- Skills to maintain an awareness of limits and boundaries
- Skills to ease the isolation these difficulties often bring

### Who should take a Companionship course?

Any secular and faith-based communities who are engaged with and support those who are disadvantaged using the practice of Companionship, through ministries of hospitality and outreach.

**NOTE: All trainings are for adults I am interested in:**

### \_\_\_\_\_Mental Health First Aid

This is an 8-hour, in-person training.

### \_\_\_\_\_Mental Health First Aid for Older Adults

This is an 8-hour, in-person training, with a focus on older adult mental health issues.

These are managed by The National Council for Behavioral Health.

[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)

### \_\_\_\_\_Taste of Companionship

This is an hour-long introduction to the Companionship Workshop. It is available via Zoom or in-person.

### \_\_\_\_\_Companionship Workshop

This 4-hour workshop is available in-person and via Zoom.

These are managed, operated, and disseminated by Pathways to Promise, an interfaith cooperative and The Mental Health Chaplaincy, based in Seattle.

[www.thecompanionshipmovement.org](http://www.thecompanionshipmovement.org)

For more information and to schedule a training, please contact:

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