



Mental Health Ministry Master Class

Gain the tools, spiritual insight, and practical guidance to launch a thriving mental health ministry in your faith community or organization.



GATEWAY TO HOPE UNIVERSITY

Gateway to Hope University is the training program of the **Hope and Healing Center & Institute**. We offer evidence-based, mental health training and ongoing support to faith communities, schools, and workplaces. Our mental health coach training program enhances your comprehension of mental health and empowers you to effectively implement it in practice. These courses will equip you with the tools to compassionately support those in distress and help build a community-based response to the mental health crisis.

GATEWAY TO HOPE UNIVERSITY

gatewaytohope@mentalhealthgateway.org

www.gatewaytohopeuniversity.org

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The Hope and Healing Center & Institution is an expression of St. Martin Episcopal Church's vision to minister to those broken by life circumstances and a direct response to the compassionate Great Commission of Jesus. An independent 501(c)(3) non-profit organization housed on the St. Martin's campus, the HHCI is a comprehensive mental health resource serving the Houston community and beyond.

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01

Mental Health Ministry Master Class

Lesson 1

Laying the Foundation:

How to Start a Mental Health Ministry in Your Faith Community

Definition

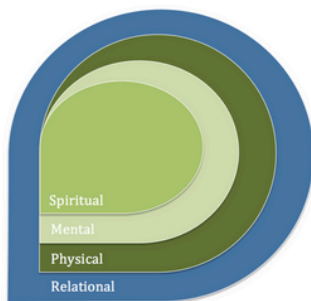
- A **Mental Health Ministry** is a biblically rooted and clinically informed initiative within a local church that seeks to relieve suffering, reveal Christ, and improve the quality of life for individuals and families impacted by mental health challenges.
- It functions as a specialized form of pastoral care that integrates biblical truth with psychological science to support emotional, relational, spiritual, and physical well-being.



Individuals experiencing psychological distress are more likely to engage a member of the clergy before a physician or mental health care provider; this is especially true in racial minority groups.



Ministering Holistically



Mark 12:30-31

Love the Lord your God with all your heart (mental) and with all your soul (spiritual) and with all your mind (mental) and with all your strength (physical). ... Love your neighbor as yourself (relational).

Luke 2:52

And Jesus grew in wisdom (mental) and stature (physical), and in favor with God (spiritual) and man (relational).



A Holistic Approach to Recovery

- | | |
|--|---|
| <ul style="list-style-type: none"> • Physical Needs <ul style="list-style-type: none"> – Sleep – Medication – Relaxation – Nutrition – Exercise | <ul style="list-style-type: none"> • Spiritual Needs <ul style="list-style-type: none"> – Hope – Identity – Purpose – Spiritual Growth – Community |
| <ul style="list-style-type: none"> • Mental Needs <ul style="list-style-type: none"> – Psychotherapy – Coping Skills – Structure and Routine – Cycles and Triggers – Mental Activities | <ul style="list-style-type: none"> • Relational Needs <ul style="list-style-type: none"> – Family and Friends – Resolving Conflict – Overcoming Stigma – Opportunities to Serve – Forgiveness |



What Should a MHM Be Able to Do?

- Recognition (Evaluate and Assess):
 - Ask questions to identify level of psychological distress and functioning
 - Assess the risk of danger
- Referral (Establish a Starting Point for Care):
 - Guide towards professional mental health care, if needed
 - Make this a collaborative effort
- Relationship (Create a Meaningful Connection):
 - Effectively communicate
 - De-escalate a difficult situation
- Restoration (Provide Direction and Support):
 - Break the silence
 - Develop a healing community Church size does not matter



Who Does the MHM Serve?

Anyone negatively impacted by a mental health problem.

- Individuals struggling themselves with a mental health problem.
- Families caring for a loved one with a mental health problem.
- Church members and their families.
- Individuals from the community and their families who seek assistance from the church.



What Does it Look Like to Implement a MHM?



Form a MHM Leadership Team

- This small group will be instrumental in developing a ministry action plan, initiating the ministry, and assessing progress.
- The leadership team should include
 - A member of the church's clergy.
 - A representative from each of the church's present mental health related ministries (e.g., homeless ministry).
 - A representative from the children's and youth ministries.
 - A mental health care provider that attends the church.
 - Congregants that are passionate about mental health care because of lived experience (i.e., those who have cared for a loved one with mental illness or those who have had personal experience with a mental health problem).

Promote the Ministry

- Give an overview of the MHM in the Sunday morning bulletin, on the church's website, and in newsletters to congregants.
- Print small cards with information about the ministry to give out for reference.
- Meet with all church ministry leaders so that they understand what the MHM does and how they might best connect someone to the ministry.
- Develop a one-month social media and email marketing campaign for the ministry.



Resources

Find resources like this and more in your **Mental Health Ministry Toolkit** once all 3 courses are completed.



Ensure Your Success

If you haven't yet, now is the perfect time ensure your long-term success by completing our recommended courses:



SCAN ME



EMPOWER



MENTAL HEALTH COACH



SCAN ME

Empower Faith Communities

One in four adults experience mental illness every year, yet fewer than half of those receive treatment. These issues often originate from all aspects of life. The one is common to all: mental illness. Although mental illness is fairly common, suffering often leads to devastating consequences. This can ultimately have devastating consequences on mental illness based on individual's quality of life and can even result in suicide.

Empower yourself by learning how to create a safe environment for those struggling with mental illness in this online training with Dr. Matt Spierdijk. This course will equip you with the techniques for identifying mental illness, developing safe and effective situational responses, and building a network to quickly connect those in mental distress with professional care.

Mental Health Coach

Looking to further your mental health education? Mental Health Coach Training allows you, with faith communities, to respond compassionately through our evidence-based training to help those in mental distress, find support, and serve as a mental health resource to their organization. This course is designed to provide practical and performance-oriented continuing education.

Our Mental Health Coach Training gives you information, skills, and practical experience, and provides steps for your church's mental health ministry in your community. Our comprehensive training is an essential tool for your church's mental health ministry. Our training is available in the following areas: Addictive and Behavioral Health, Children, Crisis and Trauma, Mental Health, Aging and Elder Care, and Trauma. You'll receive certification at the end of the training.

Help serve the needs of those struggling with their mental health. Help your church offer help, hope, and encouragement to those who need guidance throughout their journey to mental health recovery and wellness.



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346.335.8700

HOPELINE & GRACE CARDS

 **The Hope Line**
(832) 831-7337

Relational Issues | Work Stress | Recent Trauma | Mental Health Resources

Open daily, 5 PM - 8 PM CT

www.hhci.org In case of emergency, please call 911.

 **La Línea de la Esperanza**
(832) 831-7337

Problemas Relacionales | Estrés Laboral | Traumas Recientes | Recursos de Salud Mental

Abierto todos los días de 5 PM - 8 PM CT

www.hhci.org En caso de emergencia, llame al 911.

 **Grace, Friendly AI Assistant**
Have questions about mental or behavioral health? Talk to Grace.

Our friendly AI assistant can guide you in supporting yourself or a loved one.

 **Things you can ask Grace:**
"Am I depressed? Do I need medication?"
"Is my child an addict?"
"What do I do when my family member lashes out at me?"
And much more!

In case of emergency, please call 911.

 **Grace, Asistente de Inteligencia Artificial Amigable**
¿Tiene preguntas sobre salud mental o conductual? Hable con Grace.

Nuestra amigable asistente de inteligencia artificial puede guiarlo para que pueda ayudarse a sí mismo o a un ser querido.

 **Cosas que puedes preguntarle a Grace:**
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02

Mental Health Ministry

Master Class

Lesson 2

Mobilizing Your Ministry:

Training Your Faith Community & Launching
with Purpose

Ministry Development

- Church size and budget do not matter!
 - Each church has its own needs and resources.
 - Build off those needs and strengths.
- Do not have to start everything at once (build over time).
 - Pastoral Counseling → Referral List → MH Sunday School Class → MH Awareness Workshop → Pastoral Care Team → Support Groups → MH Coaches.
- What you choose to do, do excellently!
 - In mental health there will always be more needs than you can ever meet, don't get pulled in too many directions.
 - What are the areas you want to focus on?



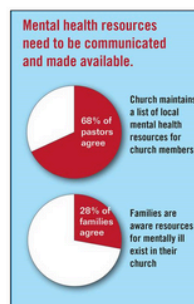
Characteristics of Successful MHMs

- Full Support of Church's Leadership
- Effective Communication
- Collaborations and Partnerships
- Passionate Lay Leadership
- A Focus on Community Outreach



Effective Communication

- Mental health is a regular part of the congregational conversation. The mental health ministry is regularly presented to the membership in bulletins, emails, and newsletters, and mental health is a common topic of sermons, Sunday school classes, and home groups.



Collaborations and Partnerships

- Collaborations and partnerships with mental health nonprofit organizations, academic institutions, and licensed providers outside the church give the MHM opportunities offer continuing education to its staff and volunteers. Collaborative relationships also provide the ministry with safe, vetted referral sources for those needing professional care.



Passionate Lay Leadership

- The ability of a church to recruit, train, and sustain a passionate base of lay volunteers is highly predicative of ministry success. MHM are often led and staffed by lay volunteers who are zealous about serving those with mental health difficulties as a result of their own lived experiences with mental illness. Churches with successful MHM actively seek these individuals out and empower them for service to others.



Barriers to Mental Health Care

- Accessibility
 - No Transportation
 - Serious Lack of Mental Health Facilities
 - Too Few Mental Health Care Providers
- Affordability
 - Limited Financial Resources
 - No Insurance or Mental Health Coverage
- Acceptability
 - Stigma
 - Cultural Beliefs
 - Lack of Knowledge and Education



Break Stigma, Raise Awareness

- Talk About Mental Health Issues.
 - Sermons, Testimonies, Invitations for Prayer
- Educate Your Congregation.
 - Workshops, Speakers, Books
- Ministry Development and Equipping.



Compassion Fatigue (Burnout)

- A condition experienced by those helping people in distress; it is an extreme state of tension and preoccupation with the suffering of those being helped to the degree that it can create secondary traumatic stress for the helper.



Simple Self-Care Tips

- Plan time off from ministry.
- Don't take your ministry home with you (e.g., email, phone).
- Exercise.
- Eat healthy.
- Commit time for meaningful leisure activities.
- Regularly connect and consult with colleagues.
- Maintaining a consistent sleep schedule.
- Spend time with friends and family.



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03

Mental Health Ministry

Master Class

Lesson 3

Sustaining Impact:

Growing a Thriving Mental Health Ministry
That Lasts

EMPOWER Training

- **EMPOWER**, is a 2-hour interactive education and awareness training, offered online in both English and Spanish, that equips a person to **recognize** a mental health problem, make a **referral** to professional care, **relate** to someone in psychological distress, and implement **restorative** programs in their organization.

"After completing EMPOWER, I feel better prepared to ..."

94%	Recognize an individual that may be in psychological distress.
96%	Relate and actively listen to someone in psychological distress.
96%	Respond compassionately to someone in psychological distress.
91%	Ask someone if they are having suicidal thoughts.
94%	Refer someone in psychological distress to community, peer, or professional help.
92%	Talk about mental health in my organization or community.
94%	Recognize mental health stigma and false information about mental illness.

% of respondents who agree

Stanford & Stiers, submitted

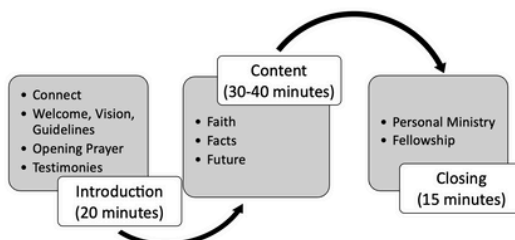


reImagine Curriculum

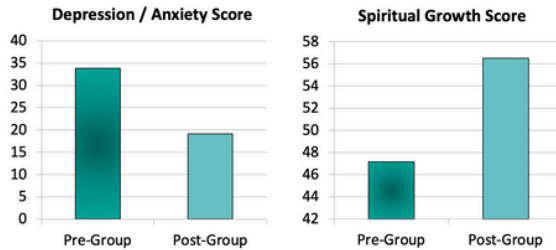
- Designed to help anyone living with a mental health challenge.
- Takes a holistic approach to recovery.
- Focuses on
 - Rebuilding self-worth and purpose
 - Symptom management
 - Community support
 - Spiritual growth



Transformed Groups



Transformed Groups



Rogers & Stanford, 2015

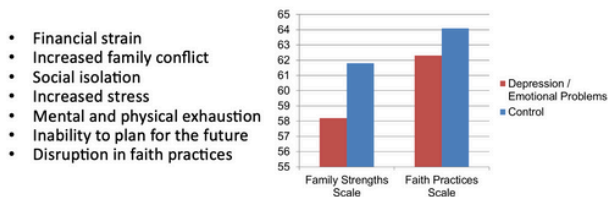


Grow and Sustain (Education)

- Draws in both those to be served as well as volunteers.
 - MH Knowledge, Role of Faith, Break Stigma.
- Educate your congregation – In some sense every congregant can be viewed as a member of the ministry.
 - Mental health related books.
 - Materials from local mental health care providers.
 - Workshops (e.g., suicide prevention).
- Education leads to ministry development (linking knowledge and faith).
 - Benevolence fund.
 - Mental health related Sunday school class or Bible study.
 - CE for ministry leaders and MHM volunteers.



Grow and Sustain (Families)



Rogers, Stanford & Garland, 2012



GTHU Mental Health Ministry Resources



*Once you complete all 3 Mental Health Ministry Master Class trainings, you will have access to this MHM Toolkit, offering all the resources covered today and much more.



Additional Resources



What's Next?

As a thank-you for completing the course, we're sending something special to your inbox:



An exclusive scholarship opportunity to help you continue your training and deepen your impact.

Be on the look out for our email!



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PREPARING FOR SUCCESS

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Empower Faith Communities – A FREE 90-minute foundational training, perfect for anyone looking to support mental health in faith settings.

Mental Health Coach Training – A comprehensive, self-paced certification ideal for those planning to lead, facilitate groups, or offer deeper emotional and spiritual support.



EMPOWER FAITH COMMUNITIES
BECOME A BEACON OF HOPE!

About Us
Gateway to Hope University is the training program of the Hope and Healing Center & Institute. We offer evidence-based mental and behavioral health training, resources, and ongoing support to individuals, faith communities, schools, and workplaces. We're passionate about spreading the word and breaking the stigma around mental illness. With our trainings, you'll have the power to change lives and respond effectively and compassionately to those who need it most.

About EMPOWER Faith Communities
This free online training equips faith leaders, volunteers, and communities with techniques for identifying mental distress, responding compassionately, and building a network to quickly connect those in mental distress with professional care.

Benefits of Taking This Training

- Deepens your understanding of the most common mental and behavioral health topics.
- Provides you with the knowledge to aid those struggling with mental and behavioral health illness.
- Equips you with the skills you can quickly implement.
- Empowers you to be part of the solution that eliminates the stigma surrounding mental and behavioral health.

You Will Learn:

- The definitions of "mental health" and "mental illness," how psychological distress manifests itself, and how mental illness impacts a person's life.
- The main symptoms of mental and behavioral health disorders.
- The truth behind misconceptions surrounding mental and behavioral health disorders.
- How and why people withdraw, the nature of suicidal thoughts, and how to help someone who is contemplating ending their life.
- How to communicate with someone in mental distress, provide them with resources for assistance, and discuss mental and behavioral health in your community.

SCAN TO LEARN MORE

Gateway to Hope UNIVERSITY
Training Program of HHCI

HHCI
Hope and Healing Center & Institute



Mental Health Coach
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About Mental Health Coach
Looking to further your mental health education? Purchase our Mental Health Coach Training. We equip you and faith communities to respond compassionately through our evidence-based training to help those in mental distress, lend support, and serve as a mental health resource to their organization. This online training includes mental health coaching and one specialization in an area of your choosing: Addiction & Behavioral Health Disorders, Aging & Elder Care, Child & Adolescent Mental Health, and Trauma. Additional specialty trainings are available for purchase.

Benefits of Taking This Training

- Provides you with information, skills, practical scenarios, and actionable steps that guide your Mental Health coaching in your community.
- You'll learn how to offer help, hope, and encouragement to those that need guidance throughout their journey to mental health recovery and wellness.
- Registration includes reimagining by Matthew Stanford Ph.D., support group curricula, and access to a community map and our Mental Health Coach forum, where you can connect with other Mental Health Coaches.

You Will Learn:

- How to recognize signs and symptoms of the most common types of mental illness, and faith's role in healing.
- Educate others on mental health, reduce stigma, and your role as a Mental Health Coach.
- Learn ethics, guidelines, intake procedures, and key coaching skills to create a safe space.
- Support those experiencing mental and behavioral health challenges, their caregivers, and loved ones as they heal.
- Build a professional mental network, refer those you coach to mental health professionals, and get your community engaged and involved.

SCAN TO LEARN MORE

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