

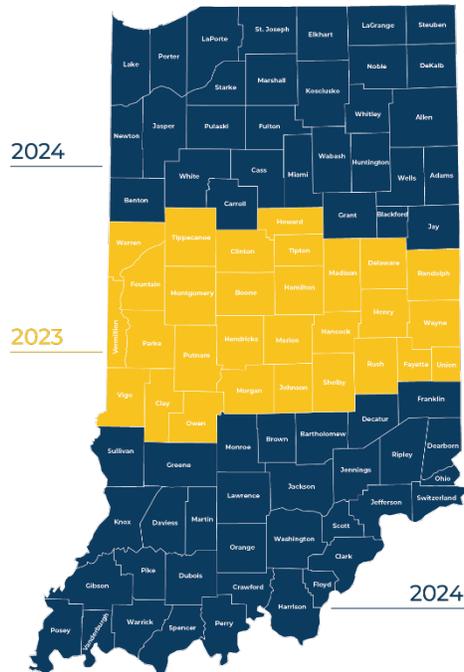
The **Mental Health Initiative** is an educational and grant program designed to assist Indiana congregations in addressing mental health and wellness among their members. The Center for Congregations is committed to Diversity, Equity, and Inclusion, and therefore encourage congregations of color and rural congregations to apply.

In 2023, a cohort of 30 congregations from Central Indiana will be selected. Eligible counties include: Boone, Clay, Clinton, Delaware, Fayette, Fountain, Hamilton, Hancock, Hendricks, Henry, Howard, Johnson, Madison, Marion, Montgomery, Morgan, Owen, Parke, Putnam, Randolph, Rush, Shelby, Tippecanoe, Tipton, Union, Vermillion, Vigo, Warren, and Wayne.

This initiative will be open to northern and southern Indiana in 2024.

As a result of participating in the Mental Health Initiative, you will:

- Understand ways that your congregation can benefit from the intersection of mental and spiritual wellness
- Harness your congregation’s spiritual practices and faith claims to promote healing and mental well-being
- Understand cultural dynamics that can limit the discussion of mental health in congregations
- Be equipped to identify and offer mental health resources to support your faith community
- Find rejuvenation and healing while learning how to offer it to your own congregation
- Learn ways to support clergy people and their spiritual and mental wellness



Selection Process

- Submit application by Friday, January 27, 2023, to be considered for the cohort.
- Congregations who apply will be notified by mid-February 2023.
- This is a competitive initiative. Not all congregations who apply will be selected.
- If your congregation is not listed above, you will be eligible to apply for the 2024 cohort.

Details for the Cohort of Selected Congregations

- Timeline:
 - March - August 2023: Educational component of the cohort
 - October 2023: Submit Project Description
 - November - December 2023: Award checks mailed
 - January - December 2024: Implementation and reporting of Mental Health project
- Team Member Requirements:
 - Select 2-4 people from your congregation to be your Mental Health Initiative team.
 - Designate one person as the Project Director who is expected to attend all sessions.
 - Include a pastor or clergy person on your team.

- Educational Session Requirements:
 - Cohort participants will attend up to five educational sessions.
 - Educational sessions are comprised of in-person and online gatherings.
 - In-person sessions will range from a half to a full day.
 - Online sessions will range from 30-60 minutes.
 - Stable internet or cellular connection is expected and Zoom access is required.
 - Two to four team members may attend each educational session.
 - 2023 sessions are tentatively scheduled for:
 - late April
 - mid-June
 - late August
 - Zoom gatherings may be scheduled as needed.

- Project Description and Funding
 - Cohort participants will submit a Project Description in October 2023.
 - The maximum grant dollar amount awarded is \$40,000, or 90% of the total cost of grant activities, for each project. Therefore, each congregation's financial responsibility is 10% of the grant eligible expenses and must be in the form of dollars and cannot include in-kind donations.
 - Congregations may apply for and receive less than \$40,000.

Grant eligible activities may include, but are not limited to, a combination of the following (all activities must be related to mental health):

- Guest speakers (food/travel costs)
- Retreats (food/travel costs/supplies/facility rental)
- Licensed counselor for family, group, or individual sessions where insurance is not available (not applicable for salary of licensed counselors already on staff at a participating congregation)
- Conference attendance (registration, travel and lodging expenses)
- Online courses related to mental health
- Books
- Curriculum
- Training (i.e. Mental Health First Aid, Celebrate Recovery)
 - Coursework in pursuit of a degree or professional certification is not grant eligible
- Technology or building improvements/fixed assets that support mental health activities