Mental Health and Congregational Life
Outline of the Workshop Day

**Introduction(s)**

**Setting the stage for the day** - creating a context where it’s safe to talk about this

**Lived Experience** - a small group conversation, then a large group debrief

**Why it matters to talk about mental health in congregations**
- prevalence
- what mental health looks like
- the need for community support
- the role of spirituality and faith as a protective/healing/complicating factor

**Understanding mental health**
- the mental health continuum – a description of a model
- how mental health issues develop
- The experience of healing – small and large group conversation
- how mental health is restored: a 30,000-foot fly by of how we heal

**Lunch**

**Mindfulness exercise**

**Morning debrief** - in small and large group, what we’re learning, encountering, experiencing

**Mental health in congregations:**
- what is our responsibility – large group conversation, lay community vs clergy
- when is it a mental health issue that needs attention from a professional, when is it a concern that can be addressed relationally
- specific strategies and skills – small group, dyad or triad practice, accompaniment exercise
- creating healthy communities – trauma informed communities
- mental health groups – sanctuary course
- sharing stories of struggles – how, who, when we talk about our own pain

**Resources and places to point**
- books, in person, online,

**Debrief of the day**