

November 2019

Church Partnerships News



MHA
Mental Health America

NOVEMBER IS FAMILY CAREGIVERS MONTH

Let's work together for mental health.
#together4mentalhealth

mhanational.org/familycaregiversmonth

"My grace is sufficient for you, my lovingkindness and my mercy are more than enough; for my power is being perfected in your weakness," Therefore, I will all the more gladly boast in my weaknesses, so that the power of Christ may completely enfold me and may dwell in me.

2 Corinthians 12:9 (AMP)



Mount Carmel Church Partnerships and NAMI (National Alliance for Mental Illness) present

Faith Communities Empowered: Supporting Caregivers of Loved Ones with Mental Illness

Tuesday, November 19, 2019 | 5:30 -7:30 p.m.
Mount Carmel East Siegel Center | 5975 E. Broad St., Building 3, 43213
LIGHT DINNER INCLUDED

Learn from NAMI how faith communities can support caregivers of loved ones with mental illness.

Engage with local mental health agencies during a mental health resource fair.

RSVP for this FREE event no later than November 12, 2019 by contacting **Kate Whitman, kwhitman@mchs.com**

 **NAMI Franklin County**

National Alliance on Mental Illness

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614-234-4389

BECAUSE
OF YOU 
MOUNT CARMEL

Marcia Cronin
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It's **National Family Caregivers Month** and Mental Health America is sharing tools to help caregivers strengthen relationships with their loved ones with mental illness through materials that educate and empower. If you are a caregiver, with the right tools and perspectives you can work together with your loved one as a team to accomplish goals, find a treatment plan that works, and be prepared in the event of a crisis.

So often people with mental illnesses are being cared for by family members or close friends. It can be a complex and complicated relationship that can be challenging - for both the individual dealing with the illness and their caregiver to navigate.

Recovery from a mental illness is not one-size-fits-all and what works for one person might not work for another. Just as recovery looks different for everyone, so do relationships between caregivers and their loved ones with mental illness. You may be a spouse caring for your partner or a young person caring for your parent; caregivers vary across the board in their roles, resources and abilities to support someone in recovery. While no two-caregiver relationships are alike, there are some things we know are essential to everyone's recovery.

It's important for people with mental illnesses to have a voice and be involved in their own recovery. As a caregiver, it is vital to work with your loved one to determine what they want and need - and make sure they are included in any decisions being made. People with mental health conditions are often left out of mainstream activities like employment or education, but they have the right to meaningfully contribute to their community and be respected, just like everyone else. Peer support can help and teach skills so your loved one may keep working towards established goals that help people in recovery stay motivated and hopeful.

By staying educated on the latest treatment options, you can help your loved one make informed decisions about their treatment. Having a plan in place can help you make sure you set your loved one up to thrive throughout the recovery process - and can ensure that their voice is heard in the event of a crisis. But caregiving can be extremely stressful, that is why it is important for you to also take care of your own mental health. Visit mhascreening.org to take a free, anonymous, and confidential screen.

COMMUNITY INCLUSION

Community inclusion is increasingly being recognized as one of the most important concepts for fostering and assessing the recovery of people with mental illness. Studies show that re-connection with society promotes recovery and decreases the chance of relapse.

Community inclusion means that all people, regardless of their health care needs, have the right to be respected as members of their communities. Those with mental illness, just like everyone else, should have the right to participate in recreational activities in neighborhood settings, work at jobs in the community that pay a competitive wage, explore and use their skills and abilities to the fullest, and pursue educational opportunities with their peers.



People with mental illnesses face a lack of community inclusion made worse by common hindrances such as transportation/ location, financial barriers, access to services, stigma or discrimination, and physical issues.



A common struggle for caregivers who are trying to get their loved ones reengaged with the community is a broad lack of support outside the family and few resources available to those in need.

Peer support and other forms of community engagement can close the gap between people with mental illness and their surroundings. The feeling that they have purpose and belong to something bigger than themselves can play a critical role in the recovery of loved ones.

A 2016 survey by Mental Health America (MHA) surveyed caregivers on the eight domains of community inclusion. Here are some of the results:

- **Housing:** 45% of people with mental illnesses receiving care in the home of their caregiver, yet only 1/3 of caregivers reported that their loved one was involved or very involved with their choice of housing. It may be hard for your loved one to find and keep a home, but there is hope no matter where they are. Supervised and partially-supervised group housing, supportive housing, and rental housing may be good options. Try looking in your community for housing-first initiatives, community development agencies, and home ownership programs.
- **Employment:** A majority of caregivers reported that their loved one had very little involvement with competitive employment, with just 18% reporting their loved one was actively involved. In the past, people with mental illness were often discouraged from working; today, we understand that work is not only a possibility, but also can play a vital role in recovery. Training programs, supported employment or individual placement programs, mentors, and employment specialists can help your loved one find employment.
- **Education:** Less than 25% of caregivers responding to the survey reported that their family member was involved or very involved with school supports. Education can accelerate your loved one's recovery through broadening their intellectual, social, and emotion horizons. Community and career colleges, supported education, special education and alternative secondary schools, GED and high school equivalency programs and academic accommodations can offer academic opportunities for your loved one.
- **Health and wellness:** 30% of caregivers reported that their loved one was involved or very involved in health and wellness activities. What is good for your body is good for your mind. Community health clinics or gyms offer a variety of programs. Find your local MHA affiliate and see what programs they offer at <https://arc.mhanational.org/find-affiliate>.
- **Religion:** Some caregivers found that their loved one's religious organization was often the only inclusive community institution. Not only can religious involvement help your loved one find connections, but it may also directly benefit their mental health. If your loved one is interested, you can encourage participation in congregation, bible study groups, trips, food drives or volunteer work.



- **Friendships:** Caregivers reported that their loved ones had extremely low involvement (26%) with friends. Think about your loved one's interests and what they like to do for fun, and together you can search for interest-based groups through apps or online community support tools like MHA's Inspire Community (<https://www.inspire.com/groups/mental-health-america>). These platforms offer opportunities for your loved one to meet people who participate in activities that may interest them. Another option is connecting with a community mentor from a local agency.
- **Family and intimate relationships:** 54% of caregivers reported their loved one was involved or very involved with family. It's important to remember that when it comes to family –relationships can take time to heal. Re-establishing normalized roles within existing family settings (child, parents, sibling, and uncle/aunt) are common long-term goals. Caregivers reported that just 25% of their loved ones were involved in intimate relationships. Intimate relationships may be most appropriate when your loved one has reached a certain point in their recovery.

Peer Support

Peer support offers individuals living with a mental illness the opportunity to connect with someone like them, who understands them. Rooted heavily in themes of trust and compatibility, peer support specialists are trained to teach skills, and help individuals in recovery lead a meaningful life in their community. Peers can help educate, mentor, and motivate your loved one by relating their own unique experience living with mental health conditions to that of your loved one.

Peer support has been related to the following health outcomes and benefits:

- The sense of togetherness can model recovery and offers hope
- Increased sense of control and ability to bring about change in his/her own life
- Increased sense that treatment is responsive and inclusive of needs
- Increased engagement in self-care and wellness
- Decreased psychotic symptoms
- Reduced hospital admission rates
- Decreased substance use and depression



Peer support can help your loved one learn skills, give them the support they need, and promote inclusion in their community to achieve a full and satisfying life. It can be hard for caregivers to connect with their loved ones if they don't have the same first-hand experiences as them. It is important to remember that just because you may not be able to relate with your loved one like you wish or feel you should, it does not make you any less valuable for that person, nor does it undermine your relationship with them.

Contact your local MHA affiliate to get information about peer support groups, drop-in centers or peer respites in your area at <https://arc.mhanational.org/find-affiliate>.

Resource: <https://mhanational.org/national-family-caregivers-month>



Congregational Happenings



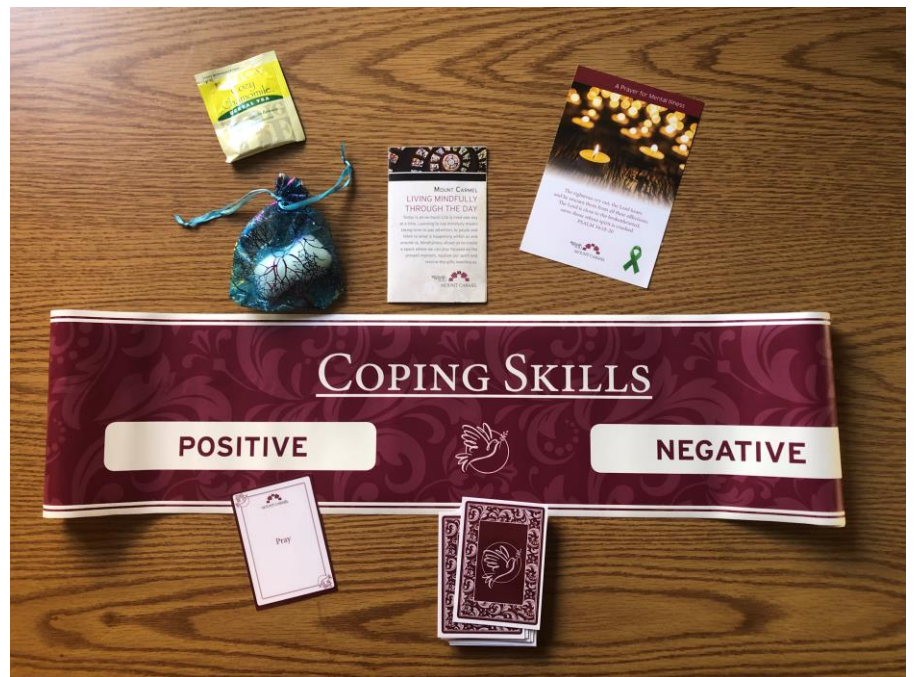
Mount Carmel Hospice and Palliative Care
Community Event 10/19



Spotlight on: Mental Health Kit

Here are a few items that are available from Church Partnerships related to Mental Health.

Please contact Kate or Marcia with any questions.



Mount Carmel Mission

We serve together in the Spirit of the Gospel as a compassionate and transforming healing presence within our communities.

Congregational Partners

Faith communities (including congregations with a Church Partnerships Advisory Board member*) that partner with Mount Carmel to improve the health of our communities by having active health ministry teams that assess and address the holistic health needs of their congregation:

Advent United Church of Christ

Christ Memorial Missionary Baptist Church

City of Zion Church

Faith Community Church of God

First Presbyterian Church, Westerville

Good Shepherd Baptist Church

Hilltop Comm. Worship Center SDA

* Mifflin Presbyterian Church

Mount Olivet Missionary Baptist Church

Prince of Peace Lutheran Church

St. Augustine and Gabriel Catholic Church

St. Mary Queen of Missions Catholic Church

St. Peter Catholic Church

Tabernacle Missionary Baptist Church

* Vineyard Christian Fellowship – Grove City

Briggs Road Baptist Church

Christ United Methodist Church

Corpus Christi Catholic Church

First Church of God

* Fruit of the Spirit Seventh Day Adventist

Harlem Road United Methodist Church

Love Zion Baptist Church

Mount Hermon Baptist Church

New Birth Christian Ministry

Resurrection Missionary Baptist Church

St. John Neumann Catholic Church, Sunbury

* St. Paul A.M.E. Church, Columbus

* Stonybrook United Methodist Church

United Methodist Church for All People

