

# intersect

Supporting those at the intersection  
of faith and mental health.

Information and Training Guide



**Access  
Services**  
strengthening communities



## Who We Are

Are you standing at the intersection of faith and mental health?

Maybe you are interested in learning how your faith community can be a welcoming and inclusive environment for those living with mental illness.

Or maybe you're a human service provider wanting to bring spirituality into an overall approach to integrated health. Either way, we can help!

Intersect is an initiative offered by Access Services run by a team of staff equipped to train, consult and collaborate with faith communities and human service providers.

## Our Philosophy

At Access Services, we believe that all people are valuable and unique. Our approach is holistic and person-centered, and we seek to address the four basic areas of human need in the life of each person we serve – physical, spiritual, social, and emotional. Meeting spiritual needs takes place when people have the opportunity to express personal values and beliefs, worship with a faith community of their choice, experience hope for the future, and know and develop a relationship with God.

Given the significant number of people experiencing mental illness in our society and the limited resources available, no one individual, organization, or faith community is sufficient for the task. **What's needed instead is a network of faith communities and organizations collaborating for the sake of those with mental illness.**

## Opportunities for Faith Communities

**Training** - We provide training in a variety of areas such as a faith perspective on mental illness, trauma, addiction, and suicide intervention.

**Consultation** - We can equip you or your team in how to best minister to people within your congregation and broader community experiencing mental illness.

**Collaboration** - We will support you in connecting with community resources able to help those in your congregation.

**Resources** - Each month we send a brief e-letter that includes a resource, question to ponder, upcoming events, and the opportunity to ask questions.

## Opportunities for Human Service Providers

**Training** - We provide training in how to conduct spiritual need assessments and bring spirituality into an overall approach to integrated health.

**Consultation** - We can support you in how to best serve the spiritual needs of the people in your agency through person-centered support, spirituality groups, and connection with local faith communities.

**Collaboration** - We can help you connect the people you serve to local faith communities that will help them in their recovery and community integration.

**Resources** - Each month we send a brief e-letter that includes a resource, question to ponder, upcoming events, and the opportunity to ask questions.

## Get Involved

Connect with us to learn more about these opportunities at 215.540.2150 x1286 or [IntersectNetwork@accessservices.org](mailto:IntersectNetwork@accessservices.org).

Sign up for our newsletter on [accessservices.org/intersect/#news](https://accessservices.org/intersect/#news).





## Training Opportunities

Intersect offers free trainings to faith communities and human service organizations. The trainings listed on the next few pages are the main trainings we offer; however, trainings can be customized to fit a theme or time frame as needed.

## Trainings for Human Service Providers

### Spiritual Tools & Resources for Mental Health Practitioners

#### Course Description

This training will provide practitioners a way of navigating the faith and spirituality of those they serve within an overall context of integrated health. Particular attention will be given to the practices of spiritual assessment, spiritual support/skill building, and connecting people to external resources and faith communities.

#### Course Objectives

1. Increase awareness of the role of spirituality/faith for those receiving support.
2. Identify the challenges and opportunities of providing spiritual support.
3. Gain an understanding of the various approaches to conducting a spiritual assessment.
4. Learn the formats and tools available to those offering spiritual support/skill building.
5. Gain knowledge and strategies for connecting people to other spiritual resources.

#### Target Audience

Social workers, professional counselors, marriage and family therapists, recovery coaches, peer specialists, nurses, nurse practitioners, psychiatrists, and substance abuse counselors for this intermediate level of instruction.

## Navigating Hard Conversations as Human Service Providers

### Course Description

This training will equip human service providers to effectively address conflict with colleagues and individuals receiving support. Particular attention will be given to common challenges for human service professionals, the value of self-understanding and practical approaches to working through hard conversations.

### Course Objectives

1. Identify common challenges to addressing conflict among service providers.
2. Develop self-understanding around personal barriers to conflict resolution.
3. Examine tools and strategies for having hard conversations with colleagues and clients.
4. Apply approaches to the unique contexts of participants.
5. Develop a culture of peacemaking through established structures, processes and values.

### Target Audience

Social workers, mental health professionals, and human service administrators.

## Navigating Worldview Diversity: Providing Support Amidst Disagreement with Individuals, Co-Workers, and Community Partners

### Course Description

Amid important conversations taking place regarding diversity, equity, and inclusion, one type of diversity that can easily be overlooked is worldview diversity. During a time of increasing polarization politically and culturally, it is vital that leaders and practitioners learn how to effectively relate to people of different worldviews. In this workshop, participants will learn skills and strategies for partnering with people with whom they disagree both inside and outside their organization.

### Course Objectives

1. Assess how worldview diversity impacts our different working partnerships.
2. Explore how social work principles and code of ethics relate to how we navigate worldview diversity in our work.
3. Identify concrete strategies for handling disagreement with people of other worldviews.

### Target Audience

Social workers, mental health professionals, and human service administrators.



# Trainings for Faith Communities

## Towards a Biblical View of Mental Illness: Responding to 5 Myths

### Course Description

This training will explore various myths about the relationship between faith and mental illness present in both the faith community and mental health system. Through an extensive look at scripture, attendees will be given a way of challenging these myths and learning how to support people in a way that is both biblically-informed and recovery-oriented.

### Course Objectives

1. Identify myths present in faith communities about the relationship between faith and mental health.
2. Identify myths present in the mental health system about the relationship between faith and mental health.
3. Gain an understanding of what scripture says about mental illness.
4. Learn what approaches to serving people with mental illness are consistent with their faith commitments.

### Target Audience

Clergy, faith community members, social workers, professional counselors, and peers.



## Supporting Those with Mental Health Struggles in Your Congregation and Community

### Course Description

This training will provide clergy and faith community members approaches to making their congregations a welcoming and supportive space for people with mental illness. Particular attention will be given to public communication, relationship development, and partnering with external mental health providers.

### Course Objectives

1. Increase understanding of how to communicate publicly about mental illness through preaching, teaching, and prayer.
2. Gain an understanding of how to develop supportive relationships with people living with mental illness.
3. Learn how to develop partnerships with mental health providers in their community.
4. Identify the challenges and opportunities of mental health ministry.

### Target Audience

Clergy, faith community members, social workers, professional counselors, and peers.

## Mental Illness: What is It and Why Does It Matter for Your Church?

### Course Description

This training will provide participants with a basic understanding of mental illness in relation to its causes, defining characteristics, and impact on society. A summarized biblical perspective on mental illness will also be offered to help individuals respond to those with mental illness in ways that are faithful, compassionate, and recovery-oriented.

### Course Objectives

1. Learn a definition of mental illness and increase awareness of its impact.
2. Identify the contributing factors to mental illness.
3. Gain an understanding of patterns of mental illness in our culture.
4. Learn a bible perspective of mental illness.

### Target Audience

Clergy, faith community members, and peers.



## Too Much at Once: Maintaining Mental Wellness During Times of Crisis

### Course Description

This training will equip participants around strategies for maintaining mental wellness for themselves and others during times of crisis. Concepts from within both the mental health field and faith community will be synthesized in order to provide an integrated approach to wellness.

### Course Objectives

1. Develop an understanding of how crisis impacts mental wellness.
2. Learn key concepts for addressing personal wellness during crisis.
3. Use wellness concepts in caring for other people in crisis.
4. Gain an integrated approach to wellness that pulls from both clinical and faith-based resources.

### Target Audience

Community members, clergy, faith community members, social workers, and peers.

## Nuts and Bolts: Tools for Building a Culture of Care for those with Mental Illness

### Course Description

It is common for faith communities to ask what they must do to start a mental health ministry in their congregation. While this desire is good, it can sometimes neglect the more foundational need for a broad-based culture of care. When a culture of respect, vulnerability and welcome permeates a faith community, specific ministry programs can be successful rather than stigmatizing. In this workshop, insight will be given around the tools for building such a culture within your faith community.

### Course Objectives

1. Discover the importance of crafting a cultural foundation before building a mental health ministry.
2. Gain tools for building a culture of care within your faith community for those with mental illness.
3. Identify tools for doing outreach to those with mental illness in your broader community.

### Target Audience

Clergy, lay leaders, and faith community members.

## Cross Training for Spiritual and Mental Health

### Course Description

In the world of sports and fitness, cross-training involves combining exercises to work various parts of the body. The goal is for all aspects of one's physical health to be addressed. In this training, we will see how the notion of cross-training applies not only to our physical health but our spiritual and mental health as well. Participants will learn how insights and practices from both scripture/theology on the one hand and the mental health field on the other can contribute to one's overall wellness.

### Course Objectives

1. Gain an understanding of an integrated health framework that reveals connections between one's mental, emotional, physical and spiritual health.
2. Explore wisdom provided within scripture and theology that can be helpful to one's spiritual and mental health.
3. Discover how insights from the mental health field can be used by people of faith to help them experience a holistic life of worship.

### Target Audience

Those with mental health struggles, peer support professionals, and small group leaders.

## Pastors and Integrated Health

### Course Description

This training will provide clergy with an understanding of the unique challenges to mental wellness that come with pastoral ministry. Practical strategies and resources will also be provided to help faith leaders support their own mental health as they seek to effectively minister to others.

### Course Objectives

1. Increase understanding of the struggles many in pastoral ministry are having with their own mental health.
2. Gain an understanding of the complementary nature of spiritual and mental health as part of an overall integrated health model of care.
3. Be exposed to practices grounded in both theology and the mental health field that support clergy mental health.
4. Learn how to develop partnerships with mental health providers equipped to support clergy mental health.

### Target Audience

Clergy, seminarians, and church leadership boards.





## Trainings for Faith Communities and Human Service Providers

**Better Together: How Faith Communities, Providers and Government Can Collaborate to Promote Wellness**

### **Course Description**

Seeking the common good of our communities requires working together across sectors. While it's easy for faith communities and human service providers to be siloed off from each other, promising opportunities exist for a better way. This workshop will provide skills and strategies for enhancing cross-sector collaboration amongst faith communities, human service providers and local government.

### **Course Objectives**

1. Improve skills and knowledge in developing community-based partnerships that promote the common good.
2. Identify how to cast a vision for a collaborative effort among community partners.
3. Discover what different community partners are able to uniquely offer the community.
4. Learn what is required to successfully lead a cross-sector collaborative effort.
5. Gain knowledge around how to sustain a collaborative effort over time.

### **Target Audience**

Faith leaders, faith community members, social workers, mental health professionals, human service administrators, concerned citizens, and local governmental officials.

## Boundaries: Why They're Important, Noticing When We Have Them and When We Don't, and Some Ideas about Getting Some

### Course Description

This training will equip community members to establish and maintain healthy boundaries within the context of our personal and professional lives. Particular attention will be given to the value of self-understanding as well as practical approaches to helping others without burning out.

### Course Objectives

1. Identify why boundaries are important to our lives at home and work.
2. Examine your own boundary profile.
3. Understand the connection between boundaries and personal wellness.
4. Learn how to set boundaries while still being able to effectively help others.
5. Apply boundary approaches to the unique contexts of participants.

### Target Audience

Faith leaders, faith community members, social workers, mental health professionals, volunteer helpers, and family members and friends of those with mental health struggles.

## QPR: Question, Persuade, Refer

### Course Description

This training will teach participants skills for supporting people considering suicide. Specific attention will be given to the methods of question-asking, persuasion, and referring people to community resources.

### Course Objectives

1. Increase awareness of the suicide epidemic in our society.
2. Gain an understanding of the various approaches to asking people about suicide.
3. Learn approaches to helping persuade people thinking about suicide to choose life.
4. Gain knowledge around how to refer people thinking about suicide to community resources.

### Target Audience

Community members, social workers, clergy, faith community members, peer specialists, and nurses.

## Healing and Hope for Suicide Survivors

### Course Description

This training will provide participants a way of supporting those who've lost loved ones to suicide. Particular attention will be given to the stories and experiences of real-life survivors and what we can learn from them about approaches and resources that are most helpful to finding healing and hope.

### Course Objectives

1. Increased awareness of the experiences of those who've lost loved ones to suicide.
2. Identify the unique challenges facing survivors.
3. Gain an understanding of resources available to assist survivors in the process of healing.
4. Gain knowledge and strategies for building a more suicide-safe community.

### Target Audience

Community members, clergy, faith community members, social workers, and peers.

## What Teachers Should Know About Mental Health

### Course Description

This workshop will equip educators to have a better understanding of mental health issues affecting teachers, students, and the educational process. Practices and resources will be explored for fostering mental wellness in the school and classroom.

### Course Objectives

1. Gain an understanding of common mental health issues affecting teachers and students.
2. Know how teacher mental health affects student mental health.
3. Identify what practices and resources foster mental wellness within a school context.

### Target Audience

Teachers, school administrators, students, and parents.

**Connect with us to learn more about these opportunities at 215.540.2150 x1286 or [IntersectNetwork@accessservices.org](mailto:IntersectNetwork@accessservices.org).**





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and Montgomery Counties.



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