



FAITH-BASED OUTREACH COMMITTEE

WEDNESDAY, JUNE 5, 2024

4:00 P.M.

2012 West 25th Street, United Bank Building / 6th Floor - Ohio Room

Committee Mission Statement: To recognize and advocate spirituality in the recovery process; to connect the spiritual perspective with other interventions and best practices; and to promote the concept that treatment works and people recover.

AGENDA

- 1. Call to Order** – *Rev. Benjamin F. Gohlstin, Sr., Committee Chair*
- 2. Public Comment on Agenda Items** – *Rev. Benjamin F. Gohlstin, Sr.*
- 3. Approval of Minutes:** February 7, 2024 – *Rev. Benjamin F. Gohlstin, Sr.*
- 4. Faith-based Outreach Program 2024 1st Quarter Report / Current Status Highlights** – *Starlette Sizemore, Director of Special Projects*
- 5. Program Provider Presentations:**
 - OhioGuidestone - Utilizing Spiritual Care as a Bridge to Mental Health Services
- *Michael Kraynak, Community Chaplain & Case Manager*
 - NAMI Greater Cleveland
- *Matt Gesicki, Outreach and Education Coordinator*
- 6. New Business**
- 7. Follow-up**
- 8. Public Comment Period**
- 9. Upcoming June and July Board Meetings:**
 - Finance & Oversight Committee Meeting: June 12, 2024
 - General Meeting: June 26, 2024
 - Committee of the Whole Meeting: July 17, 2024
 - General Meeting: July 24, 2024 at Thrive Peer Recovery Services, 29201 Aurora Road, Suite 400, Solon, Ohio 44139

Faith-based Outreach Committee

Rev. Benjamin F. Gohlstin, Sr., Committee Chair
Patricia James-Stewart, M.Ed., LSW, Committee Vice Chair
Ashwani Bhardwaj; Rev. Brenda Ware-Abrams; Mary Warr, M.Ed.

ALCOHOL, DRUG ADDICTION & MENTAL HEALTH SERVICES BOARD OF CUYAHOGA COUNTY

FAITH-BASED OUTREACH COMMITTEE MINUTES
FEBRUARY 7, 2024

Committee Members Present: Rev. Benjamin F. Gohlstin, Sr., Committee Chair, Patricia James-Stewart, M.Ed., LSW, Mary R. Warr, M.Ed.

Absent: Ashwani Bhardwaj, Rev. Brenda Ware-Abrams

Board Staff Present: Scott Osiecki, Chief Executive Officer, Sarah Adkins, Linda Lamp, Clare Rosser, Jessica Saker, Starlette Sizemore, Nick Weaver, Joicelyn Weems

1. CALL TO ORDER

Rev. Benjamin F. Gohlstin, Sr., Faith-based Outreach Committee Chair, called the meeting to order at 4:02 p.m. Ms. Mary Warr read into the record the Committee Mission Statement: *“To recognize and advocate spirituality in the recovery process; to connect the spiritual perspective with other interventions and best practices; and to promote the concept that treatment works and people recover.”*

2. PUBLIC COMMENT ON AGENDA ITEMS

No public comment on agenda items was received.

3. APPROVAL OF MINUTES

The Faith-based Outreach Committee minutes of October 4, 2023 were approved as submitted.

4. FAITH-BASED COMMUNITY DISTRIBUTION PROJECT

Rev. Gohlstin expressed that the Board, in collaboration with the faith-based community, is assembling 150 resource bags to aid faith leaders and 150 resource bags to aid their congregations in assisting individuals facing behavioral health crises. These bags will contain various items, such as a clergy handbook and a mental health guide tailored for faith leaders, as well as supplies for harm reduction to mitigate overdoses. Additionally, they will include information on the 988 crisis hotline and resources to support children and youth experiencing crises. He stated that the distribution will encompass all religious denominations or operate on a nonsectarian basis.

Ms. Mary Warr praised everyone who contributed to putting together the resource bags and asked for a status update on how these resources are being distributed. Rev. Gohlstin mentioned that as of now, United Pastors in Mission, The Baptist Pastors Council, The Baptist Ministers Conference, and Greater Cleveland Congregations plan to place the resource bags in easily noticeable areas for their congregants to access as required. However, the information provided in the resource bags for faith leaders will be tailored to their specific needs.

5. FAITH-BASED OUTREACH PROGRAM 2023 1-3 QUARTER REPORT / CURRENT STATUS HIGHLIGHTS

Ms. Starlette Sizemore, Director of Special Projects, reported that the 2023 1-3 Quarter Report contains 11 pages of in-depth analysis of information that includes measurements for all seven providers individually, plus combined data; along with observations about outcomes. The full report is available on the ADAMHS Board's website.

Ms. Sizemore stated that the mission of the Faith-based Outreach initiative is to recognize and advocate spirituality in the recovery process; connect the spiritual perspective with other interventions and best practices; and promote the concept that treatment works and people recover. Due to program differences and ages of program participants, several measurement instruments were used. A chart was shared that showed combined results from all providers using the same measurement tool. The grand total of individuals served for all seven faith-based providers year to date was 857; and the expected annual total was 785. Discussion was had regarding the objectives concerning the number of people served, and Rev. Gohlstin praised the excellent work of faith-based providers, noting a significant increase in community needs.

Ms. Sizemore highlighted that there are various means for measuring the effectiveness of these programs through three measurement instruments: Devereux Student Strengths Assessment (DESSA) Outcomes, Devereux Adult Resilience Survey (DARS), and Quizzes/Evaluation, which includes Mental Health First Aid (MHFA) and Awareness & Education. The faith-based programming for children in grades K-12th is measured through the DESSA instrument by comparing a Pre Assessment with a Post Assessment. The DESSA web-based system is designed to help school and after-school program staff promote the healthy social-emotional development of all children. As there are differences between younger children and high school age children, two separate instruments have been developed for children in grades K-8 and the high school grades. The DESSA is a thorough assessment of the following social-emotional competencies: Self-awareness; Social-awareness; Self-management; Relationship Skills; Goal Directed Behavior; Personal Responsibility; Decision Making Skills; and Optimistic Thinking, which translates to a score and is categorized through a numerical value. 60 and above indicate social and emotional “Strengths” showing children doing well; 40-59 indicate “Typical” positive behaviors for children; and 40 and below indicate “Need for Instruction” to further develop social and emotional skills.

The faith-based program for adults demonstrates resiliency measured as Always (A), Sometimes (S), or Not Yet (N) through the DARS instrument that promotes self-awareness regarding personal strengths to enhance creativity and the ability to set limits to cope with adversity and stress measured through the following areas: Will gain knowledge to develop healthy relationships; Will learn skills to increase self-worth to enhance internal beliefs and values; Will learn strategies to develop/enhance self-motivation to increase independence; and Will learn to self-regulate and control without the use of substance and negative influences. Ms. Sizemore highlighted that total DARS administered through the 3rd Quarter 2023. The aggregate improvement on DARS scores for all providers was 266 individuals for the first time, and 248 individuals for the second time. This allowed for the analysis of outcomes from this tool. Overall, 90% of clients assessed at Board providers improved in at least one aspect of the DARS assessment (in comparison to their first assessment). Further, 83% improved in relationship scores, 77% improved in internal belief scores, 82% improved in initiative scores, and 79% improved in self-control scores.

MHFA is designed to teach individuals how to spot the signs and symptoms of mental illness and provide help on a first aid basis. Individuals who are participating in a MHFA training provided by a faith-based program provider are expected to successfully complete the course evaluation/quiz and score at least 80% based on the following topics: Helpful Things to Say; Myths and Facts-Suicide and Self-Injury; Suicidal Thoughts and Behaviors; Panic Attacks; Traumatic Events; Auditory Hallucinations; Psychosis; and Substance Use Disorders. Participants demonstrated on a quiz a passing level of competence of 82% during the First Quarter of 2023. No one participated in a MHFA program during the Second and Third Quarters of 2023.

The Awareness & Education programs are designed to present a variety of mental health and substance use knowledge to raise their level of education and awareness. These programs are being done by National Alliance on Mental Illness (NAMI) Greater Cleveland (GC) and It's Not a Moment, It's a Movement (INAMIAM).

Ms. Sizemore reported on a variety of current highlights from each the seven faith-based providers, which included the following:

- **99Treasures Arts & Culture – Holistic Solutions for Holistic Problems Initiative**

Holistic Solutions for Holistic Problems initiative provides a base-strategic program and art activities that aid an intergenerational population; and provides a human-centered and spiritual approach for clients using holistic, culturally specific and interfaith services. This initiative also provides an innovative, therapeutic year-round out-of-school-time program and a summer camp.

Ms. Sizemore highlighted that 41 youth and adults maintained their sobriety; participants visited the Cleveland Museum of Art, particularly to see selected pieces of artwork that were created by artists of color; and participants attended a program at the Sears Think Box to see a young artist that works with metal to create original pieces.

- **Galilean Theological Center (GTC) – Substance Use Disorders Educational & Training Program for Latinx Clergy & Church Leaders**

GTC has a Substance Use Disorders Educational and Training Program for Latinx Clergy and Church Leaders that addresses disparities and develops equity for the Latinx community of Northeast Ohio as it relates to substance use disorders and mental health challenges.

GTC held *Spiritual Caregiving to Help Addicted Persons and Families*; with 52 registrants and 43 successfully completed this component. Credentialing and Certification had 43 participants that met the requirement for licensure and certification. They also held *Integrated Management of Psychological Trauma & Interpersonal*; and 43 participants successfully completed this component.

▪ **INAMIAM**

The Faith Movement provides faith leaders of all races and denominations with tools for developing Mental Health Ministries aimed at reducing the stigma of mental illness and investing in the important role of spirituality in the treatment and recovery process. INAMIAM serves 50 faith leaders.

INAMIAM held the following events:

- Trainings impacted several institutions of faith and 90 plus individuals.
- Several referrals for behavioral health services.
- Mental Health Educational Sessions.
- *Mentally Mangled Mental Health Tour*.
- Collaborated with community partners and organizations.

▪ **Naaleh Cleveland – High Risk Mentorship Program**

Naaleh's High Risk Teen Mentorship Program provides mentorship to struggling teens in the community that are having a difficult time with substance use, mental health issues, and family dysfunction. They work on building self-esteem and self-confidence through learning life skills and physical fitness.

Naaleh Cleveland provided peer support and mentoring, schoolwork and understanding the utility of coping with emotions, employment and becoming more independent and General Educational Development (GED) test and requirements for high school.

▪ **NAMI GC**

NAMI GC builds relationships with faith-based organizations and increases support, education and referrals around mental health and substance abuse issues in community churches by building support groups/partnerships, and by providing an understanding of mental/behavioral health and dual diagnosis.

NAMI GC held three trainings. The first training was Understanding Mental Illness with 16 participants at Abundant Grace Fellowship Church, located at 5780 Dunham Road, Maple Heights, Ohio 44137. The second training was a webinar titled *Religious and Spiritual Trauma: Pathways to Healing* with 42 participants. The third training was Mental Health First Aid with 19 participants at AVIVA Church, 4840 State Road, Cleveland, Ohio 44109.

▪ **OhioGuidestone – Workforce 360°**

The Workforce 360° Faith-based Services Program utilizes spiritual care as a bridge to mental health services and uses both group and individual sessions to promote resiliency, supportive relationships and healthy coping mechanisms to prevent and mitigate mental health and substance use disorders. A Community Chaplain collaborates with staff to provide resources and support in the classroom and in situations of crisis, high emotion and life decisions.

Utilizing Spiritual Care as a Bridge to Mental Health Services reported the following:

- # newly accessed mental health services – 1 individual this month, 20 individuals in total
- # received mental health services and spiritual services – 20 individuals
- # only received spiritual services – 71 individuals
- # enrolled – 91 individuals in total

- Expanded Chaplain engagements – 1 individual this month, 16 individuals in total

- **Trinity Outreach Ministries – Another Chance Of Ohio**

Inner City Youth and Families Cultural Arts Program provides prevention programs to children in the Family First Childcare Center and families and youth attending Trinity Outreach Ministries, Holy Trinity Church and the Cultural Arts Center. The program provides family fitness, music classes, facilitates spiritual and character development, cultural or performing arts classes and community outreach.

The Faith Program created opportunities to strengthen connections to positive individuals and to be more assertive and courageous, participated in successful *Hours of Power* throughout the month and participated in a fashion show with close to 200 in attendance.

Ms. Sizemore responded to questions from the Board Directors present. She also noted that the detailed Faith-based Outreach Program 2023 1-3 Quarter Report/Current Status Highlights can be reviewed for additional detail; and reiterated that these detailed reports are provided on the Board's website. (The PowerPoint presentation and detailed Faith-based Outreach Program 2023 1-3 Quarter Report are attached to the original minutes stored in the Executive Unit.)

Rev. Gohlstin mentioned his recent involvement in a Cleveland State University group, where he had a minor role in a movie alongside a 10-year-old African-American male from Chicago. Additionally, he highlighted DJ Lily Jade, a 9-year-old from South Euclid, who has hosted a radio show on 95.9 FM WOVU Radio for the past six years, airing on Saturday mornings from 11:00 a.m. to 12:00 p.m. These instances demonstrate the valuable contributions of our youth, suggesting potential partnerships to amplify their voices further. Mr. Osiecki suggested that these individuals would make ideal candidates to support the Board's youth group, YouthMOVE (Motivate Others through Voices of Experience).

6. PROGRAM PROVIDER PRESENTATIONS

- **Naaleh Cleveland High Risk Mentorship Program**

Mr. Daniel Solganik, who serves as the Director of Behavioral Health Services at Naaleh Cleveland, provided insights into the Teen At Risk Mentorship (T.A.R.M.) Program. He conveyed that Naaleh Cleveland is dedicated to addressing community needs by developing tailored behavioral health programs. Unfortunately, there was a need in their community for an T.A.R.M. Program, which was started a number of years ago; and every year it is a slightly different group, and the needs are slightly different.

Naaleh is a non-profit organization whose mission is to strengthen the mental and emotional health of the community. They recognize the explosion of unmet mental health needs in their community, the opioid addiction crisis in their region and the alarming rates of children not completing high school in greater Cleveland. Mr. Solganik also noted that extensive data shows that mentorship is one of the most impactful interventions for teenagers struggling with mental and emotional health.

Program goals include the following:

- Network – with community schools to identify kids in greatest need of help.
- Build Skills – ensure GED or high school graduation.
- Mentorship – provide quality mentorship.
- Mental Health – connect teens with professional and rehabilitation centers.

The mentees of Naaleh's teen mentorship program have individualized goals related to improving their mental, emotional and physical health. During the fall and winter, Naaleh provides the opportunity to achieve their educational and personalized goals. An impressive number of boys have completed their GEDs this year. Goals chosen by mentees include: Education, Physical Health, Mental Health, Social Skills, Jobs and Religious Growth; and 80% reached their overall goal for the year.

Mr. Solganik presented an overview of Naaleh's referral hotline, along with emphasizing Rabbi Kielski's Teen Camp, where participants enjoy their summer while learning valuable vocational skills like painting, carpentry, and landscaping. Additionally, he shared testimonials from the summer teen program to provide feedback.

A new preventative approach for the school year 2023-2024 includes two case managers serving five schools and includes:

- Student planning – create student plans to improve behavior and functioning in the classroom.
- Collaboration – serve as point men ensuring cohesive collaboration between parents, students, principals and teachers to ensure an all-team, multi-directional approach to maximize each student's potential.
- Advocate – case managers advocate for parent's and student's needs and serve as the parent's liaison to the school.
- Referrals – provide referrals based on student needs.

Mr. Solganik addressed inquiries from the Board of Directors. Ms. Warr inquired about signage at each site, discovering that Naaleh oversees its own referral network. Mr. Solganik mentioned Naaleh's two locations: the Teen Risk Mentorship Program, also known as the Living Room Program, situated at the intersection of Warrensville and Mayfield, with the main office nearby at the intersection of Richmond and Mayfield. (The PowerPoint presentation is attached to the original minutes stored in the Executive Unit.)

▪ **Trinity Outreach Ministries – Another Chance of Ohio**

Dr. Deborah Watson-Daniels, Program Operations Director/Manager at Trinity Outreach Ministries, conveyed that the organization cultivates a culture of family, hope, restoration, and worship by fostering Godly living, exchanging ideals, and fostering goodwill among members. She noted that their faith-based program, supported by the ADAMHS Board for over a decade, has become integral to the community. Their main location is situated on Woodland, but they also offer services at a site on Ashbury, a location that was recently renamed in honor of Dr. Watson-Daniel's father, reflecting their deep connections to the Glenville neighborhood.

Dr. Watson-Daniels showcased their accomplishments and underscored their objectives for the forthcoming year. She mentioned that one of the programs they've undertaken is called The Village, which supports children who have been removed from their homes while awaiting foster care placement. Dr. Watson-Daniels also shared that The FAITH Program Inner City Youth and Families Cultural Arts Performance Program is an after school and weekend prevention program that provides a holistic culturally sensitive faith-based approach to early intervention serving 150 youth and families. Through various theater and fashion activities, they were able to achieve the following outcomes:

- Increased self-esteem.
- Increased interest in learning more.
- Youth involved in back stage activities include makeup, costume and wardrobe.
- Over 200 impacted.

The Cultural Arts and Youth Club has virtual and in person activities to facilitate spiritual and character development and positive peer group interactions. Outcomes included:

- Over 40 sessions in 2023.
- Youth reported having fun and feeling closer to God and to each other.
- Youth and families adopted the Sobriety Pledge.
- Youth learned and practiced weekly the craft of sound, lights and television productions.

By incorporating supplementary endeavors such as music and voice lessons, as well as Spiritual Development for Families and Youth, Dr. Watson-Daniels effectively illustrated the outcomes of each program and expressed satisfaction with the response to the services and the positive impact they have had on families and the community. Finally, she expressed gratitude to the ADAMHS Board for granting them the opportunity to continue making a positive impact in the County in 2024; and responded to questions from the Board Directors. (The PowerPoint presentation is attached to the original minutes stored in the Executive Unit.)

7. PREVENTION RULES FOR FAITH-BASED PROVIDERS

Mr. Woo Jun, Chief Operating Officer, reported on the Prevention Rules for Faith Based Providers – Ohio Administrative Code (OAC) 5122-29. He shared that the general rule is that a provider that seeks government funding for prevention services, the provider must be certified. However, a faith-based provider is exempt from this rule but have to partner with a certified prevention provider and verified by writing to provide prevention services. Board staff reviewed the faith-based

providers and identified two providers who would be affected by this rule, Trinity Outreach Ministries and INAMIAM. Both providers are in compliance with this new prevention rule as they have partnered with certified prevention providers and submitted the necessary documentation to the Board. Discussion arose concerning the interpretation of different segments within the ORC.

8. NEW BUSINESS

Rev. Gohlstin shared that Impacted Families USA will be hosting their first national convention at the Cleveland Public Auditorium from June 21 through June 23, 2024. Impacted Families is a coalition of impacted family members who have lost a loved one during an interaction with law enforcement; and together they are working toward advancing meaningful legislative change.

Ms. Sizemore-Rice expressed her gratitude to Mr. Nick Weaver, Evaluation and Research Officer, for his help in collecting and evaluating the faith-based data.

9. FOLLOW-UP

No follow-up was received.

10. PUBLIC COMMENT PERIOD

No public comment was received.

11. UPCOMING FEBRUARY AND MARCH BOARD MEETINGS:

- Finance & Oversight Committee Meeting: February 21, 2024
- General Meeting: February 28, 2024
- Community Relations & Advocacy Committee Meeting: March 6, 2024
- Nominating Committee Meeting: March 20, 2024
- Finance & Oversight Committee Meeting: March 20, 2024
- General Meeting: March 27, 2024

There being no further business, the meeting adjourned at 5:13 p.m.

Submitted by: Linda Lamp, Executive Assistant

Approved by: Rev. Benjamin F. Gohlstin, Sr., Faith-based Outreach Committee Chair

Faith-Based Outreach Initiative 2024 1st Quarter / Current Status Report



Presented by Starlette Sizemore
Faith-Based Outreach Committee
June 5, 2024

The 2024 1st Quarter Report is available online, and includes:

- ▶ Nine pages of in-depth analysis
- ▶ Measurements for all seven providers individually, plus combined data
- ▶ Observations about outcomes



ALCOHOL, DRUG
ADDICTION AND MENTAL
HEALTH SERVICES BOARD
OF CUYAHOGA COUNTY

Summary of the Faith-Based Prevention and Treatment Programs
Supported by the ADAMHS Board of Cuyahoga County

What is the mission of this initiative?

Recognize and advocate

- Recognize and advocate spirituality in the recovery process;

Connect

- Connect the spiritual perspective with other interventions and best practices; and

Promote

- Promote the concept that treatment works and people recover.

Highlights

Due to program differences and ages of program participants, several measurement instruments are used.

The following charts show combined results from all providers using the same measurement tool.

Number of Clients Served

Provider	# Individuals Served in 1 st Quarter 2024	Expected Annual Total
99Treasures Arts & Culture	28	200
Galilean Theological Center	45	50
It's Not a Moment, It's a Movement (Faith Leaders and Individuals)	7	50
Naaleh Cleveland	36	40
NAMI - Mental Health First Aid	172	30
NAMI Education & Awareness Program	19	140
OhioGuidestone	29	115
Trinity Outreach Ministries – Another Chance of Ohio	41	170
Grand Total	377	785

Measuring Outcomes

DESSA -
Social-emotional
learning for K-8 and
high school children

DARS - Resiliency for
adults

Quizzes/Evaluation -
Knowledge test for
Mental Health First Aid
(MHFA), Awareness &
Education

Measuring Outcomes

Program Outcome Type	# Individuals Served by Quarter				
	Q1	Q2	Q3	Q4	Total
DESSA	0				0
DARS	75				75
MHFA	19				19
Awareness & Education	132				132
Total	226				226

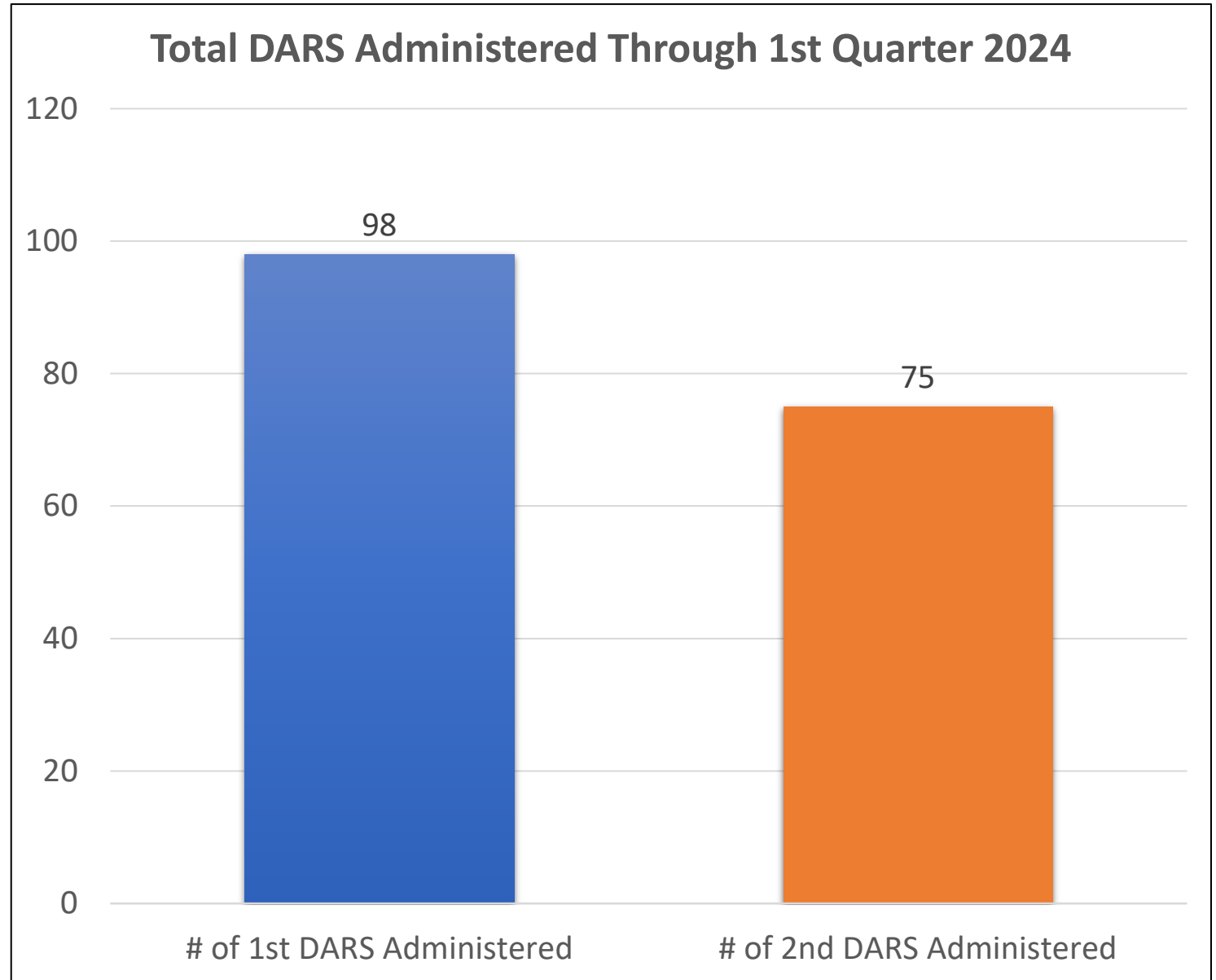
DESSA Providers: 99Treasures Arts & Cultures, Naaleh Cleveland and Trinity Outreach

DARS Providers: 99Treasures Arts & Cultures, OhioGuidestone and Trinity Outreach

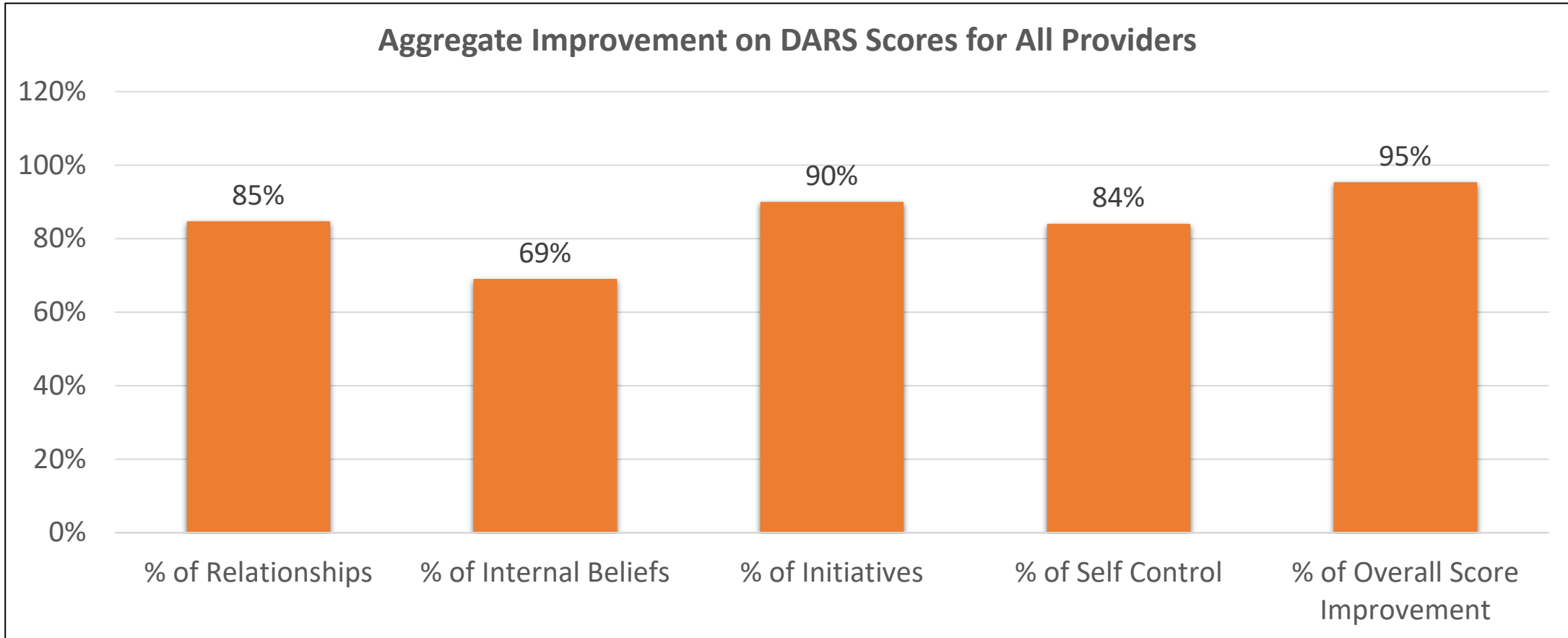
MHFA Provider: NAMI Greater Cleveland

Awareness & Education Providers: Faith-based Outreach Committee, It's Not a Moment, It's a Movement (faith leaders & individuals) and NAMI Greater Cleveland

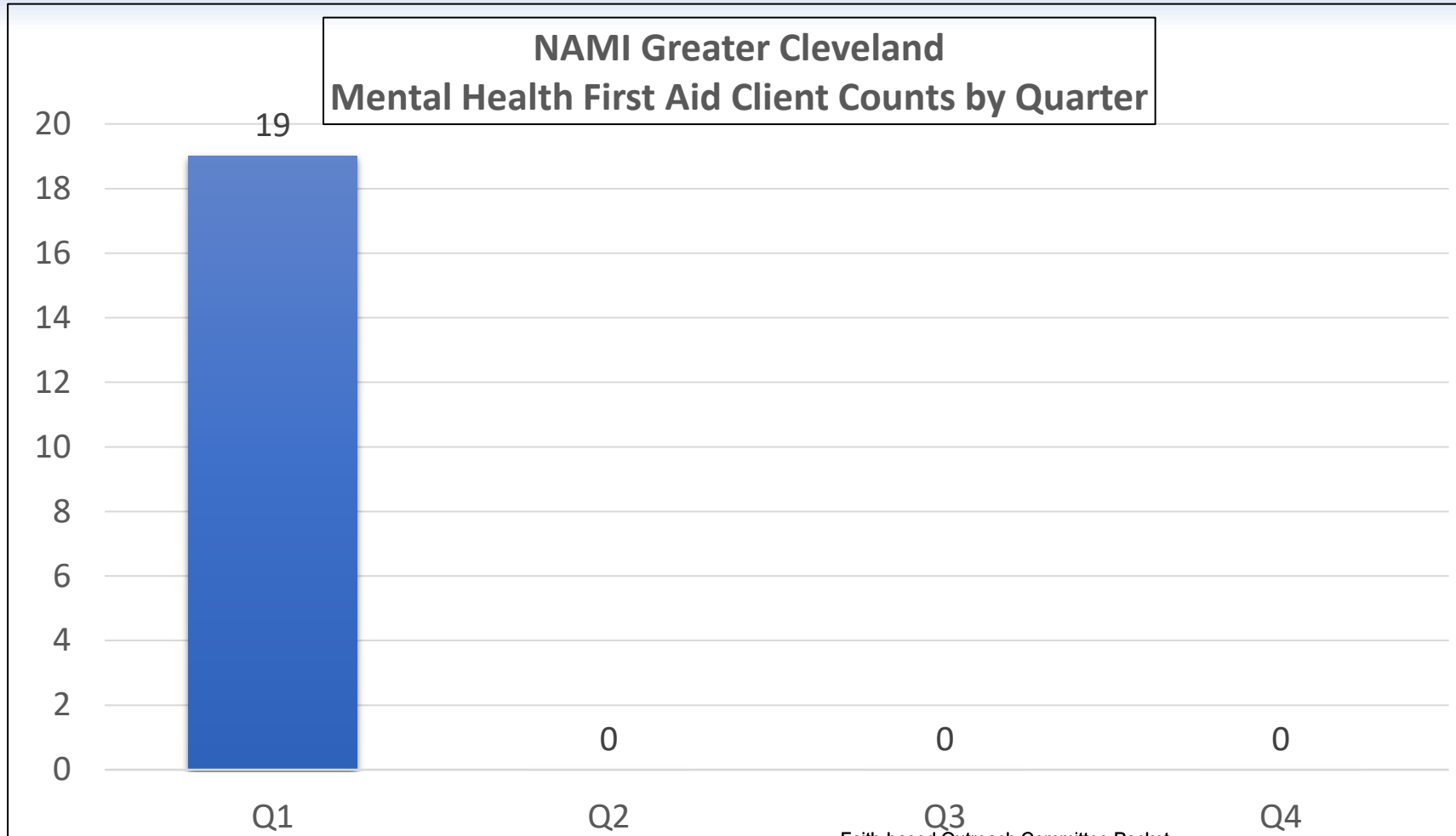
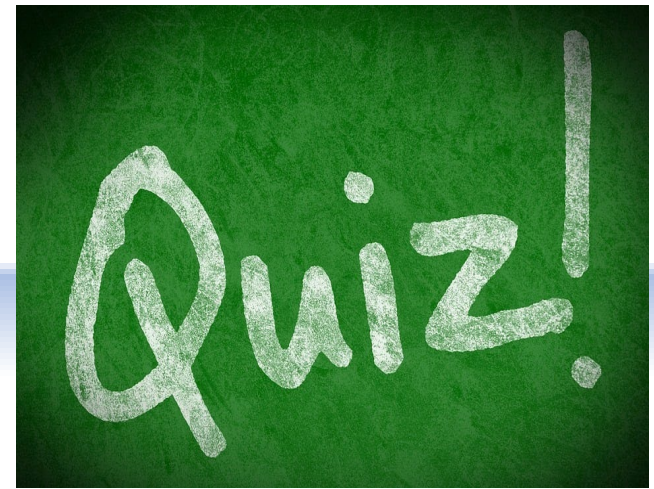
Devereux Adult Resilience Survey (DARS)



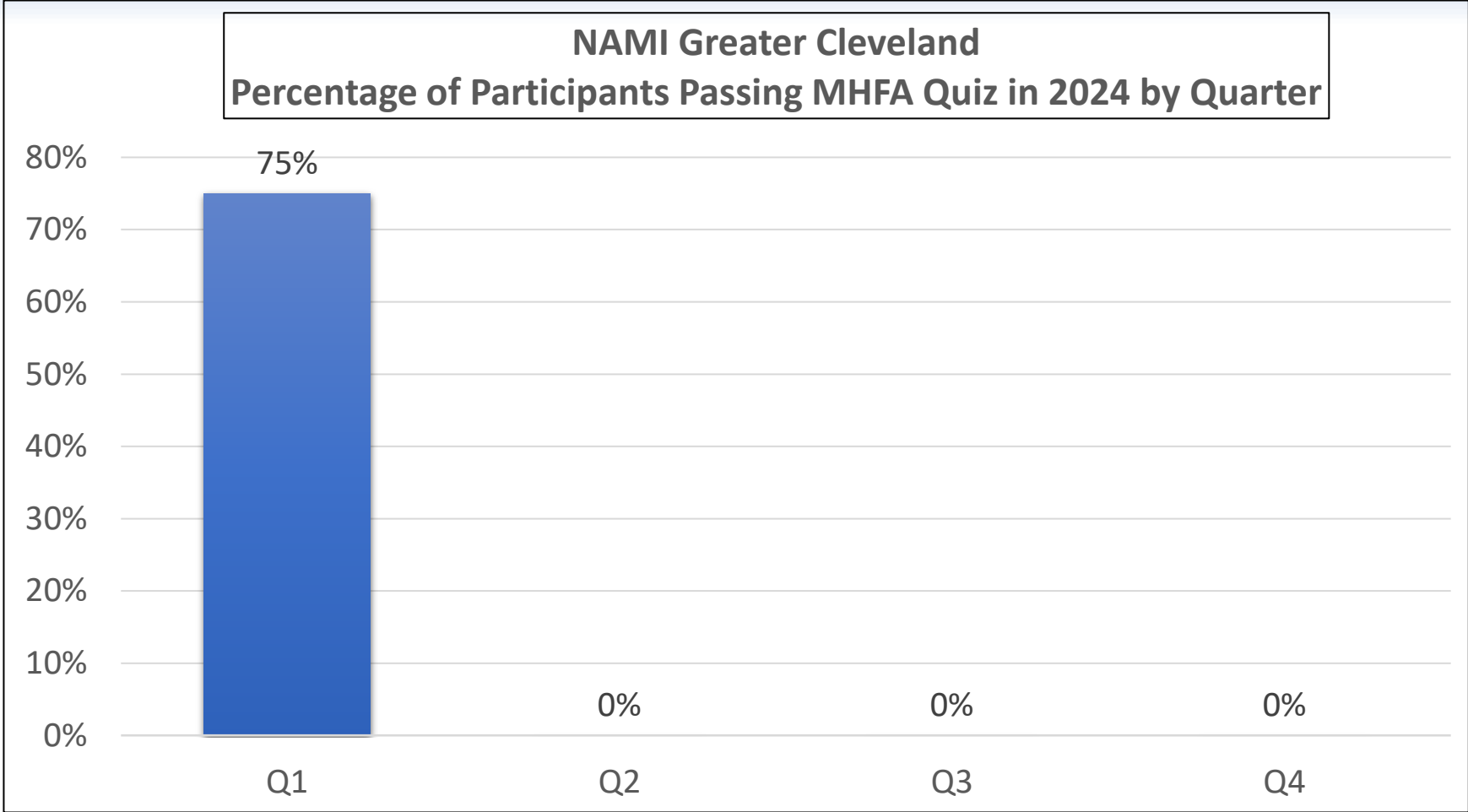
Devereux Adult Resilience Survey (DARS)



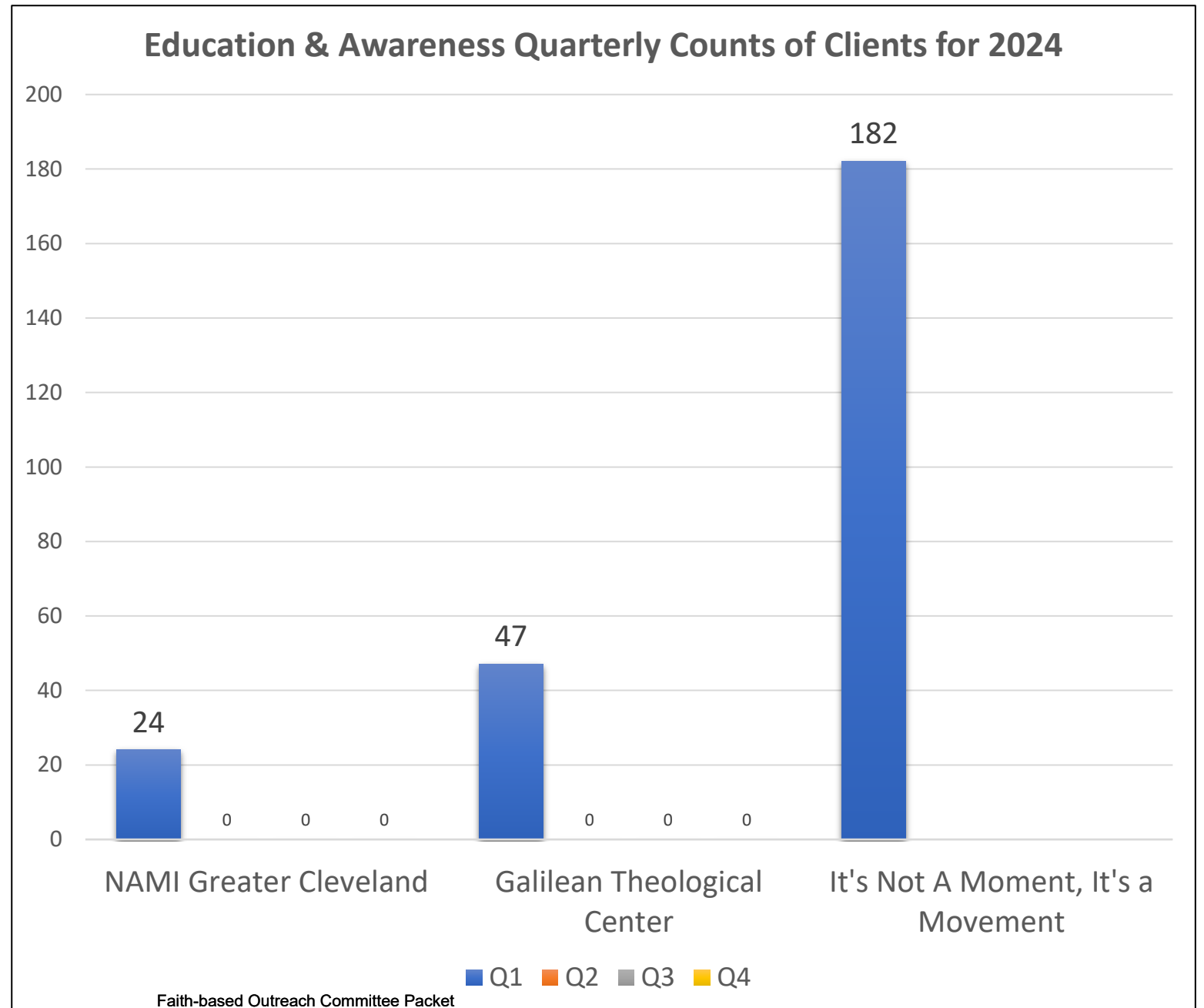
Quizzes - Mental Health First Aid



Quizzes - Mental Health First Aid

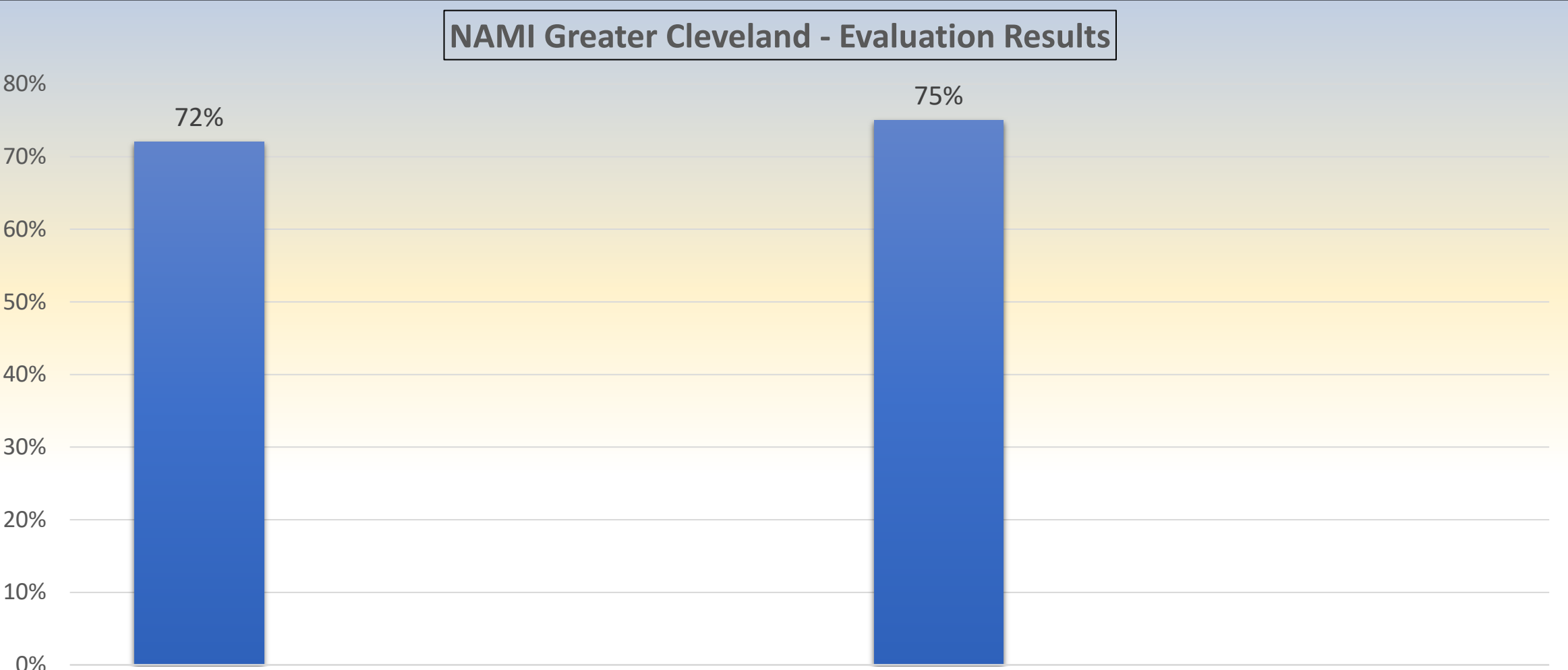


Evaluations - Awareness & Education Programs



Evaluations - Awareness & Education Programs

NAMI Greater Cleveland - Evaluation Results



Presentation met expectations and provided useful information.

Learned something new by attending this presentation.

Highlights

Seven Providers:

- 99Treasures Arts & Culture
- Galilean Theological Center
- It's Not a Moment, It's a Movement
- Naaleh Cleveland
- NAMI Greater Cleveland
- OhioGuidestone
- Trinity Outreach Ministries



99Treasures Arts & Culture | Highlights

Holistic Solutions for Holistic Problems initiative provides a base-strategic program and art activities that aid an intergenerational population. Provides a human-centered and spiritual approach for clients using holistic, culturally specific, and interfaith services. Provides an innovative, therapeutic year-round out-of-school-time program and a summer camp.



2024 Peace Camp

Youth Opportunities Unlimited work site

Youth taught first painting class

Twenty-eight participants maintained their sobriety.



Galilean Theological Center | Highlights

Substance Use Disorders Educational AND Training Program for Latinx Clergy and Church Leaders addresses disparities and develops equity for the Latinx community of Northeast Ohio as it relates to substance use disorders and mental health challenges.

- Component I will launch on June 15th.
- Component II started on May 11th.
- Component III is scheduled to start on August 3rd.
- Registered 47 pastors and church leaders



It's Not a Moment, It's a Movement | Highlights

The Faith Movement provides faith leaders of all races and denominations with tools for developing Mental Health Ministries aimed at reducing the stigma of mental illness and investing in the important role of spirituality in the treatment and recovery process.

- Referred three individuals to behavioral health services.
- 2024 Mentally Mangled Mental Health Conference.
- Facilitated one community conversations.
- Trained three faith institutions to create Mental Health Ministries.

IT'S NOT A MOMENT
IT'S A MOVEMENT

JOIN US FOR OUR ANNUAL MENTAL HEALTH CONFERENCE
ITS NOT A MOMENT, ITS A MOVEMENT
PRESENTS

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MENTAL HEALTH**
in the Black Family

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MAY 22ND, 2024

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PASTOR
KYLE EARLEY

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MOVEMENT**
It's Not a Moment, It's a Movement

ADAMHS
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ALCOHOL, DRUG ADDICTION & MENTAL HEALTH SERVICES

Naaleh Cleveland | Highlights

High Risk Mentorship Program provides mentorship to struggling teens in the community that are having a difficult time with substance use, mental health issues, and family dysfunction. Building self-esteem and self-confidence through learning life skills and physical fitness.



- Built relationships, supportive and worked together.
- Mentored around sticking to plans, doing schoolwork, and motivation.
- Shared the value in coping with emotion, going to therapy, future thinking, and conflict resolution skills.

NAMI Greater Cleveland | Highlights

Builds relationships with faith-based organizations and increases support, education and referrals around mental health and substance abuse issues in community churches by building support groups/partnerships, and by providing an understanding of mental/behavioral health and dual diagnosis.

- Understanding Mental Illness - 33 participated
- Understanding Mental Illness (in Spanish) - 18 participated
- Spiritual Practices for Wellness: Chair Yoga – 13 participated via webinar
- Mental Health First Aid (in Spanish) – 59 Participated
- Five upcoming Faith-Based Psychoeducation Programs June - November 2024 via zoom

Faith-Based Webinar  **NAMI Greater Cleveland**
National Alliance on Mental Illness

Trauma-Informed Care for Spiritual Communities

Explore trauma-informed care and spirituality's role in healing.
Learn strategies for leaders to foster inclusivity and support.



JUNE 26 | 12PM - 1PM | Webinar will take place via Zoom.

FACILITATED BY Julie Novas, JD, LCSW
Julia is a clinical social worker, interfaith minister, yoga teacher, and meditation instructor.

[Register Online](#)

For more information  namigreatercleveland.org  Helpline: (216) 875-7776



OhioGuidestone | Highlights

Workforce 360° - Faith-Based Services Program utilizes spiritual care as a bridge to mental health services and uses both group and individual sessions to promote resiliency, supportive relationships, and healthy coping mechanisms to prevent and mitigate mental health and substance use disorders. A Community Chaplain collaborates with staff to provide resources and support in the classroom and in situations of crisis, high emotion, and life decisions.

Utilizing Spiritual Care as a Bridge to Mental Health Services			
# enrolled	# received MH services and spiritual services	# only received spiritual services	expanded chaplain engagements
17 (new) 46 (total)	10 (total)	36 (total)	5 (this month) 8 (total)



Trinity Outreach Ministries - Another Chance Of Ohio | Highlights

Inner City Youth and Families Cultural Arts Program provides prevention programs to children in the Family First Childcare Center and families and youth attending Trinity Outreach Ministries, Holy Trinity Church and the Cultural Arts Center. Provides family fitness, music classes, facilitates spiritual and character development, cultural or performing arts classes, and community outreach.

Youth and Family
Resurrection
performance.

Easter baskets and
lunches for the
homeless shelters.

Ongoing
specialized youth
sessions.



ALCOHOL, DRUG ADDICTION AND MENTAL HEALTH SERVICES BOARD OF CUYAHOGA COUNTY

Summary of the Faith-Based Prevention and Treatment Programs
Supported by the ADAMHS Board of Cuyahoga County

Faith-Based Programs Performance Outcomes 2024 1st Quarter Report

The table below shows the counts of the actual number of clients served for the first quarter of 2024 and the projected/expected client counts for the year 2024, for faith-based programs/providers funded by the ADAMHS Board of Cuyahoga County.

Provider	# Individuals Served Q1	# New Served Q2	# New Served Q3	# New Served Q4	# Total Served	Projected Expected Annual Total
99 Treasures Art & Culture	28				28	200
Galilean Theological Center	45				45	40
It's Not a Moment, It's a Movement (Faith Leaders and Individuals)	7				7	50
Naaleh Cleveland	36				36	40
NAMI Greater Cleveland - Education & Awareness Program	172				172	140
NAMI Greater Cleveland - Mental Health First Aid	19				19	30
OhioGuidestone	29				29	115
Trinity Outreach Ministries – Another Chance of Ohio	41				41	170
Total	377				377	785

Other	# in Q1	# in Q2	# in Q3	# in Q4	# Total Served	Expected Annual Total
It's Not a Moment, It's a Movement (Institutions)	2 (25 Participants)					25
It's Not a Moment, It's a Movement (Conversations)	2 (182 Participants)					12

Due to program differences and ages of program participants, several measurement instruments are used. The Devereux Student Strengths Assessment (DESSA) is designed for school age children. The Devereux Adult Resilience Survey (DARS) instrument is designed for adults. Both the DESSA and the DARS require an assessment at the beginning of a program as well as at the end of the program so that a measure of improvement can be shown. The Mental Health First Aid (MHFA) and the Awareness and Education Programs use quizzes to confirm that program participants have substantial knowledge about the program area.

Faith-Based Programs Performance Outcomes 2024 1st Quarter Report

Additionally, It's Not a Moment, It's a Movement initiates contacts that are captured as contacts with church institutions and group conversations that are not individual counts but counts reflected as instances of occurrence.

Program Outcome Type	# Individuals Served				
	Q1	Q2	Q3	Q4	Total
DESSA	0				0
DARS	75				75
MHFA	19				19
Awareness and Education (inc. NAMI Greater Cleveland and INAMIAM (faith leaders & individuals))	132				132
Total	226				226

Devereux Student Strengths Assessment (DESSA) Outcomes

Faith-based programming for children K through 12th grade is measured through the Devereux Student Strengths Assessment instrument by comparing a pre-assessment with a post-assessment. The DESSA web-based system is designed to help school and after-school program staff promote the healthy social-emotional development of all children. As there are differences between younger children and high school age children, two separate instruments have been developed for children in grades K – 8 and the high school grades. The DESSA is a thorough assessment of the following social-emotional competencies:

Self-awareness; Social-awareness; Self-management; Relationship skills; Goal-directed behavior; Personal responsibility; Decision-making skills and Optimistic thinking.

The scoring of the several competencies can be broken down into three categories:

1. **“Strengths”** shows children doing well.
2. **“Typical”** shows positive behaviors for children.
3. **“Need for Instruction”** to further develop social and emotional skills.

Presently, the Board is receiving results of the DESSA MINI instrument that screens across the eight social-emotional competencies to identify generally whether children are in need for further social-emotional instruction. The expectation is that the programs provided by the faith-based service providers using the instrument will show growth in social-emotional maturity, which may be attributed to their programs. The following charts show a breakdown of various measures collected from DESSA including numbers of DESSA submitted, numbers of clients having both the pre-assessment DESSA and the post-program DESSA assessment, and changes from pre- to post-assessments.

Faith-Based Programs Performance Outcomes 2024 1st Quarter Report

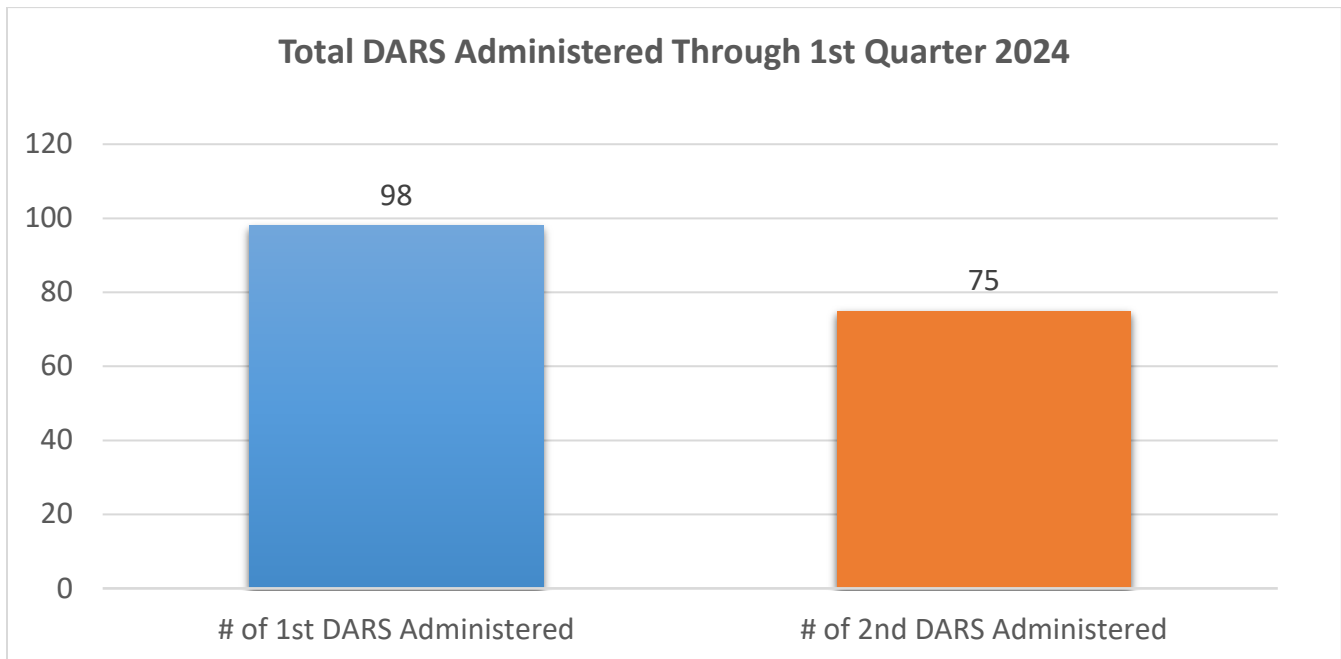
DESSA Submissions

Since all the Faith-Based programs that utilize the DESSA take place in the summer and fall, there are no DESSAs submitted for the first quarter of 2024.

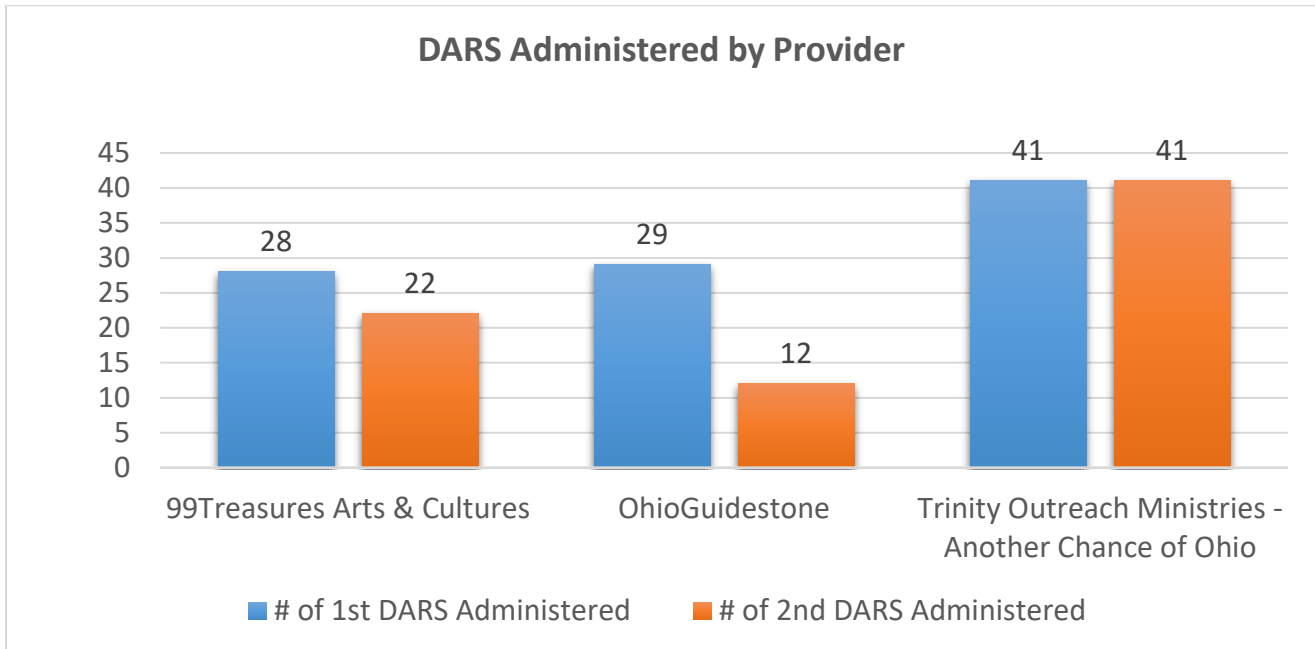
Devereux Adult Resilience Survey (DARS) Outcomes

The faith-based program for adults demonstrates resiliency measured as Always (A), Sometimes (S), or Not Yet (N) through the Devereux Adult Resilience Survey instrument that promotes self-awareness regarding personal strengths to enhance creativity and the ability to set limits to cope with adversity and stress measured through the following areas:

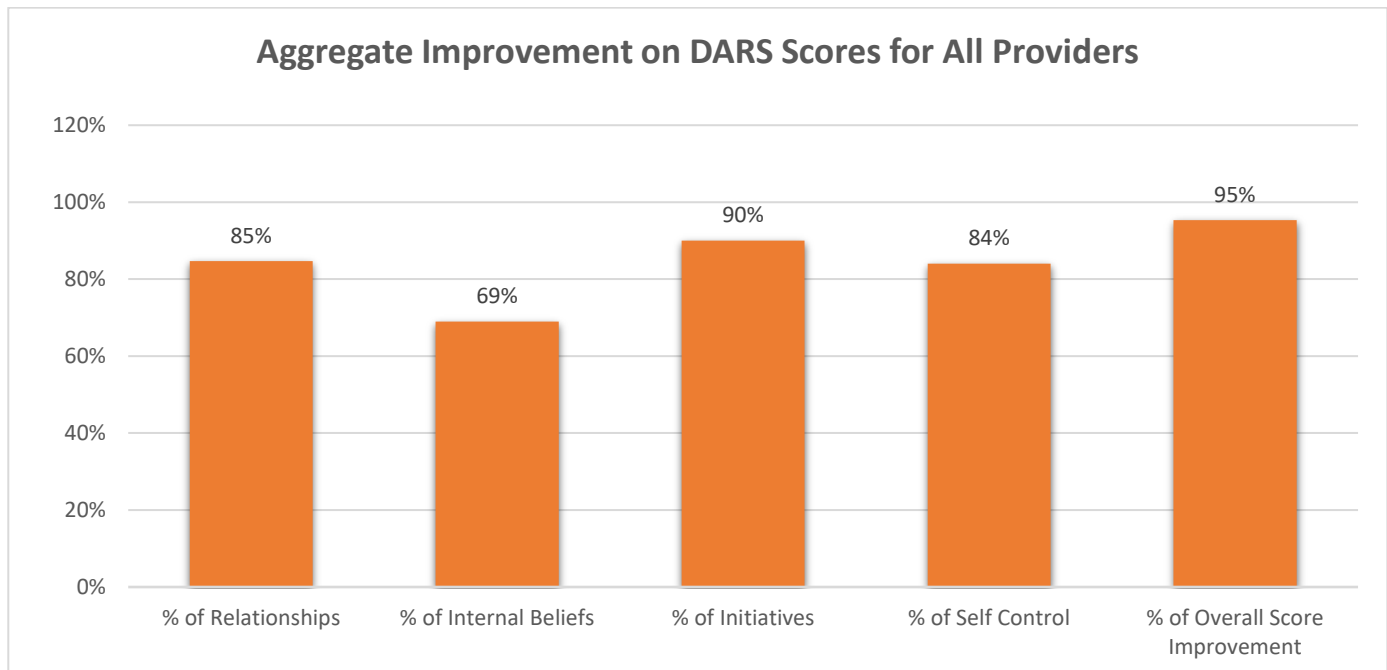
- Will gain knowledge to develop healthy relationships.
- Will learn skills to increase self-worth to enhance internal beliefs and values.
- Will learn strategies to develop/enhance self-motivation to increase independence.
- Will learn how to self-regulate and control without the use of substances and negative influences.



Faith-Based Programs Performance Outcomes 2024 1st Quarter Report



Through the first quarter of 2024, 98 individuals were evaluated for the first time, and 75 individuals for a second time. This allowed for the analysis of outcomes from this tool. Overall, 95% of clients assessed at Board providers improved in at least one aspect of the DARS assessment (in comparison to their first assessment). Further, 85% improved in relationship scores, 69% improved in internal belief scores, 90% improved in initiative scores, and 84% improved their self-control scores.



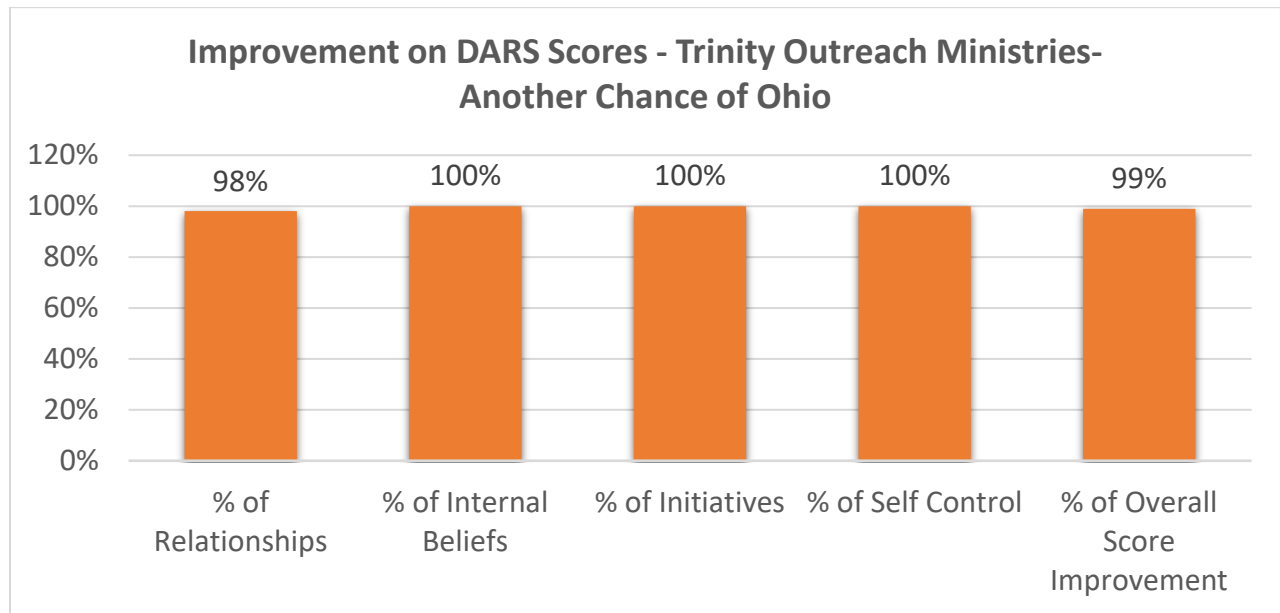
Faith-Based Programs Performance Outcomes 2024 1st Quarter Report

DARS Individual Agency Outcomes

The following charts show the percentage of improvement among clients assessed using the DARS tool (versus their first assessment) broken down by those agencies making use of the tool.



Faith-Based Programs Performance Outcomes 2024 1st Quarter Report

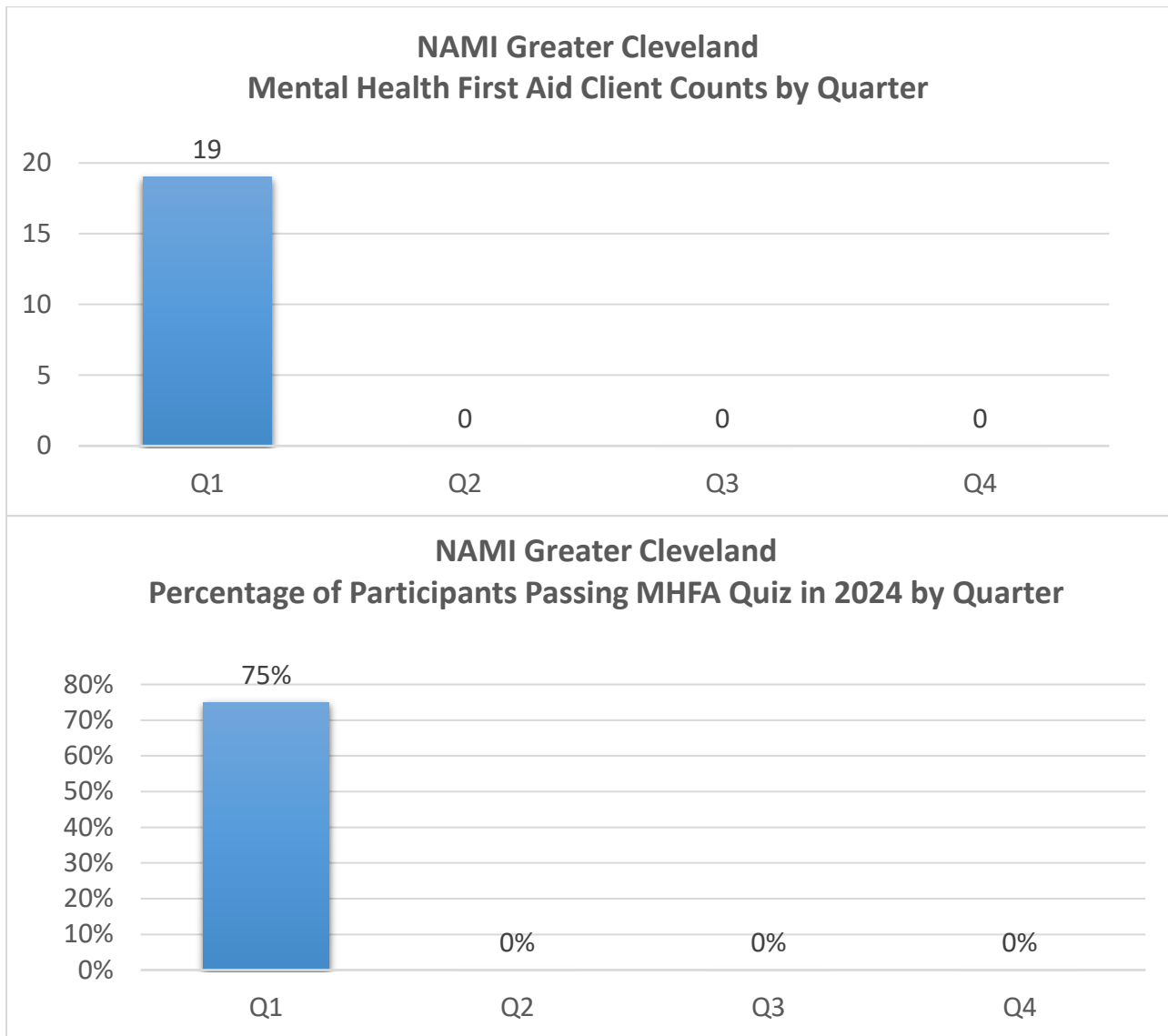


Mental Health First Aid Outcomes

Mental Health First Aid is designed to teach individuals how to spot the signs and symptoms of mental illness and provide help on a first aid basis. Individuals who are participating in a Mental Health First Aid training provided by a faith-based program provider are expected to successfully complete the Mental Health First Aid for Adults Post-Evaluation quiz and score the following:

- 80% of attendees will provide a correct answer to 4 of the 5 quiz questions.
- 80% of attendees will show an increase in each indicator when comparing before vs. after completing the MHFA for Adults Course.
- 80% of attendees will Agree or Strongly Agree that they believe that they intend to take action to help anyone they work with to address their mental health or substance use challenge(s).
- 80% of attendees will Agree or Strongly Agree that they are confident they can have a supportive conversation with anyone about mental health or substance use challenges.

Faith-Based Programs Performance Outcomes 2024 1st Quarter Report

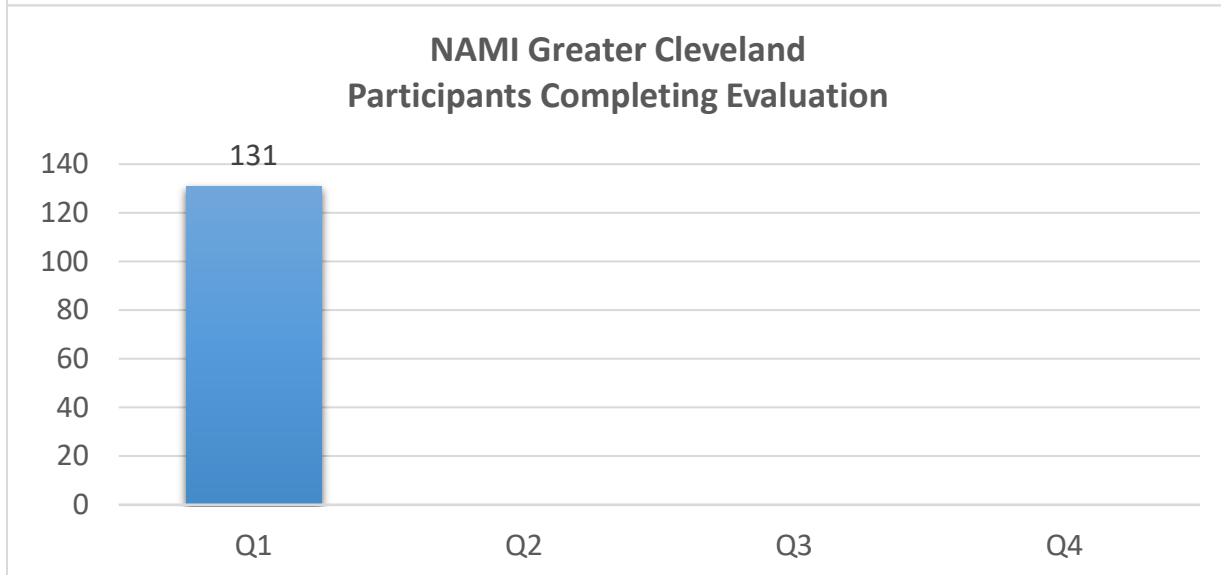
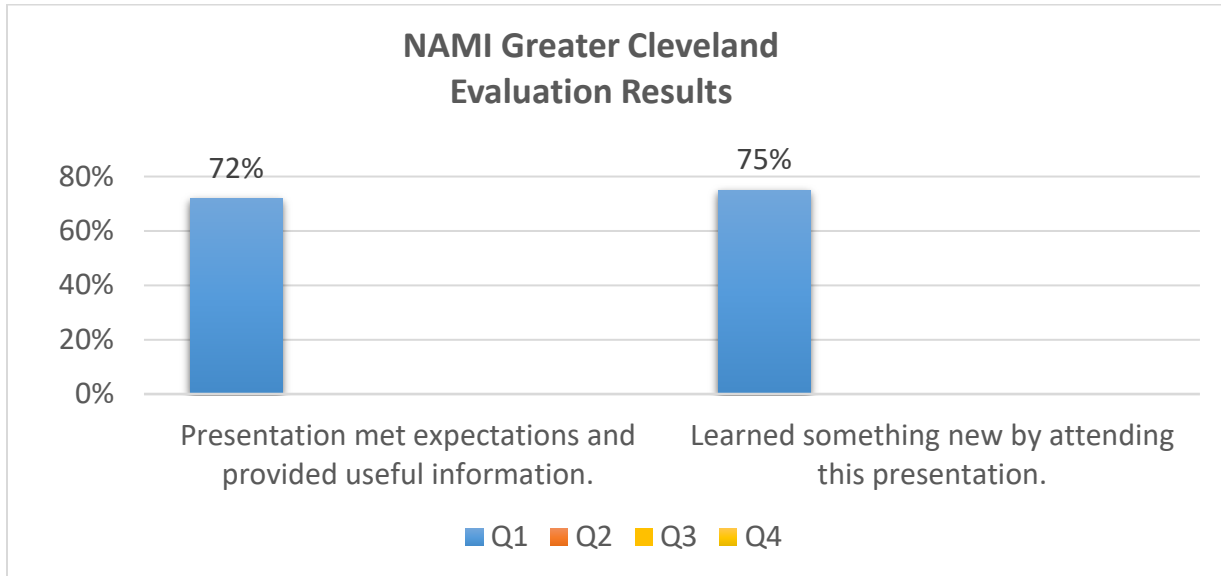


Education and Awareness Outcomes

- Galilean Theological Center – Providing Education and Awareness Training for Latinx Pastors.
 - A three-component training program, the first component of the training program will begin on June 15, 2024, while the second component started on May 11, 2024. The third component will start on August 3rd, 2024.
 - Of the initial **47** who registered for the training, **47** individuals have started Component 2 and will start component 1 on June 15, 2024.

Faith-Based Programs Performance Outcomes 2024 1st Quarter Report

- NAMI Greater Cleveland provides mental health education and support within faith-based communities for individuals with mental illness and their families. Clients are asked to complete a small survey at the end of the education presentations that gives feedback on how the participants felt about the presentation.



Faith-Based Programs Performance Outcomes

2024 1st Quarter Report

It's Not a Moment, It's a Movement (New Program) Outcomes

- It's Not a Moment, It's a Movement - Providing Education and Awareness Training for Pastors and providing guidance in the development of mental health ministries.
- Goals include increasing of behavioral health services and/or referrals, mental health ministries among local institutions, mental health education/counseling sessions, the amount of mental health conversations, and the completion of a conference intended to develop opportunities for faith leaders and behavioral health professionals to improve system access and mental health outcomes.

It's Not a Moment, It's a Movement		# of Institutions	% Increase in Service Provided
1) Behavioral Health Services and/or Referrals	Q1	6 (6 BH Prof/Referrals)	100%
	Q2		
	Q3		
	Q4		
		# of Institutions	% of Increased Preparedness
2) Mental Health Ministries	Q1	2 (25 Participants)	48%
	Q2		
	Q3		
	Q4		
		# of Institutions	% of Increased Attitudes
3) Mental Health Education and/or Counseling Sessions	Q1	1 Institution	100%
	Q2		
	Q3		
	Q4		
		# of Conversations	% Increase in BH Conversations
4) Conversations	Q1	2 (182 Participants)	100%
	Q2		
	Q3		
	Q4		
		Conversation Completed?	# of Referrals/Signed up for Training
5) Conference Participation		No, still organizing	

Faith-Based Outreach Committee Meeting
June 5, 2024

99TREASURES ARTS & CULTURE - Holistic Solutions for Holistic Problems initiative provides a base-strategic program and art activities that aid an intergenerational population. Provides a human-centered and spiritual approach for clients using holistic, culturally specific, and interfaith services. Provides an innovative therapeutic year-round out-of-school-time program and a six-week summer camp. Serving 200 individuals.

- The provider held classes that focused on painting, healthy lifestyles (drug education and healthy eating), staying safe, violence intervention and prevention, peer mentoring, cultural history, and entrepreneurship.
- Program participants completed a large painting to display at the local library and a youth council member taught her first painting class and did an outstanding job.
- The provider supplied resources, mental health services and scheduled field trips for participants.
- 99Treasures Arts & Culture provided two interactive workshops on substance abuse issues for youth and families.
- During *Saturday Family Days*, the provider taught art instructions, cultural history, and living a healthy lifestyle.
- During the community monthly *Painting for Peace* session, the provider shared information on drugs, alcohol, and support groups. The provider has a total of twenty-eight participants who maintained their sobriety.
- The 2024 Peace Camp will begin June 17 and end July 25.
- The provider participated in the collaborative planning meeting for the Mt. Pleasant neighborhood.
- The provider completed their certification to be a Youth Opportunities Unlimited work site for the summer and assisted the program participants in registering for summer employment.

GALILEAN THEOLOGICAL CENTER (GTC) – Substance Use Disorders Educational and Training Program for Latinx Clergy and Church Leaders addresses disparities and develops equity for the Latinx community of Northeast Ohio as it relates to substance use disorders and mental health challenges. Serving 40 Latinx clergy and church leaders.

- *Component I. Spiritual Caregiving to Help Addicted Persons and Families* is scheduled to launch on June 15th.
- *Component II. Credentialing and Certification* started on MAY 11th.
- *Component III. Integrated Management of Psychological Trauma & Interpersonal* is scheduled to start on August 3rd.
- GTC has registered forty-seven pastors and church leaders for their three-component program.

IT'S NOT A MOMENT, IT'S A MOVEMENT – The Faith Movement provides faith leaders of all races and denominations with tools for developing Mental Health Ministries aimed at reducing the stigma of mental illness and investing in the vital role of spirituality in the treatment and recovery process. Serving 50 faith leaders.

- The provider referred three individuals to the Minority Behavioral Health Group for behavioral health services.
- The provider's 2024 Mentally Mangled Mental Health Conference took place on May 22nd.
- The Faith Movement facilitated one community conversation: Mentally Mangled Mental Health at Avon Baptist Church.
- This organization trained three institutions of faith to create Mental Health Ministries: IMANI Church where twenty-one attended, Mt. Zion of Oakwood Village where thirty-six participated, and United Missionary Baptist Church where eight participated.
- Four faith leaders attended the Mental Health Education Pastor's Lunch & Learn session.

NAALEH CLEVELAND – High Risk Mentorship Program provides mentorship to struggling teens in the community that are having a difficult time with substance use, mental health issues, and family dysfunctions. Building self-esteem and self-confidence through learning life skills and physical fitness. Serving 40 youth.

High Risk Mentorship Program						
# of mentees	# provided drug education	# of parental support given	Explain the academics and education of life skills provided	Explain the physical fitness activities provided	# completed high school or obtained GED	# of teens that obtained employment
36 in March 36 in April	23 in March 31 in April	36 in March 36 in April	<p>Explained the connection between Passover and focus, success, and history.</p> <p>Motivated mentees to complete tasks, schoolwork, use their time wisely and stay positive.</p> <p>Shared how Peer support, having group discussions, and role modeling can build up self-esteem and work ethics.</p>	<p>Group gym visits to help with physical and mental health, routines, and resilience.</p> <p>Staff are working to create activities for less athletic/motivated mentees.</p> <p>Some mentees are walking or biking.</p> <p>Some gym time was replaced with cleaning jobs for Passover preparation- helped others, teamwork, and self-esteem.</p>	0 in March 0 in April	1 in March 0 in April

- Mentees are focused on building relationships, being supportive and working together as peers and as families.
- Staff assisted with peer support and mentoring around sticking to plans, doing schoolwork, and motivation.
- The provider helped mentees understand the utility of coping with emotion, going to therapy, future thinking, and conflict resolution skills.
- Naalah Cleveland provided education, support and guidance to a family that experienced a pseudo-overdose, self-harming incident.

NAMI GREATER CLEVELAND - Faith-Based Project - Builds relationships with faith-based organizations.

Increases support, education and referrals around mental health and substance abuse issues in community churches by building support groups, partnerships, and by providing an understanding of mental/behavioral health and dual diagnosis. Serving 170 individuals.

		Education - 140		Training - 30	Future Collaborations Minimum of 5
Faith-based organization name	Discussions/additional information	Support/customized education program title/#served/date	MH education presentation title/#served/date	Mental health first aid #session/#served /date	Yes/No
Church of the Redeemer United Church of Christ (UCC), Westlake			3/12/24 Understanding Mental Illness 8 attendees		Yes
Community of Faith Collaborative, Hub between faith leaders, Middleburg Heights	3/28/24 Meeting to confirm MHFA schedule for April 2024			4/6/24 Mental Health First Aid (in Spanish) 21 attendees	Yes
Community of Faith Collaborative, Hub between faith leaders, Middleburg Heights				4/20/24 Mental Health First Aid (in Spanish) 18 attendees	Yes
Ekklesia Church, Cleveland				4/27/24 Mental Health First Aid (in Spanish) 20 attendees	Yes
Ekklesia Church, Cleveland	3/25/24 Meeting to confirm UMI and MHFA for April 2024		4/17/24 Understanding Mental Illness (in Spanish) 18 attendees		Yes
Presbyterian Women's Organization, Beachwood			4/27/24 Understanding Mental Illness 25 attendees		No
Open to multiple faith groups and individuals in the general public, facilitated by Julie Novas, JD, LCSW		4/10/24 Spiritual Practices for Wellness: Chair Yoga 13 attendees			Yes
Total	2	13	51	59	

Looking Ahead:

- Church of the Redeemer UCC, Westlake
 - 5/19/24 – Ending the Silence
- Abundant Grace Fellowship Church, Maple Heights
 - 6/22/24 – Understanding Mental Illness
 - 10/26/24 – Mental Health in the Black Community

Upcoming Faith-Based Psychoeducation Programs:

- 6/26/24 - Trauma-Informed Care for Spiritual Communities w/ Julie Novas, LCSW
 - <https://us02web.zoom.us/meeting/register/tZAoceqqrzgiHdUovVH40fpTTBmZ5JpWKBHe>
- 7/10/24 -Spiritual Practices for Wellness: RAIN (Recognize, Allow, Investigate, Nurture) Practice w/ Julie Novas, LCSW
 - https://us02web.zoom.us/meeting/register/tZAlc-ipurjwsG9Wgt3HGP4Clw52v_xjoEM_P
- 9/9/24 -Mental Health Considerations for Muslims and Arab Americans w/ Khadeja Najjar, M.A.
 - <https://us02web.zoom.us/meeting/register/tZMsc-yurzouGd2BcQ28ZDeCWRvwVwcSg4x7>
- 10/7/24 - Spiritual Practices for Wellness: Reiki w/ Julie Novas, LCSW
 - <https://us02web.zoom.us/meeting/register/tZYvd-6pqzlpHtWmRSfBRp-ixCF328sz6SXC>
- 11/18/24 - Stress-Less Holidays: Making Peace with the Season w/ Kim Langley, M.Ed.
 - <https://us02web.zoom.us/meeting/register/tZlKfuyozorE9MW2RtfxJQLLesUZcoszQVd>

OHIOGUIDESTONE - Workforce 360° - Faith-based Services Program utilizes spiritual care as a bridge to mental health services and uses both group and individual sessions to promote resiliency, supportive relationships, and healthy coping mechanisms to prevent and mitigate mental health and substance use disorders. A Community Chaplain collaborates with staff to provide resources and support in the classroom and in situations of crisis, high-emotion, and life decisions. Serving 115 individuals.

Utilizing Spiritual Care as a Bridge to Mental Health Services			
# enrolled	# received MH services and spiritual services	# only received spiritual services	expanded chaplain engagements
17 (new)			5 (this month)
46 (total)	10 (total)	36 (total)	8 (total)

- The provider continued to serve their existing clients/students in group and individual settings.
- OhioGuidestone experienced an increase in their clients’ desire for one-on-one appointments for spiritual support in addition to the regular weekly group (class) meetings.
- The provider is very encouraged by what seems like an evolution/deepening of our program’s impact.

TRINITY OUTREACH MINISTRIES – ANOTHER CHANCE OF OHIO - Inner City Youth and Families Cultural Arts Program provides prevention programs to children in the Family First Childcare Center and families and youth attending Trinity Outreach Ministries, Holy Trinity Church, and the Cultural Arts Center. Provides family fitness, music classes, facilitates spiritual and character development, cultural or performing arts classes, and community outreach. Serving 170

Inner City Youth and Families Cultural Arts Program			
Activities	# of meetings	# of YTD meetings	Activity Description
Theater, Drama and Fashion	4	6	Participants learned the art and skill of fashion and drama. Mondays at 6:30pm - Prepared for the Annual Faith Program Fashion Shows and Theater Productions.
Cultural Arts and Youth Club	6	9	Teleconference calls/virtual classes to connect with people during the Covid-19, respiratory syncytial virus, and flu outbreaks – Friday evenings. The youth enjoyed weekends of spiritual development, positive peers group sessions. Positive peer interactions.
Dance and Youth Cheerleading Sessions	5	6	Youth learned dance movements, health promotion cheers, assertiveness toward self-esteem, wellness, preparing for upcoming events, and encouraging others. Meets on Sundays at 12:30pm and Thursdays bi-monthly at 5:30pm.
Music in Person and Virtual Choir/Voice lessons	14	26	Social distance and on-site classes were held at Trinity on Sundays and at Whitney Young School on Fridays at 2:30pm. Virtual sessions are held as needed on Saturdays at 4:30pm. Performances were held on Sundays at 10:30am and at special events.
J-Tech Team: Sound and Lights	8	17	Youth learned the art and skill of lights, sounds and cameras. Productions were held on Sundays at 9am – 1:00pm.
Hours of Power and Young /Adult Spiritual and Character Development	12	20	Addressed spiritual, sobriety, and emotional needs. Held Monday-Friday from 7am-7:30am. Young Adults and Adults <i>Keeping it Real and Keeping it Sober and Healthy</i> . Additional sessions on Wednesdays.
Virtual and face-to-face Kids Club Social Emotional Learning and Character Development. Breakfast Buddies Class	8	14	<i>Breakfast Buddies Club</i> was held on Sundays and prepared youth and families to engage in person and via Face Book. It included art, social emotional learning exercises, and character development. New weekly family engaging episodes are developed and projected to air on Saturday mornings. Other activities and field trips times vary depending on the activity.
Total	57	98	

individuals.

- The Provider stated that over two hundred attended the Youth and Family Resurrection performance. Performances included team building exercises, choreography and singing, instrumental, and dance practices.
- Provider also shared that one hundred Easter baskets were assembled and distributed to include women from the homeless shelter.
- There were ongoing specialized youth sessions that provided opportunities to strengthen connections to positive people and to be more assertive and courageous in front of others while promoting messages of hope and sobriety - fifteen youth attended.
- Participants prepared lunches and distributed them at homeless shelters.



Ohio Guidestone

WHERE NEW PATHS BEGIN

Workforce 360°

Paid job training programs for 18-24 year-olds in Cuyahoga County!

1

Ohio Guidestone/Workforce 360° Eligibility

- 18-24 year-olds living in Cuyahoga County and at least one of the following:
 - High school non-completer
 - Parenting
 - Individual with a disability
 - Involved with Justice System (Adult or Juvenile)
 - Foster care or aged out of foster care
 - Homeless individual
 - Basic skills deficient and zip code
 - Incarcerated Parent
 - Migrant Youth

2

Programs Offered

OhioGuidestone/Workforce 360 offers:

- Job Readiness Training
- Construction
- Manufacturing
- Phlebotomy
- PCNA (Patient Care Nursing Assistant)
- PCA (Patient Care Assistant)
- STNA (State Tested Nursing Assistant)



3

Faith-Based Services at OhioGuidestone/Workforce 360°

- Supported by the ADAMHS Board since 2018
- Offer group and individual sessions
- Referral pathway to mental health services



4

Faith-Based Program Outcomes – CY 2023

There were 91 participants in program, all completed a DARS 1 and DARS 2.

Out of those 91 participants:

- **65%** of the participants gained knowledge to develop healthy **Relationships**.
- **45%** of the participants learned skills to increase self-worth to enhance their **Internal Beliefs** and values.
- **55%** of the participants learned strategies to develop/enhance self-motivation to increase independence. - **Initiatives**
- **62%** of the participants learned how to self-regulate without the use of substances and negative influences. – **Self-Control**

- **83%** of clients demonstrated an increase in Overall Score from DARS 1 to DARS 2 in CY 2023

5

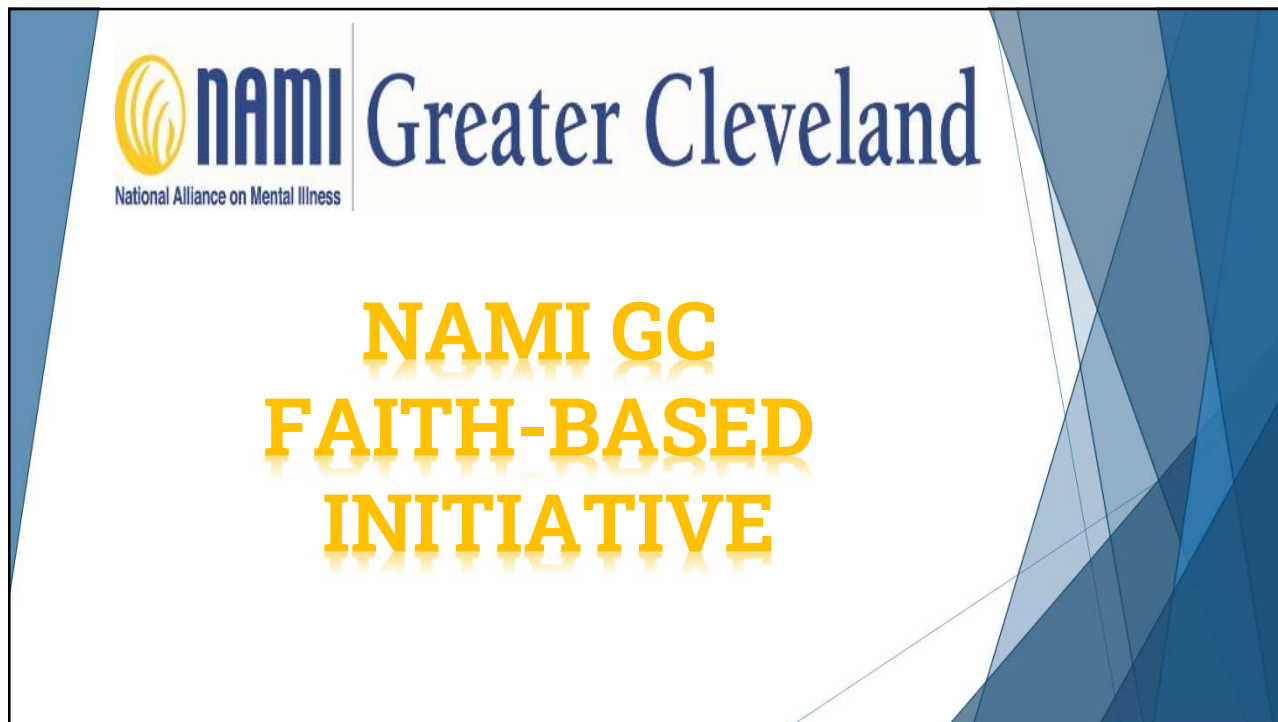
Faith-Based Services -2023 Highlights

- **Community Chaplain** continued client engagements in group settings and provided increased number of one-on-one engagements in 2023 and into Q1 2024.
- Program utilized **Spiritual Care as a Bridge to Mental Health Services** with 22% of enrolled clients receiving both Spiritual Care and Mental Health Services in 2023.
- Responded to client's expressed needs by continuously updating program content for topical relevancy and supporting each client's personal sense of **Connection with God/Higher Power, Others and Self**.

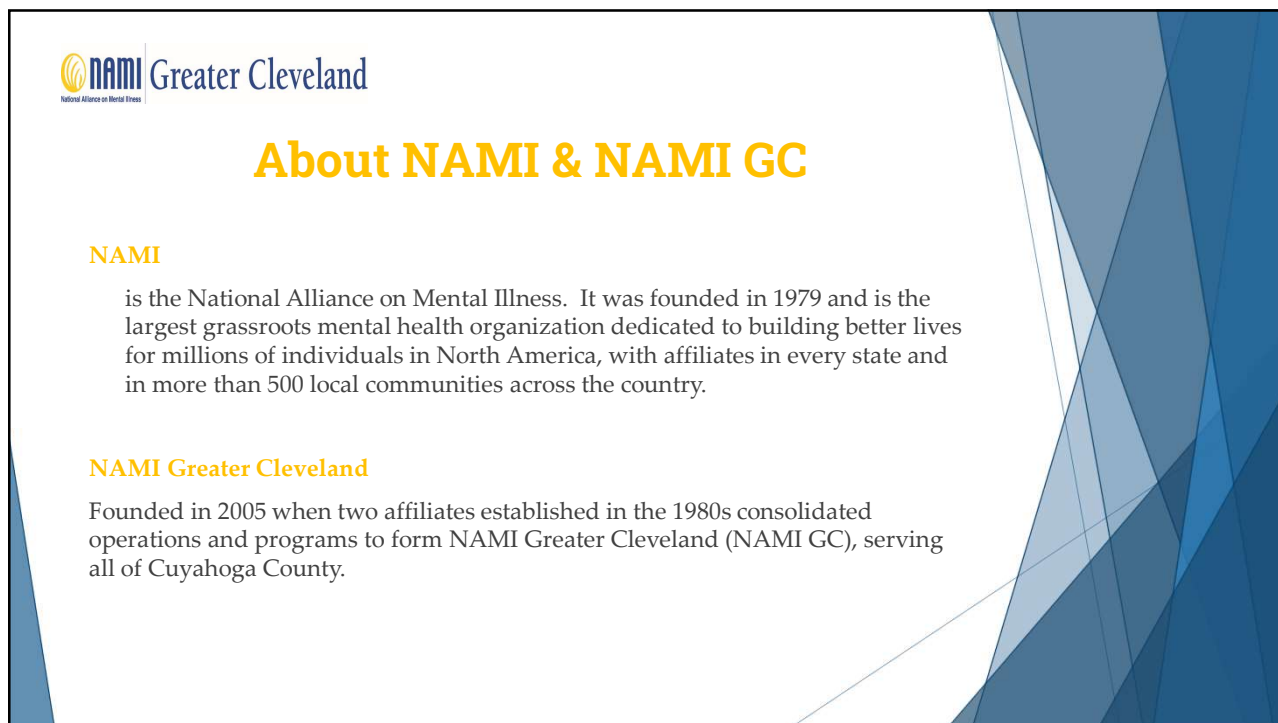
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7



1



2

NAMI GC FAITH-BASED PROGRAM OVERVIEW

- ▶ Mental Health First Aid
- ▶ Understanding Mental Illness
- ▶ Faith-Based Community Education and Psychoeducation
- ▶ Faith-Based Outreach Events

3

MENTAL HEALTH FIRST AID

Mental Health First Aid/MHFA is a 7.5 hour evidence-based training program administered by the National Council for Mental Wellbeing that teaches participants how to identify, understand, and respond to signs of mental health and substance use challenges.

Faith communities trained in MHFA in 2024 so far include:

- ▶ Community of Faith Collaborative (x2)
- ▶ Ekklesia Church
- ▶ Embajadores del Reino Church

Total number of participants trained in MHFA in 2024 so far – 78

Image by [astegmayer](#) from [Pixabay](#)

4



UNDERSTANDING MENTAL ILLNESS

Understanding Mental Illness is a 60-minute presentation that provides an overview of common mental health conditions, dismantles some of the myths and misconceptions about mental illness, and outlines strategies for communicating better with individuals with mental illness in one’s personal and professional life.

Faith communities educated in UMI in 2024 so far include:

- ▶ Church of the Redeemer, UCC
- ▶ Community of Faith Collaborative
- ▶ Ekklesia Church
- ▶ Embajadores del Reino Church
- ▶ Presbyterian Women’s Organization

Total numbers of participants trained in UMI in 2024 so far – 148

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5



FAITH-BASED COMMUNITY EDUCATION AND PSYCHOEDUCATION

NAMI Greater Cleveland provides virtual education from clinical and community perspectives on special topics related to the intersections of religion, spirituality, and mental health on a quarterly basis.

In CY23, NAMI GC served 217 individuals with faith-based community education and psychoeducation.

- ▶ Mental Health and Judaism: Peer, Family, and Clergy Perspectives
- ▶ How Faith Communities Can Support Individuals with Mental Illness
- ▶ Buddhism, Mental Health, and Trauma Healing
- ▶ Religious and Spiritual Trauma: Pathways to Healing
- ▶ A Balm for Blue Holidays: Comfort and Creativity after Life Change or Loss

In CY24 so far, NAMI GC served 84 individuals at the following faith-based community education programs:

- ▶ Spiritual Practices for Wellness: Metta (Lovingkindness) Meditation
- ▶ Wintering Well: A Workshop on Rest and Restoration
- ▶ Spiritual Practices for Wellness: Chair Yoga

Image by [astegmayer](#) from [Pixabay](#)

6



GOALS FOR CY24

Additional topics for CY24 faith-based community education and psychoeducation include:

- ▶ Trauma-Informed Care for Spiritual Communities
- ▶ Spiritual Practices for Wellness: RAIN (Recognize, Allow, Investigate, Nurture) Practice
- ▶ Mental Health Considerations for Muslims and Arab Americans
- ▶ Spiritual Practices for Wellness: Reiki
- ▶ Stress-Less Holidays: Making Peace with the Season

Faith communities confirmed to receive UMI or MHFA later in CY24 include:

- ▶ Abundant Grace Fellowship Church
- ▶ Community of Faith Collaborative (x2)

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7



FAITH-BASED OUTREACH EVENTS

NAMI Greater Cleveland attended or is confirmed to attend the following faith-based community outreach events in CY24:

- ▶ “A Night of Hope” Addiction and Mental Health Awareness Event at Christ Church (5/17/24)
- ▶ St. Teresa Holiness Science Church Mental Health Fair (5/25/24)
- ▶ St. Paul United Methodist Church Health Fair (6/22/24)
- ▶ Community Back to School Rally at Temple Baptist Church (7/28/24)

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8



Greater Cleveland

FAITH-BASED PARTNERSHIPS

NAMI Greater Cleveland established relationships with the following faith-based communities through outreach, partnerships, collaborations, and discussions:

- ▶ Abundant Grace Fellowship Church
- ▶ AVIVA Church of the Nazarene
- ▶ The Church COGIC
- ▶ Christ Church
- ▶ Church of the Covenant
- ▶ Church of the Redeemer, UCC
- ▶ Cleveland Ibn Sina Clinic
- ▶ Community of Faith Collaborative
- ▶ Ekklesia Church
- ▶ Embajadores del Reino Church
- ▶ Old Stone Church
- ▶ Presbyterian Women's Organization
- ▶ Suburban Temple – Kol Ami
- ▶ Temple Baptist Church

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9



National Alliance on Mental Illness

Greater Cleveland

QUESTIONS?

10



Greater Cleveland

**4115 Euclid Avenue, Suite 203
Cleveland, OH 44103**

www.namigreatercleveland.org

Email: helpline@namicleveland.org

Helpline: 216-875-7776