

Behavioral Health is Essential To Health



Prevention Works



Treatment is Effective



People Recover

The Role of Spiritual and Faith Communities in Recovery

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Resources and Continuing Education

“Download Materials Here” available now

- Speaker bios
- PDF of presentation slides

Available at end of webinar

- Certificate of Participation
- Link to NAADAC Continuing Education
- Participant feedback opportunity



Recovery to Practice

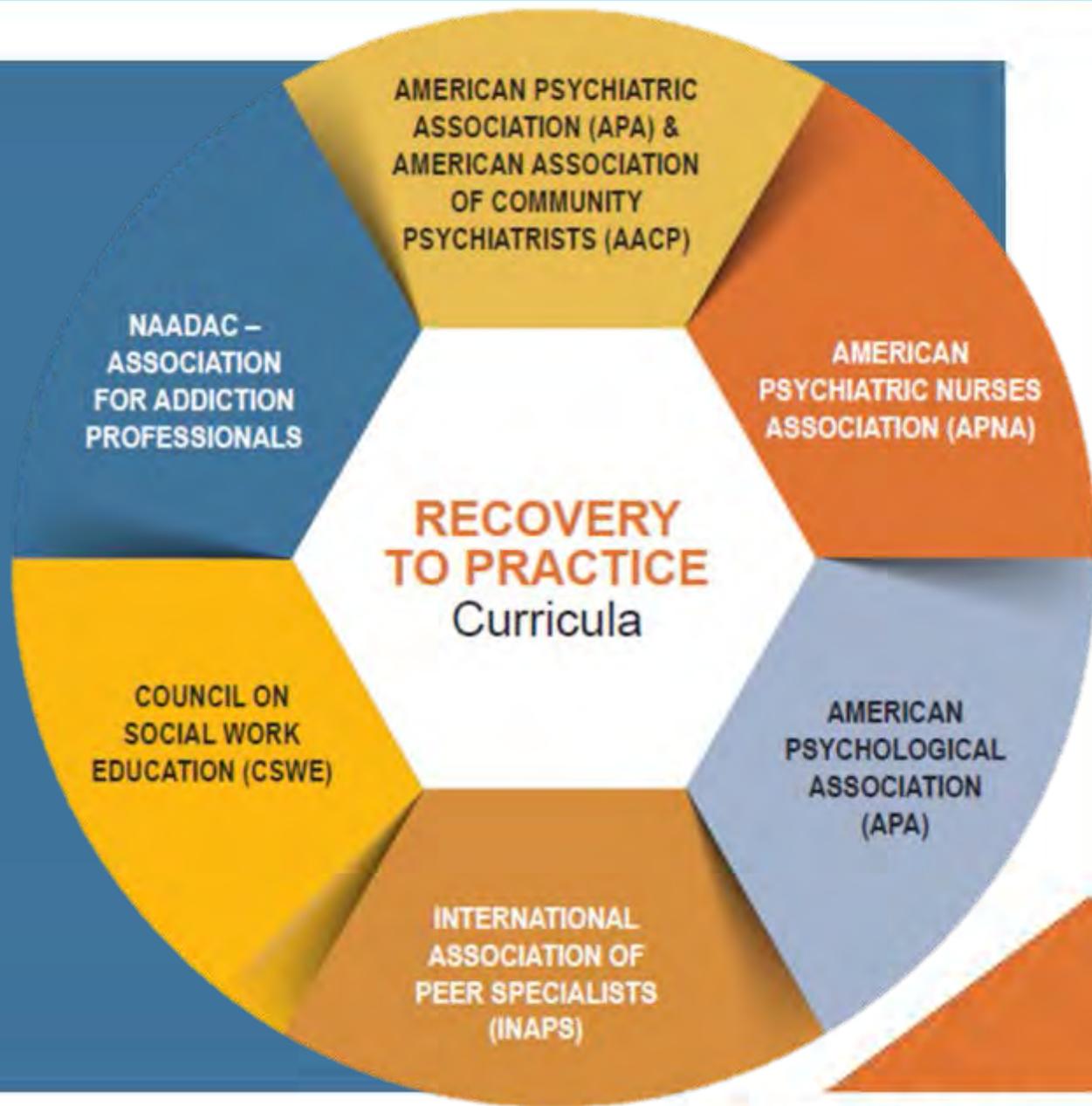
An illustration featuring two dark grey hands reaching upwards from the bottom corners. The hands are positioned to hold two interlocking gears: a green one on the left and an orange one on the right. Above these, several other gears in various colors (pink, light blue, dark blue, yellow) are scattered across the top of the frame. The background is white.

Through education, training, and resources the Recovery to Practice (RTP) program supports the expansion and integration of recovery-oriented behavioral health care delivered in multiple service settings.



SAMHSA's
10 Principles
and
4 Dimensions
of Recovery in
Behavioral
Health

RTP
discipline-
based
curricula



FREE
webinars on
recovery-oriented
practices

RTP Training and Technical Assistance

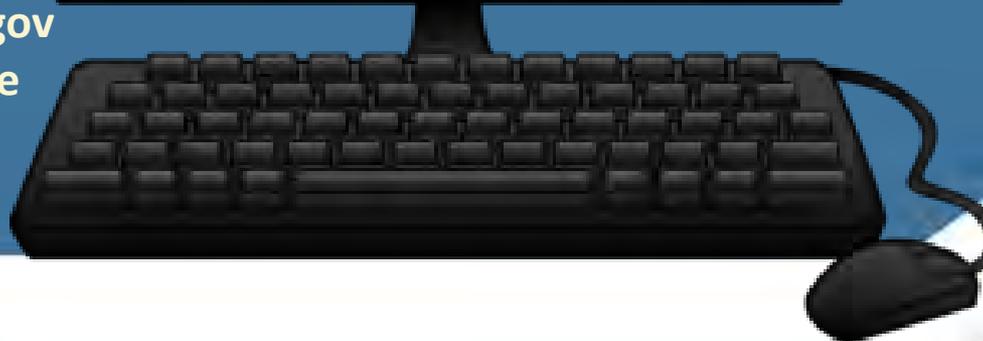
**Quarterly
newsletter!**



Sign up for RTP
newsletter!

Keep current at
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[http://www.samhsa.gov
/recovery-to-practice](http://www.samhsa.gov/recovery-to-practice)



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Mental Health Center of Denver

Get to Know Us

The Mental Health Center of Denver is a place for recovery, resilience and well-being, known locally and nationally as a model for innovative and effective community behavioral healthcare.



Our Mission

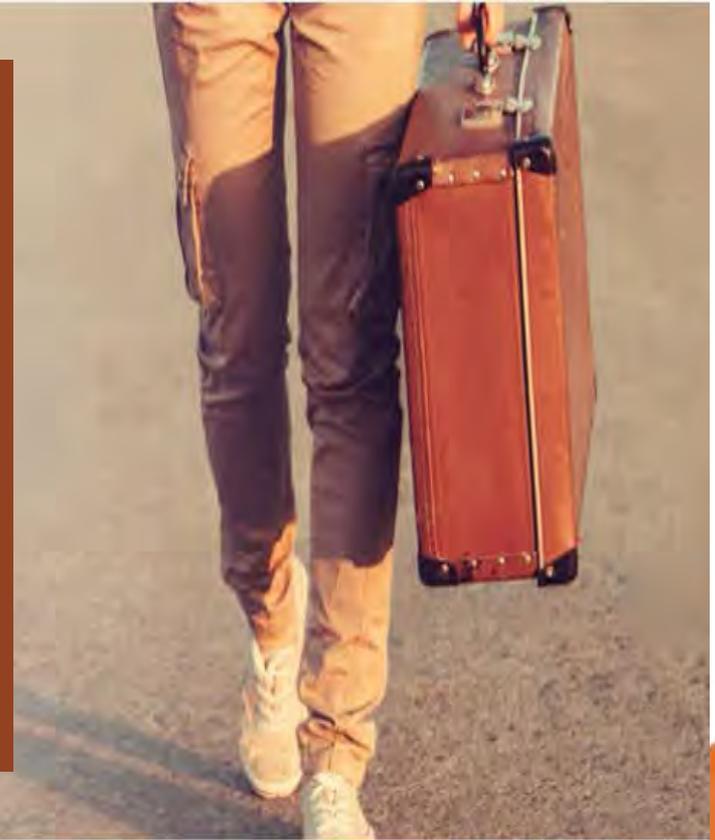
Enriching Lives and Minds by Focusing on Strengths and Wellbeing



This is our mission, and it's founded on our philosophy that people can, and do, recover from mental illness and that treatment works.

Supporting People Where They Are

People enter our treatment programs with many different approaches to faith and spirituality and at many different levels of spiritual awareness and openness.



POLL

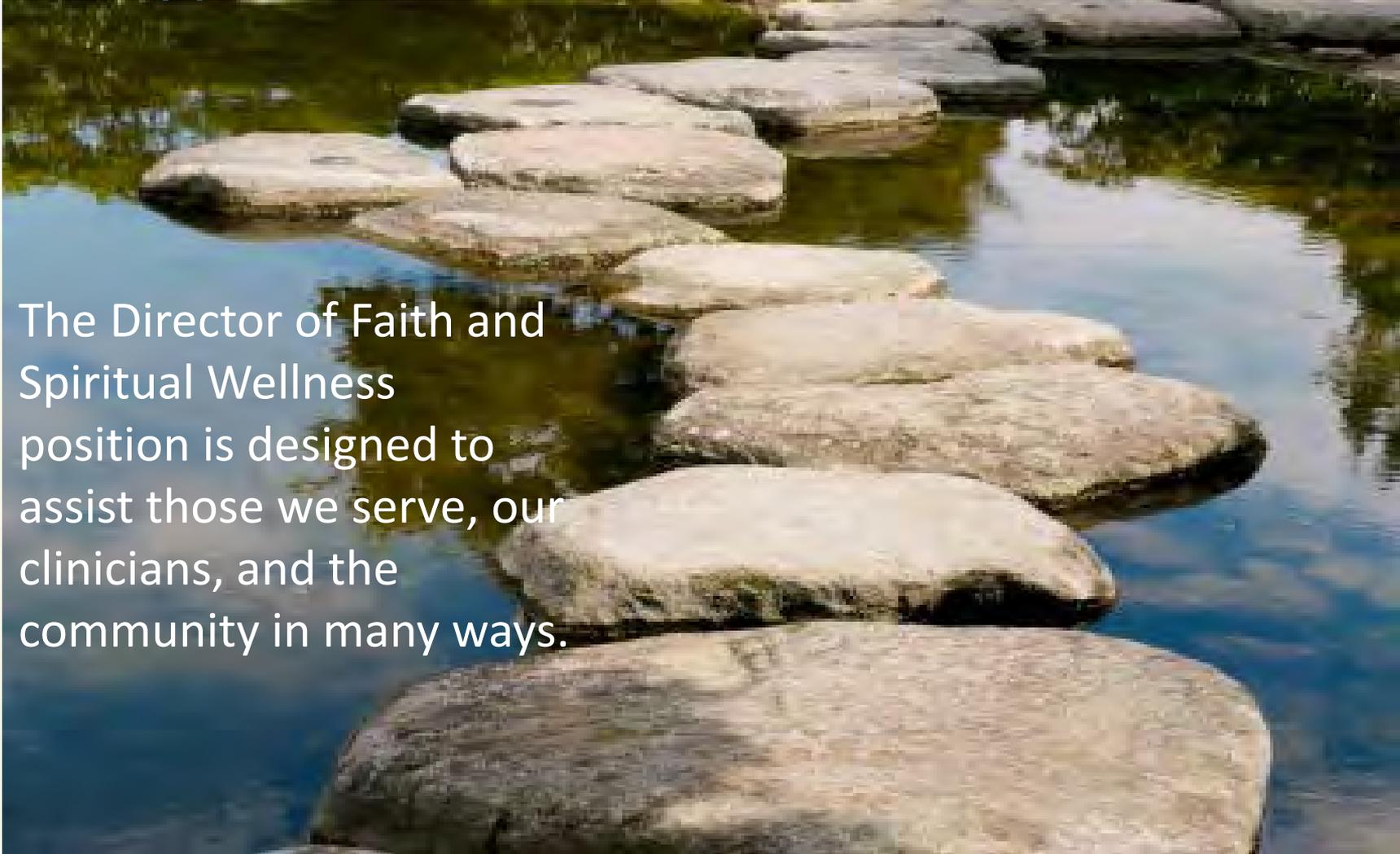


Faith and Spiritual Wellness

The Mental Health Center of Denver recognizes that *sensitive, active support of spiritual life can enhance well-being and recovery.*



Our Approach



The Director of Faith and Spiritual Wellness position is designed to assist those we serve, our clinicians, and the community in many ways.

Our Approach - Awareness



To create awareness
of the role of
faith/spirituality in
recovery and
wellbeing.

Our Approach - Training

Our staff is trained to assess the level and importance of an individual's spirituality and incorporate it into an outcome-based plan.



Our Approach - Literacy



To provide training and promote mental health literacy within the faith community.

Our Approach - Dialogue

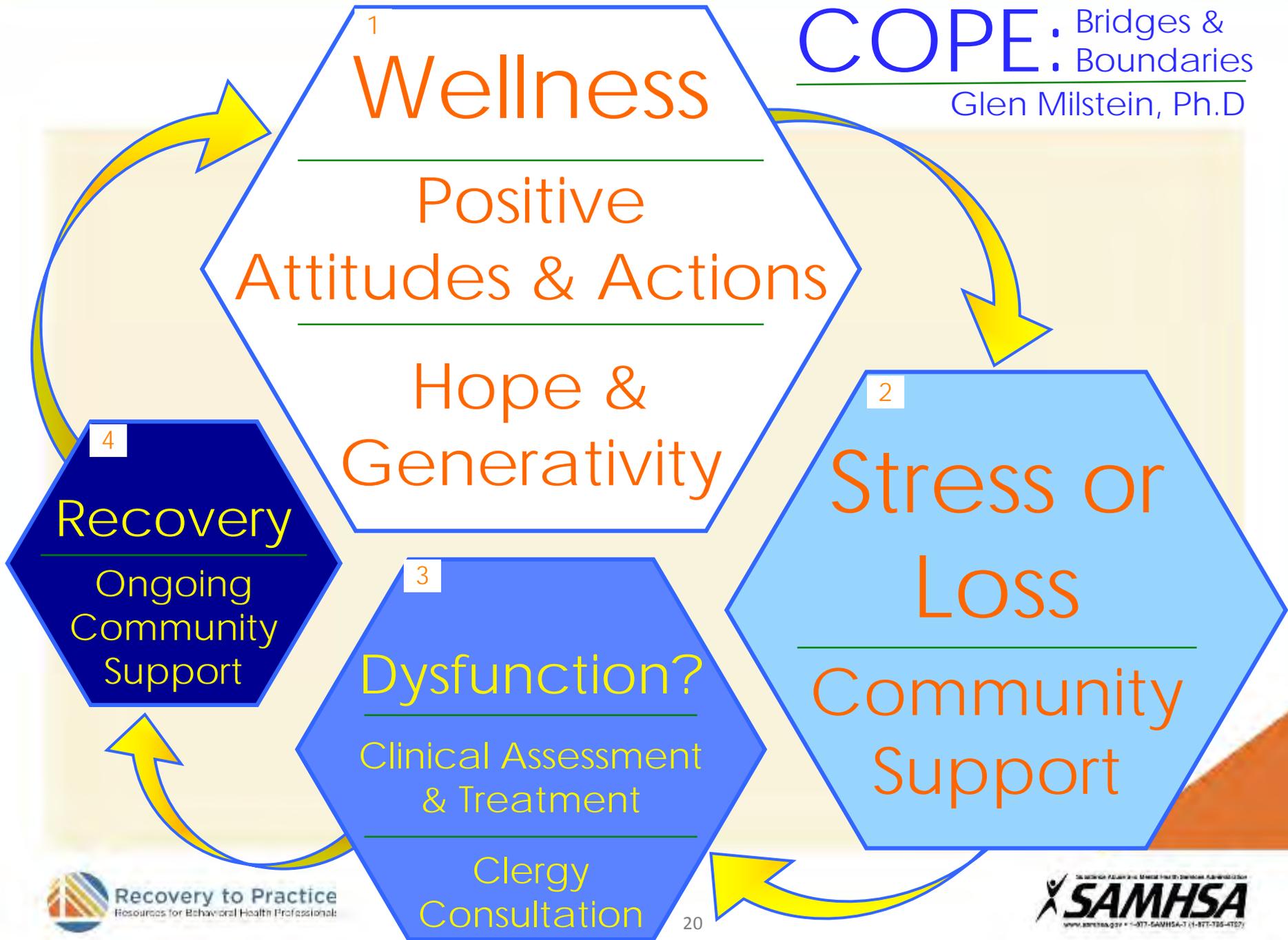
To facilitate dialogue
between mental
health and faith
communities.



Our Approach - Support



To provide opportunities for clinical, consumer, peer, and faith community support.



Citations and Resources

An outstanding resource on this topic is:

Glen Milstein, Ph.D.

City College of The City University of New York
Associate Professor, Department of Psychology

160 Convent Avenue

NAC 7/120

New York, NY 10031

Email: gmilstein@ccny.cuny.edu

Dialogue: David and Dennis



Inspiring Others

The goal of the Mental Health Center of Denver Peer Mentors and Peer Specialists is:

To inspire recovery, independence and wellbeing by helping others discover the potential that is within them.

"This is the best job I could ever have. I get to help people and tend to their needs."

- **Gwen**, Greeter, Mental Health Center of Denver



PATHWAYS TO PROMISE MODEL OF COMMUNITY-BASED MENTAL HEALTH SUPPORT

Pathways to Promise
“Putting Faith in Recovery”



Jim Zahniser, PhD
www.pathways2promise.org



Who We Are

Who is *Pathways to Promise (P2P)*?

Mental Health Training Collaboratives

Congregation-based Mental Health Teams

Companionship as a means of helping to facilitate the process of recovery

Pathways to Promise

One worship service, during prayers of the people,
a young man prayed,



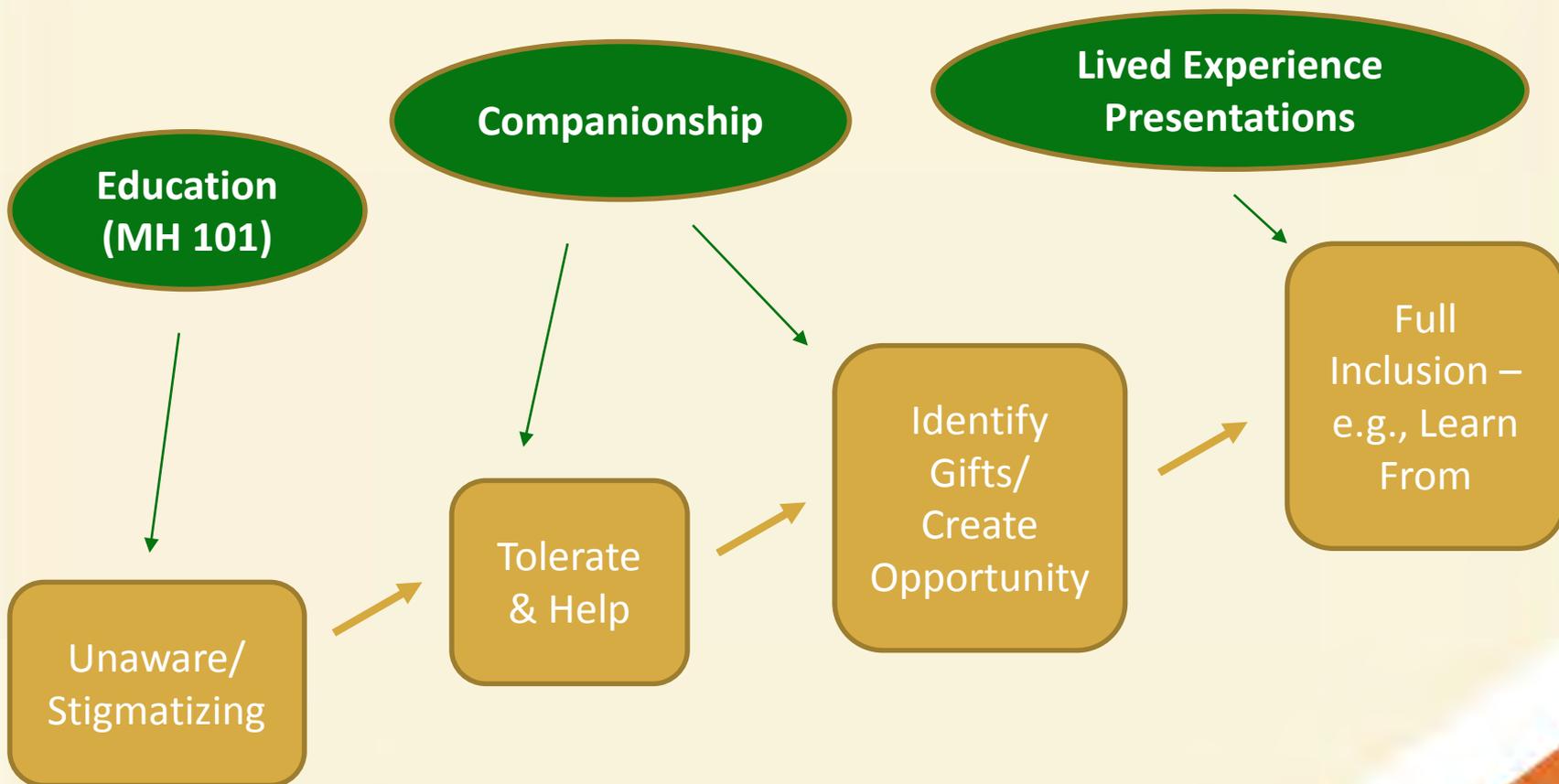
*“God, help me not to kill myself
today.”*

*Pathways to Promise exists
to help congregations
respond well to people like
this young man*

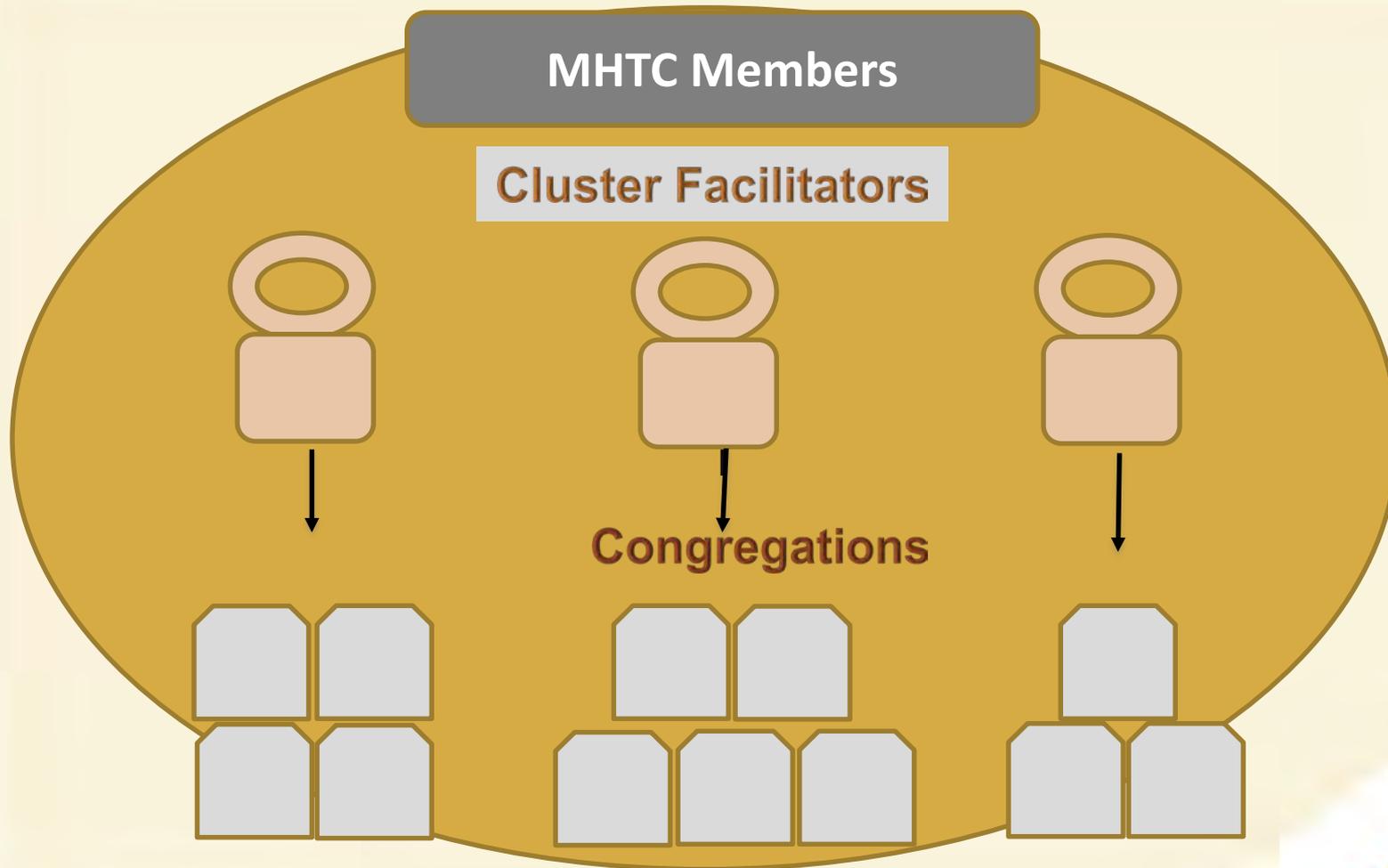
POLL



Learning to “Put Faith in Recovery”



Mental Health Training Collaborative



P2P MH Training Curriculum

“The Companionship Series”

#1 Mental Health 101

#2 Congregation-based mental health teams

#3 Companionship for people with mental health issues

Local Congregation Mental Health Teams



A Mental Health Team

Provides a framework for mental health ministry.

Serve as contact people for individuals and families seeking help

Provides leadership for creating a caring congregation

Helps train, organize and support companionship care teams

Five Guides Make a Team

- A **children's** mental health guide
- A guide experienced with **trauma, PTSD**
- A guide knowledgeable about **serious mental health problems**
- A guide familiar with **drug and alcohol recovery**
- A guide who understands the mental health issues of **seniors**



Mental Health Guide Description

Introducing our Mental Health Ministry Team

Ira Rudin – children

Charlotte Frank – trauma

Sarah Schwartz – SMH

David Sloane – alcohol/ drugs

Pam & Jack Meier - seniors



Example

In my congregation, I (Jim) am a “go-to person” on serious mental illness



I worked with the local Community Mental Health Center to establish a relationship with our congregation – they would refer people diagnosed with mental illness who were socially isolated

More recently we met with our local chapter of NAMI to establish a similar relationship

Companionship



Companionship Care Teams

A group of several companions

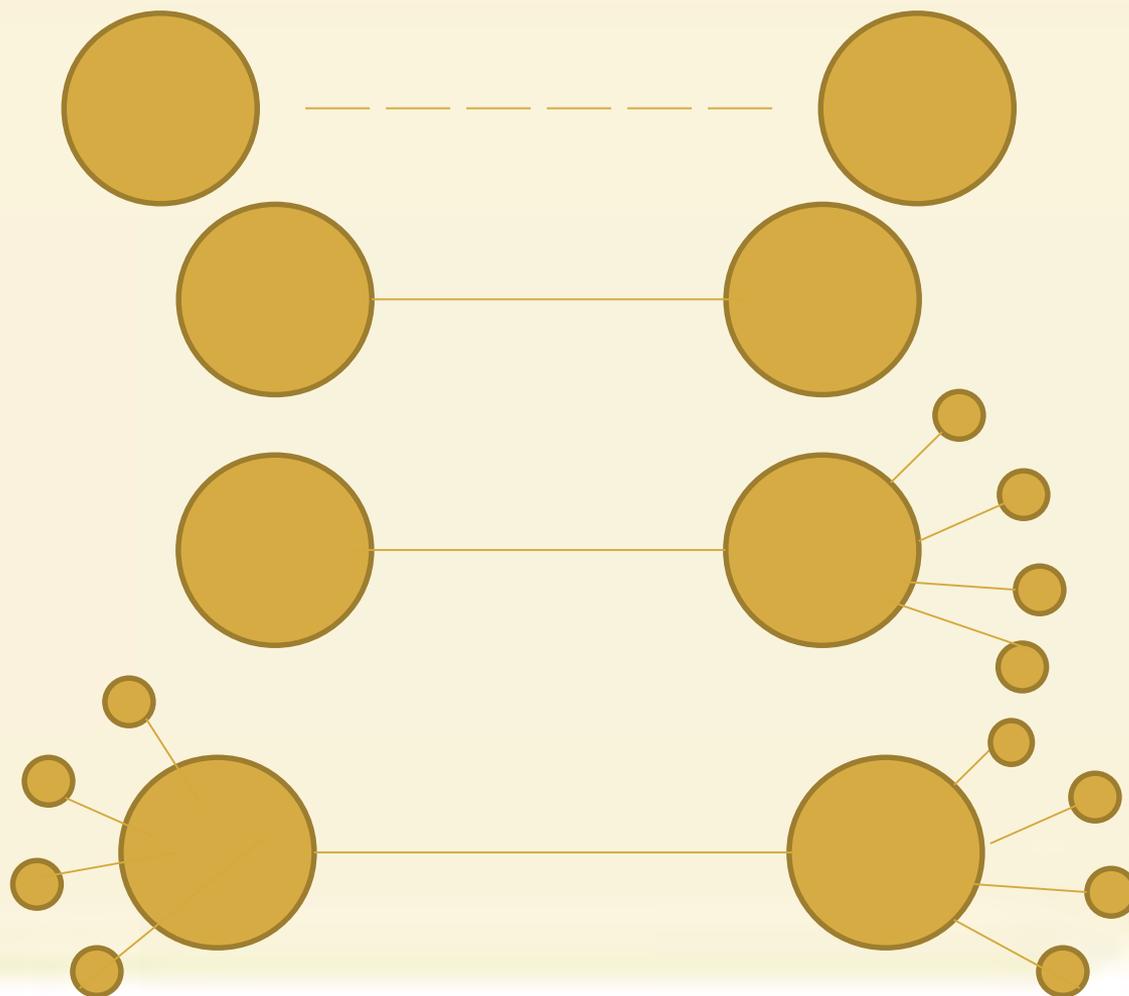
Companion to one or more individuals

Accountable to the congregational mental health team or other leadership

Meet regularly for prayer, study, sharing and spiritual discernment

Provide each other mutual support

Companionship is *a Process*



5 Practices of Companionship



Hospitality

Creating safe space with another person

Treating another person with dignity and respect

Seeing the other person as a worthy and valuable human being

Offering refreshment, nourishment, a time and place to rest



Neighboring

- Sharing common time and space
- Beginning as human beings
- Saying a simple “hello”
- “I’m Jim. How do you like to be called?”
- Starting with what we have in common
- A “frameless” relationship



Sharing the Journey Side by Side

There are basically 3 ways we can be with another person:

We can stand behind someone pushing and telling them where to go.

We can be face to face

We can share the journey side by side



The Practice of Listening

Listen for the story –
whatever a person is able
to tell, *however* they are
able to tell it.

Past

Present

Future



Listening for the spiritual journey

“In companionship, this is perhaps the greatest gift we can offer – listening to a person’s story with an ear for how this individual sees and experiences the spirit.”



The Practice of Accompaniment

Naming needs

“The need for charity is an opportunity for community”

Consult, confirm and refer
Encourage partnerships and a circle of care

“Go with,” or hold the person in thought and prayer



Limits and Boundaries

Companions have limits:

- Physical, emotional and intellectual
- Personal and social
- Spiritual

Model setting limits, keeping boundaries and working as part of team

Practice saying, “I’m not able to do that.”



Companionship Support Meetings

***“In the support meeting,
we companion each
other.”***



A Companionship Congregation



- Sabbath Companions
- Congregational Companions
- Community Companions



Comments?
Questions?

Dennis Middel

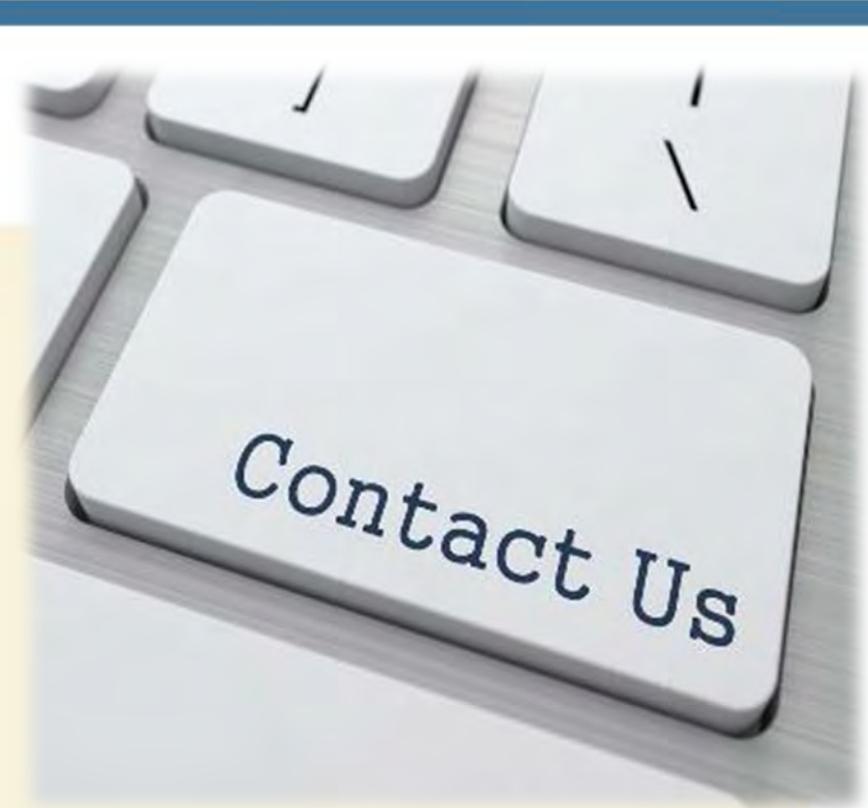
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Dave Muniz

dmuniz1989@gmail.com

Jim Zahniser

jzahniser@trivestgroup.net



Recovery to Practice

RTP@AHPnet.com

Coming up!

Watch your inbox for details!



Meaningful Connections: Engaging Communities to Promote Recovery (June 7, 2016)

Creating Recovery-oriented, Person-centered Plans with Community Resources (June 14, 2016)



Continuing education hours (CEH)
from NAADAC – The Association
of Addiction Professionals:

[For NAADAC CEH](#)

General Certificate of
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Presentation Slides:
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