

JOURNEY IN THE DESERT

FOR CAREGIVERS OF THOSE LIVING WITH MENTAL ILLNESS

RESOURCES FOR CAREGIVER SUNDAY
November 13, 2011

PRESBYTERIAN CHURCH (U.S.A.)



“In the desert places of your life, God will lead you to a cool oasis.”
Isaiah 58:11



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Use this packet with your congregation as you recognize Caregiver Sunday 2011, which occurs on November 13th this year but can be observed at any time during the year. Our focus is on caring for caregivers of those who live with mental illnesses.

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Prepared by the Presbyterian Health Network (PHN) www.pcusa.org/phewa/phn
A ministry network of the Presbyterian Health, Education & Welfare Association (PHEWA)
www.pcusa.org/phewa

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How a Congregation Can Respond to a Family Living with Mental Illness

"I'm so very tired and frustrated. Every day there is a new problem and I feel like it is endless. I feel like no one cares or understands what it is like to have a daughter with mental illness. I feel so guilty because there are times when I just want to walk away from it all – but I love her." Jim

"My husband's anxious behaviors are so distracting and disruptive we can't go out in public. I've lost my friends and feel so isolated these days . . ." Maxine

Clergy and congregations often struggle to find an appropriate response to families who are living with mental illness. The following are some suggestions on ways to reach out to families. These suggestions are generally what you would do in reaching out to anyone who has a family member with any serious illness. Clergy and the congregation should:

- Be an information and referral source
- Let family members know they are not alone
- Avoid being judgmental
- Sponsor family support groups
- Offer help and prayers
- Refrain from offering simplistic solutions to complex problems
- Be supportive of the entire family, including those members who infrequently come to services as these are the people who may feel the most isolated
- Encourage the family to continue to be a part of congregational life
- Designate individuals within the congregation to be there for the family when help is needed
- Realize another breakdown or a relapse is often temporary
- Avoid expecting that all behaviors and habits of concern can be corrected



Sample Worship of Healing & Wholeness for Caregivers of those living with Mental Illness

Call to Worship

Hymn: (Suggestions below)

- "Help Us Accept Each Other" (*The Presbyterian Hymnal*, #358)
- "O Love That Wilt Not Let Me Go" (*The Presbyterian Hymnal*, #384)
- "I Want Jesus to Walk With Me" (*The Presbyterian Hymnal*, #363)
- "My Shepherd Will Supply My Need" (*The Presbyterian Hymnal*, #172)
- Closing Hymn, "Lord Make Us More Holy" (*The Presbyterian Hymnal*, #536)

Confession and Pardon

Call to Confession

(The people are called to confession with sentences of Scripture that promise God's forgiveness.)

Friends in Christ, God knows our needs before we ask,
and in our asking prepares us to receive the gift of grace.
Let us open our lives to God's healing presence,
forsaking all that separates us from God and neighbor.
Let us be mindful not only of the personal,
but also of the communal sins in which we play a part.
Let us confess to God whatever has wounded us or brought injury to others,
that we may receive mercy and become for each other ministers of God's grace.

Confession of Sin

(A brief silence may be observed for examination of conscience.)

Let us confess our sins together.

(All confess their sin, using one of the following, or another prayer of confession)

Leader: We confess that we are still not fully informed about mental illness and how it impacts persons and their caregivers.

People: At times, because of our lack of knowledge and understanding we find ourselves separated from our sisters and brothers with mental illness, their caregivers and ourselves.

Leader: There are lines drawn between us because we may define wholeness and normality with different words, but not a different spirit.

People: Because of our lack of knowledge we live cut off from sources of strength and power that would help us be present to all people, including those with mental illness. This lack often makes us feel that we cannot act.

Leader: So many events, meetings, and needs call to us, grabbing for our attention, that we find ourselves stretched to a fine, thin line.

People: In the face of all this, we continue to seek knowledge and understanding of mental illness that will bring liberation and shalom to us and those we serve.

All: O God, our liberation and shalom, we seek the power of your Spirit, that we may live in fuller union with you, ourselves, and all our sisters and brothers, including those who live with mental illness and their caregivers. Also, that we may gain courage to love and understand each other. Amen

Declaration of Forgiveness

Leader: God created the world and all that is in it.
God has the power to transform this world and each of our lives.
Christ died for us, Christ rose for us, Christ reigns in power for us,
Christ prays for us.
Anyone who is in Christ is a new creation.
The old life has gone; a new life has begun.
Be at peace, believe the good news of the Gospel.

All: In Jesus Christ we are forgiven.

Hymn

Suggested Readings from Scripture:

*(Before the Scriptures are read, the reader may say a prayer for illumination.
Appropriate selections from the Scripture are read.)*

Isaiah 40: 3-5

John 9: 1-12

Isaiah 40: 5

Matthew 4:24

Sermon:

(A sermon follows: It is appropriate for this to draw out dimensions of healing and mental health from the texts. For sermon suggestions see the Pathways to Promise website at www.pathways2promise.org/ or the National Alliance on Mental Illness (NAMI) FaithNet site at

www.nami.org/MSTemplate.cfm?Section=Sermon_Possibilities&Site=FaithNet_NAMI&Template=/ContentManagement/HTMLDisplay.cfm&ContentID=32393)

Offering of Our Lives to God

I appeal to you therefore,
brothers and sisters,
by the mercies of God,
to present your bodies as a living sacrifice,
holy and acceptable to God,
which is your spiritual worship.

(Here, acknowledging all the wholeness and apparent brokenness in our lives, all present may ponder in silence all that is happening in our lives, and may, with renewed commitment, offer ourselves and our gifts for ministry to the service of Jesus Christ in the world. This commitment may be expressed in some form such as the following prayer of commitment.)

Leader: O God, we pray for all those living with mental illness and their families. In your mercy, shield them from those who would neglect, exploit and stigmatize them. Your Son has told us repeatedly that it is Your will to guide and protect. Help us to believe and understand that this is always true.

People: For all caregivers of persons living with mental illness, cause Your power to awaken in us a voice that will not be silenced, a vision that will not be clouded, a determination that will not be dampened, a sense of righteousness that can only be triumphant. The rejection and frustration

that we may experience is never a product of Your Holy hand. The lifting of the mantle of ignorance, fear and injustice is Your intent. The word which is Yours inspires each of us to direct our energy and creativity to bring hope and healing, acceptance and empowerment to those living with mental illness and their loved ones. Amen.

Benediction: Almighty God, Creator, Redeemer and Sustainer of Life, we invoke your presence and guidance this day. For those who give care to family members and friends living with mental illness and who are deeply troubled by the isolation that they feel, by the storms they experience, we pray. May they feel your loving hand and your sustaining and nurturing power. May they feel less frustrated and experience less guilt for very human feelings they may have about wanting to escape their tasks. May they find us eager to support them in the midst of their difficult tasks. May we always encourage them as they grasp hold of an identity of worth and value even when community seems to desert them and their loved one. Save us from our ignorance, Lord, that we may not ignore our friends because they live with pain that we do not understand, but rather help us to see that they are people of great courage and love who are trying desperately to care for a family member or friend.

Thank you for the many contributions persons who care for folks in mental distress bring to the lives of their loved ones. Help us to learn from their examples of patience, strength, compassion, and faith.

Fill us, O Lord, with a sense of compassion and openness. Educate us to overcome the fears and stereotypes we may have of persons living with mental illness. Lead us as we open our hearts and homes, our communities and job opportunities, our houses of worship and communities of faith; to include people living with mental illness in our everyday lives.

Adapted from "A Service for Wholeness for Use With a Congregation," in *Mental Illness Worship Resource*, ed. Christopher L. Smith (Louisville, KY: Office of Health Ministries, PCUSA, 1999), 28-30.

-- The Rev. Donna Coffman, Jane Givens and Joanie Friend
PHN Leadership Team



Sermon Suggestions with Scripture

Sermon suggestions are readily available on the web by doing a search on "Sermons of caregivers of those with mental illness." Two excellent sites are listed below but there are others.

Pathways to Promise is an interfaith technical assistance and resource center which offers liturgical and educational materials, program models, and networking information to promote a caring ministry with people with mental illness and their families. The Presbyterian Church (U.S.A.) and the Presbyterian Serious Mental Illness Network (PSMIN), a sister network of PHEWA, are partners in this vital ministry.

For sermon suggestions see the Pathways to Promise website at www.pathways2promise.org/

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots organization dedicated to improving the lives of individuals and families affected by mental illness. NAMI has a national organization as well as state organizations and local affiliates in more than 1,100 communities across the country. NAMI offers an array of support and education programs and initiatives, including those for caregivers.

For sermon suggestions, see their FaithNet Sermon suggestions at

www.nami.org/MSTemplate.cfm?Section=Sermon_Possibilities&Site=FaithNet_NAMI&Template=/ContentManagement/HTMLDisplay.cfm&ContentID=32393



Suggestions for Prayer & Blessings

The following prayers from the *Book of Common Worship* can guide a time of prayer, both for use by persons in a time of private prayer and for prayer in a service of worship. Other appropriate prayers, as well as sentences of scripture, scripture readings and liturgies can be found in the section "Pastoral Liturgies" (p. 967 and following) in the *Book of Common Worship*.

For Caregivers of those with Mental Illness

Oh Blessed Jesus

You minister to all who come to you.

Look with compassion upon all who care those in mental distress.

Many of us feel frustration, lack of patience, and isolation.

Restore to us the assurance of your unfailing mercy;

remove the fears that attack us;

strengthen us in the work of compassionate care.

Give to us patient understanding and persevering love for your mercy's sake.

- Adapted from: *Book of Common Worship*, copyright 1993 Westminster/John Knox Press, pg. 819.

"In a Personal Crisis" a prayer attributed to Augustine of Hippo (354-430), is found in *Book of Common Worship*, copyright 1993 Westminster/John Knox Press, pg. 828 (from the *Lutheran Book of Worship: Ministers' Desk Edition*. Copyright 1978, Augsburg Fortress).



Suggested Hymns

- “Help Us Accept Each Other” (*The Presbyterian Hymnal*, #358)
- “O Love That Wilt Not Let Me Go” (*The Presbyterian Hymnal*, #384)
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Suggested Scripture

- Isaiah 40: 3-5
- John 9: 1-12
- Isaiah 40: 5
- Matthew 4:24



Two Personal Experiences Caring for a Loved One living with Mental Illness

It takes a toll.

We have a 20-year-old daughter who is mentally ill. She is clinically depressed and has attempted suicide twice. She has been hospitalized five times. She takes four anti-depressant medications daily. She slogs through her days, anxious and fretful, physically shaking, always exhausted. She would rather not leave her room. She would rather sleep all day. She would rather die.

But we carry on. We try the new psychiatrist, the new therapist, the new drug. She soldiers on, one day at a time, attempting the new college art class, learning Japanese. Her dreams of living on her own as an artist in Japan are fading. The reality of being dependent upon her parents or government disability sinks in. We try to buoy her spirits. We take her to the movies, out to dinner, buy new clothes. She acquiesces, but never finds any joy. She feels the love but doesn't give much of it back. We try to point out the obvious, that she is beautiful, smart, and talented, that she has so much more to offer than others. We offer the comparison to people who have been beaten, tortured, ravaged by disease. She says that no one has ever had to live with the kind of pain she feels every minute of every day.

And the caregiver wonders, what did we do wrong? What can we do to make it better? If we spent more money, could we find the right doctor, the right medication, the right program? Should we send her to a special school? Did we make a mistake by keeping her home? If we push her to go to school, to find a job, to find friends, and she pushes back by killing herself, can we live with ourselves? We are responsible. We created a life. We created her. Where does our responsibility end? It doesn't.

So you take one day at a time. Today she did not call me at work in a panic because she does not have a clean pair of jeans. Today she did not try to kill herself and she tells you she is not suicidal. Today she is not sitting in a corner, rocking back and forth, pulling her hair and moaning. Today she looks pretty good and laughs at my jokes. Today I don't feel like I have to check her every few minutes to make sure she is alive.

If you care about a caregiver, pray for them and for their loved one. They live in fear. They worry about what will happen to their loved one even more than the average person does. Be there to listen. Be there to let them know that you care. Above all, never offer advice unless it is asked for. Give your friend the benefit of the doubt that they are doing the best they can. Chances are you will not come up with any ideas they have not already tried and discarded. You can try to put yourself in their shoes, but you will never know what it's like. But the caregiver will love you for trying.

-- Mary Ann B. --

From someone who has been a caregiver both professionally and personally:

"...for the Lord has heard the sound of my weeping. The Lord has heard my supplication; the Lord accepts my prayer."

Psalm 6: 8b-9 NRSV

I was a mental health nurse for a couple of decades and taught mental health nursing as well. During that time, I became aware that:

- Money for research of mental illnesses is half what is spent on cancer research.
- Of that money for mental illness, roughly ten percent of it is spent for research on schizophrenia, a truly debilitating disease.
- According to the World Health Organization, of all of the disabilities worldwide—not just the developed countries--*depression is number one*.
- One in four people is affected by mental illness either directly or indirectly.

I also have lived for many years with family members who suffer from chronic depression and a variety of mental illnesses that include personality disorders and bipolar disorder. I have been a member of the National Alliance on Mental Illness (<http://www.nami.org/>), a wonderful organization for families and those suffering from mental illness. Sometimes having someone to share your frustrations and help you problem solve in a safe and anonymous atmosphere such as a local Alliance for the Mentally Ill support group can make all the difference between being a supportive caregiver and running in the other direction from your mentally ill loved one.

I have sat with family members who are terrified for a son or daughter living with mental illness who has gone missing or has been jailed for some behavior that he or she could not control because of their illness. I have sat with a father as he broke down in tears because he realized that he could no longer control his fourteen-year-old daughter's bizarre behavior of sneaking out of the house in the wee hours after midnight, to wander the streets of the downtown area.

I know what it is to ask my teen-age daughter if she is considering harming herself and not get a response. I know what it is to help my aging parents consider the pros and cons of committing my sister to a facility because her eating disorder is out of control.

When one is caring for someone whose life feels out of control, not only to them, but to everyone around them, one often feels a crisis of faith. How can the church community be present and supportive to a caregiver of a person who lives with mental illness?

- *Presence means more than anything.* Many times we feel isolated by our loved one's illness. We do not need someone to "fix" our situation as much as we need someone who will listen and not judge us or our loved one.
- Please do not stigmatize us. Just because we have someone in our family who may have a thought disorder and act differently than most people, does not mean that our family does not have the same needs as your family. Do not exclude us from church activities.
- If our children act differently than yours, please do not make comparisons. We are happy for you that your child is winning academic awards in school, but it hurts to hear about it when we know that our child may never be able to do the same. This is often the loss of a dream we had for our child.
- Mental illness is not something that people like to talk about. If my loved one is hospitalized for his mental illness, please acknowledge his illness with a card the same way you would if he had a physical illness.
- Finally, church members can become better informed about mental illnesses. Make worship in your sanctuary a welcome place for families and their loved ones who live with mental illness.

-- Phyllis H. --

Beatitudes for Caregivers



**Blessed are those who care and who are not afraid to show it —
they will let people know they are loved.**

**Blessed are those who are gentle and patient —
they will help people to grow as the sun helps the buds
to open and blossom.**

**Blessed are those who have the ability to listen —
they will lighten many a burden.**

**Blessed are those who know how and when to let go —
they will have the joy of seeing people find themselves.**

**Blessed are those who, when nothing can be done or said,
do not walk away,
but remain to provide a comforting and supportive presence —
they will help the sufferer to bear the unbearable.**

**Blessed are those who recognize their own need to receive,
and who receive with graciousness —
they will be able to give all the better.**

**Blessed are those who give without hope of return —
they will give people an experience of God.**

Author unknown (as seen on www.marciabilyk.com/2008/12/beatitudes-for-caregivers.html)



Further Resources for Caregivers of those living with Mental Illness

Most of these resources are taken from a [list compiled](#) in 2010 by Carole J. Wills of the National Alliance on Mental Illness. Permission is given to copy and distribute this document that is offered through the courtesy of the Congregational Resource Guide: www.congregationalresources.org. (To find the specific list, type the words "Mental Health Ministry Resources" in the search text box.) The entire document is worthy of your time but we would like to highlight a shorter list of items that we felt were applicable to this specific topic.

Unless otherwise noted, books are available through amazon.com.

Printed, Audio-Visual, and Web-Based Media

Comfort My People: This policy approved by the 218th General Assembly (2008) is the first major serious mental illness statement approved by the Presbyterian Church (U.S.A.). The report uses the biblical theme of exile to describe the challenges experienced by persons living with a serious mental illness. This 82 pg. report with study guide can be purchased for \$4 from The Church Store at:

<http://store.pcusa.org/0205209003>

or is available for free download at: www.pcusa.org/phewa/psmin

Creating Caring Congregations (Video & DVD) Distributed by Mental Health Ministries. Run-time: 29:15 minutes.

Rev. Susan Gregg-Schroeder provides here a useful tool for building awareness about mental illnesses and practical steps in developing a congregation that provides an informed, compassionate response to persons and families touched by serious mental illnesses. Three positive testimonials offering insight into the lived experience of mental illness could stand alone for Mental Illness Awareness programs. The last section summarizes five steps toward developing mental health ministries—a video well worth the investment. VHS: \$10 while supplies last; DVD for \$14.95. Available at:

http://www.mentalhealthministries.net/mhm_resources/vhs_resources/caring_congregations_vhs.html

The Congregation: A Community of Care and Healing (Booklet, 26 pages)

Presbyterian Church (U.S.A)/Presbyterian Serious Mental Illness Network, Presbyterian Health, Education & Welfare Association (PHEWA).

If your congregation needs a place to start in serious mental illness awareness and education, this six-unit resource would be an excellent guide. The first two sections on mental illness cover the myth and reality of mental illnesses, its definitions, signs and symptoms and pointers for reaching out and responding to those living with a mental illness and their families. Section three offers pastoral resources such as prayers, responsive readings, sermon starters and hymn suggestions, and statements and resolutions. Sections four, five and six provide resources for youth and adult studies and a short list of organizations and books. Though this is a concise, practical handbook developed to help Presbyterian churches carry out the mandate of their 1988 resolution on "The Church and Serious Mental Illness," it can easily be adapted by other faith traditions for adult and youth study groups.

Free download available at: www.pcusa.org/phewa/psmin

Grace for the Afflicted: A Clinical and Biblical Perspective on Mental Illness (Book)

Matthew S. Stanford, Author. Colorado Springs, CO: Paternoster Publishing, 2008.

Here is a clinical discussion of the major mental illnesses and substance abuse from a Christ-centered, scriptural perspective. Without simplistic, judgmental maxims, Dr. Stanford balances mental health medical practice with carefully formulated scriptural principles, encouraging empathy towards those living with serious mental illness. He offers discussion on subjects many Christian authors avoid—sin, infirmity, our identity in Christ, the meaning of healing, Satan, and demon possession. In the last chapter, Stanford offers easy-to-follow suggestions for how congregations can help individuals and families living with chronic brain disorders. Recommended for personal study or group discussion.

Honest Talk about Serious Mental Illness (Video and Study Guide) Office of Health Ministries, Presbyterian Church (U.S.A.) and Bridge Resources

With an estimated twenty percent of American children suffering from a diagnosable emotional or behavioral disorder, PHEWA's Presbyterian Serious Mental Illness Network (PSMIN) has taken steps to educate young people. With the leadership of youth leaders, teens can use this excellent video and study guide to learn what may be signs of serious mental illness - for the sake of their own health and that of their friends. They will discover the various causes, symptoms of and treatment for depression, schizophrenia, anxiety disorders, and bipolar disorders. In addition, they will explore the role of the family, community and church in supporting persons with

these treatable brain disorders. Excellent materials for middle school and high school youth groups.

VHS video purchase price, \$7.46 (running time 35:36 min.); Leader's Guide:

25 page, four-session Curriculum for Youth, \$5.96 at:

<http://store.pcusa.org/Communications?search=%22Honest+Talk+About+Serious+Mental+Illness%22>

Including People with Disabilities in Faith Communities: A Guide for Service Providers, Families, and Congregations (Book) Erik W. Carter, Author. Baltimore, MD: Brookes Publishing, 2007

Erik Carter establishes a strong case for congregations to examine closely and take serious their claim (if they have made it) that their faith community welcomes all people. The book addresses deeper meanings of hospitality, belonging, community, natural supports and reciprocity. Carter also offers practical suggestions for designing religious education programs, for becoming more responsive to the needs of persons with disabilities and how to tap into the community resources of providers and other agencies. He writes as Assistant Professor, Department of Rehabilitation Psychology and Special Education at the University of Wisconsin-Madison. Here is an excellent book for church leadership and lay groups to study.

Mental Illness and Faith Community Outreach (Web Resource) Deacon Tom and Rita Lambert, Authors. Chicago, IL: Archdiocese of Chicago, 2006.

The Lamberts have created several short, practical resources in this 22 page downloadable document for educating churches about mental illness. The web site www.miministry.org was developed by the Catholic Archdiocese of Chicago Commission on Mental Illness and Faith and Fellowship for People with Mental Illness. Sections that can be used in bulletin inserts, education classes and newsletters cover a wide range of subjects including the need, the faith community's role, a theological framework for ministry, prayers, facts, and a sample workshop. Suitable for individual use, but especially for those in leadership, teaching roles.

Mental Illness and Your Town: 37 Ways for Communities to Help and Heal (Book) Larry Hayes, Author. Ann Arbor, MI: Loving Healing Press, 2009.

If you are not already aware of the myriad of challenges faced by individuals and families living with chronic mental illness, this book will certainly open your eyes. Mental health advocates and social justice teams will find a wealth of practical and much-needed steps to increase public awareness and empathy towards those challenged by mental illness, to improve services and to break down barriers to treatment. Suggestions are arranged in categories from simple & inexpensive to more ambitious projects that require time, team- work and funding. Suitable for either individual or group study and action.

No Longer Alone (Book) John Toews and Eleanor Lowen, Authors. Mennonite Publishing Network, 1995.

Designed for the faith community, *No Longer Alone* forms an outstanding foundational study of mental health issues. In each chapter, four sections—*Opening Thoughts, A Story, Focus,* and *Search*—weave relevant inspirational material into an exploration of mental health and mental illness issues. Toews and Eleanor Loewen first cover *What Is Mental Health?, Mental Health and Life Stages, Who Sinned?,* and *The Need for Healing*. In these and the following sections, Bible passages support and complement the psychological, social, and biological material. Each lesson ends with a set of questions that provide opportunity for reflection and response. For example, in the chapter entitled *The Need for Healing*, the questions include, “What is your definition of sin? How would you describe the relationship between sin and spiritual well-being? How do we minister to persons who fear getting healed or cured?” The authors have created a unique resource suitable for adult Christian education courses in small or large group gatherings.

Care Notes (Pamphlets) Writers from One Caring Place, Authors. St. Meinrad, IN: One Caring Place (imprint of Abbey Press).

These short (8-10 page), inexpensive, and sensitively written *Care Notes* pamphlets deal with a wide variety of spiritual, mental and emotional challenges for people of all ages and stages of life—children, teens, parents, single adults, and seniors. They are based on current medical and counseling practices, and offer further reading suggestions at the end of each positive, balanced piece. Sample topics range from grief, serious illness, depression, anxiety, chronic illness, and anger to forgiveness, stress, unanswered prayer, and addiction. One Caring Place (an imprint of Abbey Press) offers these in bulk rates for individual use, or church foyer display stands. An excellent tool for chaplains, counselors, and individuals who care.

Churches That Heal: Becoming a Church That Mends Broken Hearts and Restores Shattered Lives (Book) Doug Murren, Author. West Monroe, LA: Howard Publishing, 1999.

Doug Murren knows both sides of the story when it comes to hurtful churches—as a senior pastor of a large church that effectively ministered to hurting parishioners from other less sensitive congregations, and as a respected Christian who lives with the unpredictable cycles of bipolar disorder. Murren’s openness was and is not always well received by less informed fellow Christians. In this insightful book, he offers first hand wisdom on why churches don’t heal, what happens when churches don’t heal, creating a healing environment, and related topics. Murren holds another unique perspective—that of a conservative Christian with strong allegiance to Christ Jesus as the Great Physician, and a man who values the role of modern medical science for the

treatment of severe mental illnesses and addiction. Here is an invaluable resource for every senior pastor, his staff, and lay leaders.

In the Shadow of Our Steeples: Pastoral Presence for Families Coping with Mental Illness (Book) Stewart D. Govig, Author. New York: Haworth Press, Inc., 1999.

With a pastor's heart, the late Stewart Govig shared first-hand the pain mental illness inflicts on individuals and families; his son suffers from schizophrenia. Govig painted convincing portraits of need, isolation, and ongoing loss due to mental illness. Most helpful, however, are assessments of realistic ways a pastor can become the "lead learner" for the congregation in fighting stigma, prejudicial language, and public bias against persons with mental illnesses. Busy clergy, who take seriously their responsibility to care for parishioners' needs, will appreciate the inclusion of mental health ministry models, Bible study and discussion outlines, and a list of professional agencies to whom they can refer members in need of further support and education. *In the Shadow of Our Steeples* is a fine book for individual reading in pastoral care and health ministries. Faithful PSMIN/PHEWA member, the Rev. Stewart D. Govig, Ph.D. was Professor Emeritus of Religion at Pacific Lutheran University in Tacoma, Washington, prior to his death in 2005.

[Pathways to Understanding: Manuals and a Videotape on Ministry and Mental Illness](#)

(Instructor and Student Manuals and Video) Jennifer Shifrin, Author. St. Louis: Pathways to Promise.

Jennifer Shifrin has collected a helpful and versatile resource for clergy and lay leaders who work with congregants experiencing mental illness. Section I, *The Faith Community and Mental Illness*, includes a brief history of the faith community's response to mental illness, a basic introduction to the major mental illnesses, theological perspectives, and pastoral care issues. Section II, *The Person and the Family*, provides a more in-depth study of the pastor's role, when to counsel, when to refer, what to do in a crisis, and working with the family. Section III presents the printed scripts of the companion video. Section IV, *The Community and Its Resources*, includes information about mental health systems providers, agencies and organizations, legal issues, referral forms, and a listing of organizations that provide information, resources, referral, and support services. As well as defining mental illnesses and legal terms, the appendix offers tips on choosing a housing arrangement and locating a missing person. An extensive bibliography and denominational position statements on mental illness are also featured in this key resource for pastoral caregivers. Manual: \$34, accompanying video is \$21.75.

Out of the Darkened Room: When a Parent is Depressed; Protecting the Children and Strengthening the Family (Book) William R. Beardslee, M.D., Author. Boston: Little, Brown and Company, 2002.

Depression is said to be the "common cold" of mental health. Few people go through life without experiencing it to some degree. Sadly, it is one of the most unrecognized and untreated biological illnesses, and can wreak havoc on family life. As a result of years of clinical practice and research, Dr. Beardslee and his colleagues discovered "in family after family that the fear and shame that cause people to suffer in silence are simply not justified. Many children raised in the most challenging of circumstances overcome their difficulties and become remarkably healthy and happy adults. Parents put under extreme pressure by depression have demonstrated time and again that there are specific actions and strategies that they can employ to promote healthy development in the children." Dr. Beardslee writes, "In this book, I hope to explain these possibilities to a wide audience and to help families affected by depression learn to use these strategies."

The book explains, in lay language, the biological basis, diagnosis, and treatment of depression. Then, it follows the process of recovery and family strengthening: "Resilience in Action," "Enhancing Strength and Reducing Risks," "Breaking the Silence: The Family Meeting and After," "The Children: Understanding Depression Anew Over Time," "Facing the Threat of Suicide," and "Making Peace and Moving On." A most helpful book for personal study.

Surviving Schizophrenia: A Manual for Families, Consumers, and Providers (Fifth Edition) (Book) E. Fuller Torrey, Author. New York: Harper Collins, 2006.

"An indispensable guide to today's most misunderstood illness." So reads one description of this classic guide for people affected either directly or indirectly by schizophrenia. Dr. Torrey is one of today's most highly respected authors and educators, specializing in schizophrenia and bipolar disorder. This latest edition contains the most current research findings on the causes and treatment of schizophrenia. Clergy, pastoral counselors, health ministry workers, family members, and others wanting to learn more about this very treatable brain disorder will appreciate the book, written in easily understood language.

When Someone You Love Has a Mental Illness: A Handbook for Family, Friends, and Caregivers (Book) Rebecca Woolis, Author. New York: Tarcher/Putnam Publishers, 1992.

Speaking from almost twenty years of experience as a licensed counselor, Rebecca Woolis has pulled together one of the most practical and helpful resources for family and friends of the mentally ill—especially those new to the journey. Each chapter is full of sidebars designed to offer down-to-earth suggestions for almost any mental illness-related problem family and friends might encounter. Topics covered in this most essential guide include handling basic and more severe symptoms, coping with one's own feelings, practical matters, and stigma. For family members with a mentally ill loved one, clergy, pastoral counselors, and congregational leaders wanting and needing to learn more about mental illness, this book is a must-read.

When Someone You Love Suffers from Depression (Video) Produced by MEDCOM, Inc., 1995. Length: 30 minutes

This film begins in black and white, symbolic of the world experienced by persons suffering from clinical depression. Along with presenting family stories, *When Someone You Love* discusses symptoms and causes of major depression, attitudes that hinder rather than help, sources and methods of treatment, tips on helping someone, reality and the challenge of stigma, and recovery expectations. A list of national organizations is also provided. This video is recommended for adult education classes or support groups. Award Winner: 1995 Columbus International Film Festival. VHS & DVD copies: \$99., online prices & closed captioned versions available.

Healing Liturgies for the Seasons of Life (Book) Abigail Rian Evans, Author. Louisville: Westminster John Knox Press, 2004.

This book is based on the belief that God's gift of healing is available during all the seasons of a person's life and that hope can be affirmed and infused through liturgical services and sacraments. Healing liturgies are presented for a variety of spiritual traditions and occasions. Several liturgies are included for the mentally ill but there are a wide variety of other crises in life such as divorce, birth, retirement, disabilities, addictions, domestic violence and sexual abuse, criminal justice and specific diseases such as cancer, AIDS, and stroke.

124 Prayers for Caregivers (Book) Joan Guntzelman, Author. Winona: Saint Mary's Press, 1995.

This book is divided into two sections. The prayers in Part 1 are for light times in caregiving when the individual feels privileged and blessed or becomes aware of the gifts and opportunities for growth that caregiving offers. Part 2 is for dark times of caregiving when the individual may feel exhausted, angry, guilty, sad, depressed, overwhelmed, or inadequate. Each prayer includes a brief quotation from the Bible or another source, several lines of reflection, and a closing petition.

Bible Readings for Caregivers (Book) Betty Groth Syverson, Author. Minneapolis: Augsburg Publishing House, 1987.

In this book, God's Words are applied to varied experiences, mainly medically related. Each Bible verse is followed by a short meditation, a sentence of prayer and a thought or question to reflect on the verse and meditation.

To Bless the Space Between Us – A Book of Blessings (Book) John O'Donohue, Author. New York: Doubleday, 2008. This is a book of blessings to offer comfort and encouragement on our life's journey. Because there are all kinds of thresholds that lead to new stages of life, blessings are included for such things as birthdays,

parenthood, adulthood, old age, death, loneliness; callings to priesthood, marriage, farming, friendship and almost anything else you can think of.

Treating the Invisible Wounds of War: A Primary Care Approach (Free on-line course) The Citizen Soldier Support Program (CSSP) launched an online course for primary care physicians, pastoral care providers, case workers, mental health providers, and other professionals called “Treating the Invisible Wounds of War: A Primary Care Approach.” This series focuses on education/training and practice improvement with an explicit backup and referral plan to help address the unmet need for mental health assessment and care among returning Service members. The course is available free of charge at www.aheconnect.com/citizensoldier/

The Wounds of War: The Church as a Healing Community; 2010 Disability Inclusion Resource Packet developed by Presbyterians for Disability Concerns (PDC), a ministry network of the Presbyterian Health, Education & Welfare Association (PHEWA). Is the church ready? Are we prepared to be a community of healing for those who are living now, and will be living for many years, with the wounds of war? Every day the news media reports on the physical and emotional costs of war. One in five soldiers returning from Iraq or Afghanistan lives with major depression or post-traumatic stress disorder. Suicide rates and domestic violence have soared. Is the church prepared? Members of the PDC Leadership Team believe that the physical, emotional and spiritual wounds are intertwined. We believe that the church can and must be a community of healing. This is the challenge we are issuing to the church in our 2010 Inclusion Sunday resources.

Free download at: <http://www.pcusa.org/media/uploads/phewa/pdfs/disability-inclusion-packet-2010.pdf>

Organizations

National Alliance on Mental Illness (NAMI)

The National Alliance on Mental Illness is the nation’s leading grass roots advocacy non-profit organization solely dedicated to improving the lives of persons with severe mental illness—including schizophrenia, bipolar disorder (manic depressive illness), major depression, obsessive-compulsive disorder, and severe anxiety disorders. Its four pillars— education, advocacy, support, and research—give the National Alliance on Mental Illness a solid voice for the mentally ill and their families.

This organization has a host of channels through which one can receive educational materials and literature about symptoms, treatment, and services for specific mental

illnesses. In addition, they provide the latest news about activities and events in policy, research, popular media, and education. Their Web site features information about the organization, mental illnesses, services, treatment options, and policy and programs of the National Alliance on Mental Illness. Also offered are links to state and local web sites. Their 800 number provides support, information, and referral to local affiliates. Inquiries from the general public are welcome.

[NAMI FaithNet](#)

NAMI FaithNet is an interfaith resource for NAMI members, clergy and congregation of all faith traditions working together to create welcoming and supportive faith communities for individuals and families living with mental illness. FaithNet provides a wide variety of resources, including an e-newsletter, articles, referrals, handouts and other materials from their Web pages.

It is designed to (1) facilitate the development of a supportive faith community environment for those with serious mental illness and their families, (2) emphasize the value of spirituality in the recovery process from mental illness and in the lives of caregivers, (3) educate clergy and congregations concerning the biological basis and characteristics of mental illness, and (4) encourage advocacy by the faith community to bring hope and help to those affected by mental illness. FaithNet's free e-mail network offers pertinent book reviews, regional meeting announcements, articles, letters, and other resource materials.

[National Institute of Mental Health \(NIMH\)](#)

An agency of the U.S. government's National Institutes of Health (NIH), the National Institute of Mental Health offers a wide range of free brochures, fact sheets, reports, press releases, and other educational materials on mental illnesses, mental health issues, learning disabilities, eating disorders, suicide, and medications for mental disorders. Free booklets—on illnesses such as anxiety disorders, autism, bipolar disorder, depression, and schizophrenia—are available on the agency's Web site and would be an economical way to supplement any church leader's library. Check out especially "For the Public" sections of the site. Having quick access to information on a particular mental disorder helps to demystify the malady, so that a pastor or counselor can know the next step and more easily decide whether to refer a parishioner to a mental health professional. While pastoral counselors know that it is often unrealistic to expect persons with mental disorders to read about their illnesses, the literature may be helpful to church leaders and families of the mentally ill.

[Pathways to Promise](#)

An interfaith resource center promoting a caring ministry for people with mental illness and their families, Pathways to Promise offers liturgical and educational materials, program models, and networking information. These resources are useful to clergy and lay leaders at all levels of congregational life—local, regional and national. Pathways provides an interactive Web site that helps congregational leaders

understand 1) what to do when a person with mental illness or a family member comes for help or makes his or her presence known; 2) what programs supporting people with mental illness and their families can be developed in congregations; and 3) what agencies and organizations have helpful resources and referral information. Several of the worship planning materials, pamphlets, and bulletin inserts are available in Protestant, Jewish and Catholic versions. Other resources— particularly for clergy and worship committees who wish to plan a service or weekend of seminars—include *Mental Illness Awareness* booklets, *The Bible as Resource: Materials for Sermons and Articles*, and *Worship Resources*. Pastoral caregivers, families of persons suffering from mental illness, and concerned congregational members will discover insight and advice in this organization and its Web site.

Contact information is:

Pathways to Promise
5400 Arsenal St., St. Louis, MO 63139
314-877-6489 Fax: 314-877-6405
www.Pathways2Promise.org

[Presbyterian Health, Education & Welfare Association \(PHEWA\)](#), is a community of ministries providing resources, peer support and networking connections for Presbyterians involved in social welfare and justice ministries. PHEWA has also worked, since its creation by General Assembly action in 1956, to make the church more responsive to the needs of those too often excluded or on the margins of the church and of society. PHEWA provides a forum where these persons can make their voices heard, offering rich perspectives that enrich the church.

Volunteer ministry specialists, through the [national networks of PHEWA](#) provide assistance in developing strategies for effective responses to a wide variety of needs encountered in the practice of ministry, both in the congregation and in the surrounding community. Stay connected, and help to keep these ministries strong, through [membership in PHEWA](#) and any/all of the PHEWA Networks.

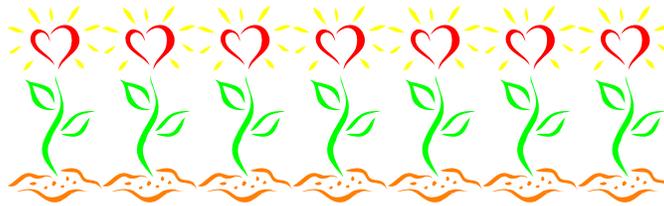
The Rev. Trina Zelle serves as National Organizer and Executive Director of PHEWA. Trina spends a lot of time out in the field and in communication with congregations who either have or hope to have active ministries in the areas addressed by PHEWA Networks; as well as with presbyteries and synods. She helps folks make connections and gather resources that are useful and that reflect the policies of the PC(USA). She can be reached at (602) 796-7477 or at trinazelle6@gmail.com. Trina also manages PHEWA's independent resource website: <http://www.phewacommunity.org/>.

**For More Information about Ministries with Caregivers
and Their Loved Ones**

Feel Free to Contact the Presbyterian Health Network (PHN)
A ministry network of the Presbyterian Health, Education & Welfare Association (PHEWA)

www.pcusa.org/phewa/phn

“Sowing Seeds of Wellness in the Presbyterian Church, U.S.A.”



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