

Caring Congregations Training

Embracing Mental Health Issues
in Our Congregations

March 28-30, 2008

Mt Manresa Retreat House, Staten Island, NY

*"Mental health problems do not affect three or four
out of every five persons but one out of one."*

Dr. William Menninger



Rev. Barbara F. Meyers

People with mental health problems and their loved ones fill our pews, our streets and our jails. To help address this problem, the Caring Congregation Program helps congregations in welcoming and supporting those with mental disorders and their families. It uses a book with workshops written and pilot tested by Rev. Barbara F. Meyers, a UU community minister who focuses on mental health issues. Rev. Barbara Meyers is a Unitarian Universalist Community Minister endorsed by the Mission Peak Unitarian Universalist Congregation in Fremont, California. Her ministry is focused on mental health issues and includes educational, healing, social justice and priestly functions. She works part time at a peer-run mental health center in Fremont and produces a public access TV show on mental health issues.

Caring Congregation workshops:

1. Mental Disorders and their Consequences
2. Specific Mental Disorders and How they are Diagnosed
3. History of Mental Disorders
4. Mental Disorders in Special Populations: Children, Elders, Minorities
5. Mental Health Treatment Options
6. Families and Friends of those with Mental Disorders
7. The Role of the Church

Identifying Leaders:

Training is required for people who will teach the curriculum in a congregation. Each congregation who wants to use this program should train two people as leaders. Leaders should have life experience in one or more mental health backgrounds, though co-leaders should come from different backgrounds (not both professionals or both clients):

- mental health professional
- family member of someone with mental health issues
- mental health client (person with a mental disorder)

Other important criteria:

- Respected within the congregation
- Do not have negative attitudes toward mental illness, families and mental health clients
- Ability to share thoughts and feelings
- Comfortable with emotional expression

Cost: \$275 per person. This includes a single room with hallway bath and all meals. It is required that at least two facilitators are trained per congregation, though more are welcome. There are only 24 spaces in the training – so register as soon as possible! \$25 Late fee for registrations after March 15.

Location: [Mt Manresa Retreat House](#) 239 Fingerboard Rd, Staten Island, NY, 10305.

When: Beginning with dinner at 5:00 p.m. on March 28, ending at 3:30 p.m. on March 30.

Register online at: <https://www.formdesk.com/uiforms/CaringCong>. You may use a credit card or mail a check.

Questions: For questions about the training content, contact Rev. Barbara F. Meyers at com_minister@mpuuc.org or 510-796-5722.

Other questions? Please contact Andrea Lerner at alerner@uua.org or (914) 373-0193