

**PREPARATION FOR ASSISTING FAITH COMMUNITY MEMBERS WHO ARE
SUFFERING FROM MENTAL HEALTH CHALLENGES**

Developed and presented by

Dr, Gloria Morrow

Workshop for Mt. Sinai Missionary Baptist Church

3669 West 54th Street, Los Angeles, CA 90043

Senior Pastor, Dr. George Hurtt

May 13, 2024

5:30-8:30pm

OVERVIEW OF COUNSELING MINISTRY AT MT. SINAI MBC

Dr. Gloria Morrow was commissioned by Dr. George Hurst, the Senior Pastor of Mt. Sinai Missionary Baptist Church in May of 202 to assist in building a counseling ministry at the church. The following program has been developed:

- I. A group of interested lay and professional therapists in the church were invited to join the counseling ministry, and we have been meeting monthly Since June of 2020.
- II. A Consultation form was developed for parishioners to complete when they had a need to seek the help of a trained mental health professional. Dr. Gloria would receive the consultation form and reach out to the parishioner to assess any crisis issues and to make appropriate referrals.
- III. Dr. Gloria provides information during church services as well as facilitates both in-person and online training for the congregation to help to remove the stigma associated with mental health.
- IV. Dr. Gloria prepared the counseling team to offer a series of relevant mental health/educational classes to the church during the summer, and they will be preparing to provide the second series of trainings in summer of 2024.
- V. Prepare the counseling team to be able to receive the consultation forms and reach out to the members who are in need of help for mental health issues.
- VI. Work on developing a full counseling ministry where professional and lay services will be provided to the congregation and sister churches who would prefer to see a counselor at another church because of confidentiality concerns.

UPCOMING EVENT/MENTAL HEALTH WORKSHOP:

On May 13, 2024, Dr. Gloria will provide training for the counseling team, which has been opened up to the L.A. County Department of Mental Health Faith Based Advocacy Council and the Executive Board.

PURPOSE OF WORKSHOP

The purpose of this training is fivefold is to help the counseling team and guest workshop participants:

1. To understand the importance of addressing the mental health needs of faith community members.
2. To properly respond appropriately to the consultation requests that are made by faith community members, and the importance of confidentiality when talking to the members.
3. To understand the basic signs and symptoms of major mental illnesses, such as depression, anxiety, and PTSD, and to have general knowledge about signs and symptoms of a variety of thought disorders and substance use disorders.
4. To understand the use of the PHQ depression screening, GAD7 screening for anxiety, and ACES (Adverse Childhood Experiences) assessment.
5. To learn how to identify when a faith community member is in crisis and to know how to get help for him or her.
6. To fully understand the workflow associated with responding to the consultation form.
7. To understand the do's and don'ts for lay and professional counselors who are helping parishioners who are suffering from mental health challenges.

LEARNING OBJECTIVES

By the end of this workshop, participants will be able to:

1. Identify at least three (3) benefits of establishing a counseling ministry to address the mental health needs of faith community members and the barriers and challenges that must be overcome.
2. Describe at least four (4) of the steps that are necessary to respond to the consultation forms that are received from parishioners.
3. Identify at least three (3) of the major symptoms of the psychological and personality disorders that are presented.
4. Describe at least two (3) of the common assessments that are used for better understanding faith community members' mental health condition.
5. Describe at least four (4) of the steps for assessing for suicidal/homicidal risk and responding appropriately.
6. Describe at least three (3) of the steps for reporting suspected child abuse, senior abuse and human trafficking.

7. Identify at least five (5) of the dos and don'ts for those assisting faith community members who are suffering from mental health challenges.

WORKSHOP OUTLINE

- I. INTRODUCTION**
 - a. Welcome
 - b. Scripture and Prayer
 - c. Introduction of Participants
 - d. Overview of Workshop
 - e. Purpose and Learning Objectives
- II. THE ROLE OF THE FAITH COMMUNITY IN MEETING THE MENTAL HEALTH NEEDS OF FAITH COMMUNITY MEMBERS**
 - a. The Positive Impact
 - b. Potential Concerns and Barriers for Counseling Ministries
 - c. Strategies for Addressing the Concerns and Barriers
- III. THE PROCESS FOR RESPONDING TO THE NEEDS OF FAITH COMMUNITY MEMBERS**
 - a. Walking through the Process of Responding to Faith Community Members
Request for help through the Consultation Form
- IV. UNDERSTANDING BASIC SIGNS AND SYMPTOMS OF COMMON MENTAL HEALTH CHALLENGES**
 - a. Situational vs. Clinical Depression
 - b. Anxiety
 - c. PTSD
 - d. Psychotic Disorder
 - e. Substance Use Issues
 - f. Personality Disorders
- V. UNDERSTANDING RELEVANT ASSESSMENTS**
 - a. PHQ-9
 - b. GAD7
 - c. ACES
- VI. CRISIS RISK ASSESSMENT**
 - a. Suicidal Risk Assessment
 - b. Homicidal Risk Assessment
 - c. Child Abuse
 - d. Senior Abuse
- VII. KNOWING YOUR ROLE**
- VIII. DOS AND DON'TS**
- IX. Q & A**
- X. CLOSING ACTIVITY**