

Background

The original class on Mental Health Topics for Pastoral Care was organized and sponsored by the Aging Well Initiative, a partnership of the University of Rochester Department of Psychiatry, individuals, and faith-based organizations in Rochester, NY.

Building on the past works of the founders of this class, in 2013 the new classes renewed their emphasis on topics of mental health and wellness as a response to the community's feedback. Our hope is to equip the faith community to address mental health needs in their communities.

Partnering agencies:

Interdenominational Health Ministry Coalition

Children's Institute

Common Ground Health

Department of Psychiatry, University of Rochester Medical Center

children's
institute

STRENGTHENING SOCIAL AND
EMOTIONAL HEALTH



Common Ground
Health



To Sign Up:

Please visit our website at <https://bit.ly/renewingofthemind> or scan the QR code down below to register for our class;



Connect with us

renewingofthemindrochester@gmail.com

*For those with a heart for
mental health*



Renewing of the Mind



Renewing of the Mind

Class Structure

Clergy and lay ministers often face mental health topics as they work with parishioners.

The class sessions will provide a range of knowledge and hands-on learning for anyone working with people in distress. The class is designed for clergy, health ministers and lay leaders in faith communities.

Workshops

Each workshop will run from 9am to noon. Specific details to follow. Join us to learn about a myriad of mental health topics.

Classes may be in-person or online and will be announced based on participants' or presenter preferences post registration.

We will be following CDC's COVID guidelines when workshops are in-person.

Logistics

This class meets once a month for a full year beginning Fall 2021. Classes take place on the third Saturday of the month for 3 hours.

A certificate is available for individuals attending 9 class sessions, and we ask participants to commit to attending the class for the full year.

The class is structured in three phases: achieving and maintain mental health and wellness, common disruptors of mental health and wellness, and addiction/substance abuse including related topics

Topics

Strengthening Mental Health and Mental Wellness:

- Self-Care and Mindfulness
- Counseling with Children and Infant Mental Health
- Sexuality & Gender Orientation
- Referrals

Common Disruptors of Mental Health and Wellness:

- Anger, Trauma & Violence
- Anxiety disorders & PTSD
- Grief/Bereavement & Suicide
- Child Abuse & Neglect
- Depression

Recovery

- Substance Use and Dependency
- Family Support of Long-Term Needs for Mental and Physical Health

Our Mission

To promote physical, psychological, and spiritual wellness with a focus on communities of color. We believe that wellness interventions should be applied at all stages of the lifespan.

Project Goals

We hope to accomplish our mission by pursuing the following goals:

- Strength relationships and dialogue among people who care about mental health
- Enhance community-based efforts that address health disparities
- Offer educational opportunities to strengthen awareness and advocacy about mental wellness
- Empower and equip people to support resiliency by providing knowledge about potential referrals
- Obtain feedback on the curriculum and track participants' learning and impact



*Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is-his good, pleasing and perfect will.
Romans 12:2*

