

**Background**

**2005-2010**
The original class on Mental Health Topics for Pastoral Care was organized and sponsored by the Aging Well Initiative, directed by Silvia Sörensen, a partnership of the University of Rochester Department of Psychiatry, individuals, and faith-based organizations.

Founding Community Partners include: Bishop Herman Dailey, Rev. Dr. Lawrence Hargrave, Rev. Dr. John Walker, Minister Clifford Florence, Mr. George Haizlip, and Dr. Joanne McGriff.

**A New Beginning...**
In 2013, in response to community needs, several community members decided to adapt this program to the educational needs of those with a desire to gain knowledge about mental health and wellness. Our hope is to equip the faith community to address mental health needs. A total of 71 participants attended at least one of eleven sessions in 2014. Twenty-four participants received certificates of completion. In 2015, 20 participants created action plans for their leadership efforts and were supported by bi-monthly workshops and learning collaborative meetings. In 2016 we are re-launching the original year-long class with additional topics.

**Please register for the class:**
Office of Mental Health Promotion
University of Rochester Medical Center
(585) 275-3571 or
RenewingoftheMindRochester@gmail.com

Space is limited. Sessions are free. Breakfast is provided.

**Partnering agencies include**
Office of Mental Health Promotion and the Aging Well Initiative of the University of Rochester Medical Center
Interdenominational Health Ministry Coalition
Mental Health Association of Rochester
Finger Lakes Health Systems Agency
Trillium Health

**Additional resources:** The Nathan Kline Institute for Psychiatric Research (NKI) http://ssrdqst.rfmh.org/cecc/index.php?q=node/396

**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).**

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**Mission**

To promote physical, psychological, and spiritual wellness for people of color. We believe that wellness interventions should be applied at all stages of the lifespan.
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 working with people in distress and is designed to assist ministers, broadly defined, in service to parishioners.

Who can take this participate? Anyone with a heart for it including:

- Clergy
- Health ministries
- Lay leaders

How the class is structured:

This class meets once a month starting February 2016 and ending December 2016 on the fourth Saturday of the month for 3-4 hours. Some meetings may be changed to the third Saturday to accommodate holidays. A certificate is available for individuals attending 9 class sessions. We ask participants to commit to attending the class for the year.

Workshop location:
CityGate Rochester
Westfall Rd & E. Henrietta Rd
Rochester, NY 14620

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

- Strengthen relationships and dialogue among people who care about mental health
- Enhance community-based efforts that address health disparities.
- Offer educational opportunities to strength 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

All faiths welcome.

Achieving total wellness in mind, body, & spirit

Course Topics

Each workshop begins at 9am and will last 3-4 hours. Specific details to follow. Learn about such topics as:

- Addiction/Substance Abuse
- Anxiety Disorders
- Children’s Mental Health
- Counseling
- Depression
- Effective Listening
- Grief/Bereavement
- PTSD
- Referrals and Getting People into Mental Health Treatment
- SADS
- Serious and Persistent Mental Illness
- Sexual Identity and Gender Orientation
- Suicide
- Stress
- Trauma and Violence

Please sign up by February 22nd through RenewingoftheMindRochester@gmail.com or by calling (585) 275-3571.

All are welcome. Registration required.
**Dates subject to change.