

## 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](mailto: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](http://ssrdqst.rfmh.org/cecc/index.php?q=node/396)

*As a man thinketh in his heart, so is he.  
(Proverb 23:7)*

*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 ap-  
prove what God's will is—his good, pleasing  
and perfect will. (Romans 12:2).*

# Renewing of the Mind Workshops



### Mission

*To promote physical, psychological,  
and spiritual wellness for people of  
color. We believe that wellness inter-  
ventions should be applied at all  
stages of the lifespan.*

## 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](mailto:RenewingoftheMindRochester@gmail.com) or by calling (585) 275-3571.

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

*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.*

*Achieiving total wellness  
in mind, body, & spirit*