

## 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.

Achieving total wellness  
in mind, body, & spirit

## To sign up call:

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(585) 275-3571

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Space is limited.

## 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>

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

# Renewing of the Mind



A class for people with a heart for health ministry.

Second Saturday of the month  
9-11am

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

This seminar provides a range of knowledge for working with people in distress and is designed to assist ministers, broadly defined, in service to parishioners.

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

- Clergy
- Health ministries
- Lay leaders

**How the class is structured:**

This class meets once a month for a year on the second Saturday of the month for two hours. A certificate is available for individuals attending 10 out of the 11 classes.

**Class location:**

Finger Lakes Health Systems Agency  
1150 University Ave  
Building #5 in the rear  
Rochester, NY 14607

**Class topics include...**

With a variety of facilitators, you will learn more about topics such as:

- Alcoholism & Substance Abuse
- Anger Conflict Resolution
- Anxiety Disorders
- Bipolar Disorders
- Counseling Techniques
- Depression
- Domestic Violence
- Getting People into Mental Health Treatment
- Grief & Bereavement with Suicide, Homicide & Other Violent Deaths
- Health Promotion
- Post-Traumatic Stress Syndrome
- Post-partum Depression
- Schizophrenia & Psychosis
- Special Needs & Resources for Working with Older Adults
- Suicide Prevention
- Stress & Burnout Management
- Youth Violence

**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.

**We hope to accomplish this 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 & 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.*