

**2021 Congregational Mental Wellness Survey:**

**Suggested Resource Guide**

*\*We recommend having a copy of the results of your congregation’s mental wellness survey handy as you review this resource guide. We also recommend using this resource guide in conjunction with the “Step-by-Step Strategy for Creating a Mental Health Ministry” document found in the 2021 Look Up Indiana Mental Health Toolkit in order to help inform you of resources available for each step:* [*https://lookupindiana.org/resources/toolkit*](https://lookupindiana.org/resources/toolkit)

**Starting Out: Some Fundamental Mental Health Resources at Your Fingertips**

* The Look Up Indiana website

<https://lookupindiana.org/>

This website has information and resources to help raise awareness about a variety of mental health concerns, reduce stigma surrounding mental illness, and find hope and help for yourself or others. Consider using the faith-based mental health resources as sources of information for your bulletin inserts, newsletter content, continuing education pieces for your staff or ministry teams, materials for your mental health ministry bulletin board/display area, church website, social media, etc. There are also Bible study and worship materials related to mental illness on this website.

* The Look Up Indiana Mental Health Toolkit

2021 edition: <https://lookupindiana.org/resources/toolkit>

2020 edition: <https://big.nyc3.cdn.digitaloceanspaces.com/lookup/general/Look-Up-Mental-Health-Toolkit_FNL.pdf>

Each edition of the Look Up Indiana Mental Health Toolkit contains a Bible study, sermon, prayers, book list, bulletin and media announcements, posters, and more all related to mental illness.

* Hope for Mental Health Ministry Starter Kit

<https://store.pastors.com/resources/church-health/mental-health/hope-for-mental-health-starter-kit.html>

This comprehensive kit by Saddleback Church contains sermons on mental illness, 6 mental health video testimonies, a mental health resource guide, a DVD video series for youth, the book *Freedom from Anxiety and Depression*, the *Journey Toward Hope* book which can be used by individuals or in small groups, thumb drives with various mental health ministry resources, and more. Cost: $80.00

* The RemedyLIVE Soul Medics: A Mental Health 24 Hour Interactive Chat Center

<https://www.remedylive.com/>

RemedyLIVe is a faith-based organization in Ft. Wayne, IN who has trained Soul Medics to chat with anyone struggling with their mental health. Soul medics provide encouragement and hope and can connect people to appropriate care.

Call: 877-257-0208

Text: LookUp to 494949

* Online Mental Health Screening Tools provided by Mental Health America

<https://screening.mhanational.org/screening-tools/>

These screening tools are provided to give people a quick snapshot into their current mental health. After taking the screening, people are provided with information, resources, and tools to help them better understand and improve their mental health. People are encouraged to share their results with their doctor or therapist for follow-up care.

**Mental Health-Related Educational Workshops, Trainings, and Resources**

**Addiction/Substance Use**

* Mental Health America of Northeast Indiana

<https://mhanortheastindiana.org/>

260-422-6441; info@mhanortheastindiana.org

Mental Health America of Northeast Indiana offers a training called “The Brain and Science of Addiction,” which provides an overall understanding of addiction and its impact on the brain from a biological standpoint. Participants will walk away with a new lens through which to understand the complexity of the issue.

* Cross Connections Counseling, Ft. Wayne

<https://www.crossconnectionscounseling.com/>

260-373-0213

Cross Connections Counseling in Ft. Wayne can work with your congregation to hold an educational presentation by one of their Christian counselors on the issue of substance abuse, including discussion on the spiritual roots of addiction and the role faith plays in a person’s wellness journey. Ask to speak with their Clinical Director, Gary Younghans to help make arrangements to have one of their counselors speak to your group.

**Basic Mental Health and Stigma Reduction**

* Mental Health America of Northeast Indiana

<https://mhanortheastindiana.org/>

260-422-6441; info@mhanortheastindiana.org

MHA offers a variety of educational trainings, including “Understanding Mental Health” and “Stigma and Mental Health” which provide a good general overview of mental health and mental illness. MHA also offers Mental Health First Aid Training and Youth Mental Health First Aid Training, which are 6.5 hour-long trainings providing a more in-depth look at mental illness.

* NAMI Ft. Wayne

<https://www.namifortwayne.org/>

260-447-8990; faithnet@namifortwayne.org

NAMI offers their FaithNet “Bridges of Hope” presentation for faith communities to advance knowledge of mental disorders and promote the vital role of faith in recovery. They also have educational programs for those living with mental illness to better understand their condition, as well as a separate educational experience for family members of those with mental illness. In addition, NAMI Ft. Wayne offers a free Education Night open to the public every fourth Tuesday of the month featuring an educational talk by a professional on a topic related to mental health. Registration is required. Please call NAMI Ft. Wayne for more information.

* RemedyLIVE

<https://www.remedylive.com/>

260-422-1958; tonya@remedylive.com

RemedyLIVE offers a technologically interactive educational experience on mental health for adults called WIRED, and a similar program called The Get Schooled Tour for kids in grades 1-12. Their Trends and Teens workshop equips parents to engage teens on the topic of mental health. They can also provide a guest speaker on the topic of mental wellness for your church service, youth group event, or parenting event.

**Companionship Training**

* Pathways to Promise Companionship Workshop

<https://www.thecompanionshipmovement.org/>

Carole@thelutheranfoundation.org; 260-458-2115

This 4-hour workshop is designed to help individuals learn to gain the knowledge, skills, and confidence to engage in genuine relationships with people in need, including those facing emotional and mental health issues, and connect them with appropriate care. This is an ideal workshop for greeters, elders, Stephen Ministers, mental health ministry teams, small group leaders, and those in your congregation involved with outreach activities.

**Parenting with Mental Health in Mind**

* Building a Stronger Family

<https://buildingastrongerfamily.org/>

260-797-5892

Building a Stronger Family is a local organization which offers parenting classes and other educational events and workshops aimed at helping individuals and families identify and overcome past hurts, traumas, negative influences, and poor decision making in order to strengthen the family unit.

* Living Compass

<https://www.livingcompass.org/>

This organization provides individuals, families, and congregations with free tools toward better whole person health, including a free wellness self-assessment tool for parents: <https://www.livingcompass.org/assessment-introduction>,

along with a corresponding parent wellness book and workbook, which can be used by individuals or in small groups called “Wellness Circles.” A faith-based supplement for the material is available. They also have free materials for a 4-week class on wellness for parents: <https://shop.livingcompass.org/collections/topical-wellness-classes>

* Mental Health America of Northeast Indiana

<https://mhanortheastindiana.org/>

260-422-6441; info@mhanortheastindiana.org

MHA offers a training called “Parenting with Mental Health in Mind,” which provides parents with practical information and tools to begin fostering positive mental wellness at home. They also offer Parent Café, a fun, free, supportive and educational parent-led group where parents can talk openly with one another about the struggles of parenting and ways to strengthen their families: <https://mhanortheastindiana.org/our-services/parent-cafe>

**Stress Reduction**

* Living Compass

<https://www.livingcompass.org/>

This organization provides individuals, families, and congregations with free tools toward better whole person health, including a free wellness self-assessment tool for teens, parents, and adults: <https://www.livingcompass.org/assessment-introduction>

along with corresponding workbooks which can be used by individuals or in small groups called “Wellness Circles.” Faith-based versions of the wellness circles are available. They also have free 4-week topical class materials on a variety of topics related to mental health: <https://shop.livingcompass.org/collections/topical-wellness-classes>

* Mental Health America (MHA) of Northeast Indiana

<https://mhanortheastindiana.org/>

260-422-6441; info@mhanortheastindiana.org

MHA provides many mental health related trainings, including “The Science of Stress.”

* Parkview Health, Healthy Living Center’s Free Stress Consultation

<https://www.parkview.com/classes-events/classes-and-events-details?ceid=d9a55db7-b092-4b32-ad37-9ed289ed7fb2>

260-266-6500

Participate in a free one-on-one, 20-minute chat over the telephone with Dave Johnson, PhD, Parkview Health, to help you with your personal stress management goals, which can include additional programs, materials or referral, if needed. Registration required.

* Run Hard. Rest Well.

<https://runhardrestwell.org/>

260-239-1297; info@runhardrestwell.org

This organization, based in Albion, IN, educates and advocates on the vital importance of rest. They equip people to embrace a pace and passion for work and rest that is transformative and sustainable. They offer free resources, a book called *Vantage Point,* and retreats. They also have a new video-based curriculum for teens on restorative wellness called Run the Race that helps youth learn about the impact of stress in their lives and teaches them how to reduce stress and

cultivate connections for health.

* The Art of Invitation

<https://www.artofinvitation.org/>

The Art of Invitation is a curriculum which creates a path to build, restore, and sustain thriving relationships. All too often strained relationships create stress in our lives. The Art of Invitation provides practical relationship skills towards better communication and connection with others, creating a sense of community and connectedness. Participants may go through the material on their own, but it is recommended for small groups.

**Suicide Prevention and Intervention Training**

* LivingWorks Faith

<https://www.livingworks.net/faith>

Blending Scriptural wisdom and evidence-based practices, LivingWorks faith is an online program designed for Christian ministry leaders who want to learn to effectively prevent, intervene, and minister around the issue of suicide in their congregation and community.

* Mental Health America of Northeast Indiana

<https://mhanortheastindiana.org/>

260-422-6441; info@mhanortheastindiana.org

MHA offers a variety of different suicide prevention trainings: QPR, safeTALK, and Applied Suicide Intervention Skills Training.

* National Action Alliance for Suicide Prevention

<https://theactionalliance.org/>

The National Action Alliance for Suicide Prevention has free resources for faith communities through their *Faith.Hope.Life Campaign. They offer* a set of assembled and ready-to-use communications aids and spiritual resources to help congregations prevent suicides: <https://theactionalliance.org/communities/faith-communities>

* Stop Suicide Northeast Indiana

<https://www.stopsuicidenow.org/>

This local organization offers a variety of resources on the topic of suicide, including training using the Columbia Suicide Severity Rating Scale (C-SSRS), two helpful toolkits with suicide resources, and links to the National Suicide Prevention Lifeline crisis chat line.

**Trauma Informed Care Education and Training**

* Bruised Reeds and Smoldering Wicks: An 8-Week Bible Study for Small Groups in Trauma-Informed Ministry and Compassionate Outreach to Individuals with Adversity in Childhood

<https://www.amazon.com/Bruised-Reeds-Smoldering-Wicks-trauma-informed-ebook/dp/B07QGMB8JJ>

Bruised Reeds and Smoldering Wicks by author Chris Haughee is a study on the intersections between the science of adversity in childhood (ACEs), trauma, and ministry. Suitable for individuals exploring how their faith and the science of brain development, toxic stress, and spiritual formation are connected, this study is best explored by small groups that want to begin trauma-informed ministry interventions and outreach within their faith communities.

* Mental Health America of Northeast Indiana

<https://mhanortheastindiana.org/>

260-422-6441; info@mhanortheastindiana.org

Mental Health America of Northeast Indiana offers a training session called “Understanding Trauma and ACE’s (Adverse Childhood Experiences).”

* Park Center, Ft. Wayne

Melissa.Blackmer@parkview.com

Missy Blackmer, MSEd, LMFT, LMHC, TFCBT

Manager of Community Based Services - Park Center

260.481.2700 extension 2494

260.247.8288 cell

Melissa is a licensed counselor with training in Trauma-Focused Cognitive Behavioral Therapy who can provide an educational workshop for your congregation and/or staff on basic information on trauma and how you can help those experiencing trauma.

* REBOOT Recovery

<https://rebootrecovery.com/>

REBOOT Recovery helps people overcome trauma through their online faith-based trauma healing courses and online community.

* Spiritual First Aid

<https://www.spiritualfirstaidhub.com/>

Spiritual First Aid offers an online training and certificate course along with a manual which instructs people in the BLESS Method to provide spiritual and emotional care to those who have experienced trauma, particularly as a result of natural disasters, civil conflicts, humanitarian crises, and public health emergencies.

* The Trauma Healing Institute

<https://traumahealinginstitute.org/>

The Trauma Healing Institute offers a variety of trauma resources using a unique method that unites proven mental health practices and engagement with God through the Bible.

**Support Group Information**

**Addiction/Substance Use Support Groups**

* Celebrate Recovery

<https://www.celebraterecovery.com/>

Celebrate Recovery is a Christ-centered, 12 step recovery program for anyone struggling with hurt, pain, or addiction of any kind. Use their website to find a local Celebrate Recovery group in your area or learn more about how to begin a group in your congregation.

* The Mom of An Addict, Inc., Ft. Wayne

<https://www.themomofanaddict.org/>

260-209-4686

The Mom of an Addict provides education and support to families who have been affected by a child’s or loved one’s substance use disorder. Support groups meet in Ft. Wayne and Warsaw, IN. Please visit their website for more details.

* Parents of Addicted Loved Ones (PAL)

<https://palgroup.org/>

PAL is a support group of parents helping parents. They meet every week to offer addiction education and support, at no charge, for parents who are trying to save a son or daughter from addiction. Use their “Find a Meeting” button on their homepage to find a support group near you.

**Anxiety/Depression Support Groups**

* Mental Health America of Northeast Indiana

<https://mhanortheastindiana.org/>

260-422-6441; info@mhanortheastindiana.org

Mental Health America of Northeast Indiana offers a free anxiety and depression support group on Wednesdays at 6 p.m. No formal diagnosis is required. The group is currently meeting via Zoom. Email Lacey Holt to sign up at: lholt@mhanortheastindiana.org

* Mental Health Grace Alliance

<https://mentalhealthgracealliance.org/your-personal-journey>

Mental Health Grace Alliance offers Bible study books that combine relevant Bible studies, neuroscience, and practical tools to help those experiencing a mental health difficulty to manage stressors, increase calm through rest and joy, reframe negative thoughts and nurture healthy relationships. These books are best used in small groups. *Living Grace* is a 16-week study for adults, and *Redefine Grace* is a 10-week study for high school and college age students. Group facilitator training and materials are available online.

* NAMI Fort Wayne

<https://www.namifortwayne.org/>

260-447-8990; faithnet@namifortwayne.org

NAMI Ft. Wayne provides free support groups for those living with mental illness and also for adult family and friends of people living with mental illness. Call the NAMI Ft. Wayne office to find out their current meeting schedule.

**Caregiver Support Groups**

* The Aging & In-Home Services of Northeast Indiana

<https://agingihs.org/programs-resources/family-caregiver-center/family-caregiver-support-groups/>

260-745-1200

The Aging & In-Home Services of Northeast Indiana offers family caregiver support groups. There is no cost to attend any of the Family Caregiver Center Support Groups. Pre-registration is requested by calling 260-745-1200, extension 307. Respite care is available upon request. <https://agingihs.org/programs-resources/family-caregiver-center/family-caregiver-support-groups/>

* Lutheran Life Villages Piper Trail, Ft. Wayne

260-205-8647

LLV at Piper Trail offers a community support group called Shared Paths for caregivers of loved ones with Alzeheimer’s/Dementia. For more information contact Anna Kuhmichel at 260-447-0800 ext. 5203 or akuhmichel@lutheranlifevillages.org

* Mental Health Grace Alliance

<https://mentalhealthgracealliance.org/store/family-grace-group-workbooks>

Mental Health Grace Alliance offers Bible study books that combine relevant Bible studies, neuroscience, and practical tools to help family members who have a loved one experiencing a mental health difficulty to reduce caregiver stress and provide encouragement and hope. *Family Grace* is a 16-week study for adults, which can be done individually or in small groups. Group facilitator training and materials are available online.

**Grief Support Groups**

* Erin’s House for Grieving Children, Ft. Wayne

<https://www.erinshouse.org/>

260-423-2466

Erin’s House provides support for children, teens, and their families in northeast Indiana who have experienced a death.

* Living Compass

<https://www.livingcompass.org/>

Living Compass offers free materials for a 4-week topical curriculum called “Living Well in the Midst of Grief and Loss.” The curriculum includes educational pieces, self-reflection and goal setting sections, and time for group discussion and community building. A facilitator guide and handouts are available via download, making it easy for someone in your congregation to lead this group on grief with confidence. Many other 4-week topical materials are also available through Living Compass: <https://shop.livingcompass.org/collections/topical-wellness-classes>

* The Peggy F. Murphy Community Grief Center, Ft. Wayne

<https://www.vnfw.org/about-the-peggy-f-murphy-community-grief-center/>

260-435-3261

The Peggy F. Murphy Community Grief Center provides grief counseling, grief programming, and grief support groups for adults who have experienced a loss. These support groups are free and open to the public. Click here for their grief support group calendar: <https://www.vnfw.org/wp-content/uploads/grief-schedule-august-2021-1.pdf>

* GriefShare

<https://www.griefshare.org/>

GriefShare is a Biblical, Christ-centered grief recovery support group ministry which has grief support groups that meet across the country. You can check their website to find a local grief group in your area. If your church would like to begin a GriefShare group, they offer resources to help you equip a lay-led team for effective and ongoing grief ministry in your congregation.

**Mental Illness Support Groups for Individuals and Families**

* Mental Health America of Northeast Indiana

<https://mhanortheastindiana.org/>

260-422-6441; info@mhanortheastindiana.org

Mental Health America of Northeast Indiana has a variety of support groups available for individuals living with a mental health condition as well as support groups for families of those living with a mental illness. Contact MHA for more information.

* Mental Health Grace Alliance

<https://mentalhealthgracealliance.org/store>

Mental Health Grace Alliance offers Bible study books that combine relevant Bible studies, neuroscience, and practical tools to help those experiencing a mental health difficulty to manage stressors, increase calm through rest and joy, reframe negative thoughts and nurture healthy relationships. These books are best used in small groups. *Living Grace* is a 16-week study for adults, and *Redefine Grace* is a 10-week study for high school and college age students. *Family Grace* is a 16-week study for caregivers*.* Group facilitator training and materials are available online.

* NAMI Fort Wayne

<https://www.namifortwayne.org/>

260-447-8990; faithnet@namifortwayne.org

NAMI Ft. Wayne provides free support groups for those living with mental illness and also for adult family and friends of people living with mental illness. Call the NAMI Ft. Wayne office to find out their current meeting schedule.

**Suicide Support Group**

* The Peggy F. Murphy Community Grief Center, Ft. Wayne

<https://www.vnfw.org/about-the-peggy-f-murphy-community-grief-center/>

260-435-3261

The Peggy F. Murphy Community Grief Center provides two suicide specific grief support groups for adults who have lost a loved one to suicide: Finding Hope and We Are the Living. These support groups are free and open to the public. Click here for their grief support group calendar: <https://www.vnfw.org/wp-content/uploads/grief-schedule-august-2021-1.pdf>

**Trauma Support**

* Cross Connections Counseling, Ft. Wayne

<https://www.crossconnectionscounseling.com/>

260-373-0213

Cross Connections provides Biblical counseling for people living with various mental health diagnoses, including PTSD.

* Lutheran Social Services of Indiana (LSSI), Balance Works Program

<https://lssin.org/our-programs/balance-works-emdr-therapy/>

260-323-3293

LSSI Balance Works provides faith-based mental health services for children and adults, integrating mind-body-spirit therapy, including EMDR, to empower individuals to overcome barriers and traumatic life experiences.

* REBOOT Recovery

<https://rebootrecovery.com/>

REBOOT Recovery helps people overcome trauma through their online faith-based trauma healing courses and online community.

*This Suggested Resource Guide was prepared by Deaconess Carole Terkula at The Lutheran Foundation on 8/10/21.* *carole@thelutheranfoundation.org**; 260-458-2115.*

