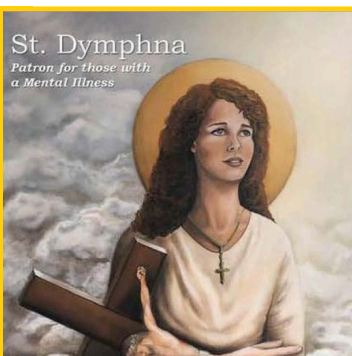


Building a Culture of Community: Equipping Leaders for Mental Health Ministry



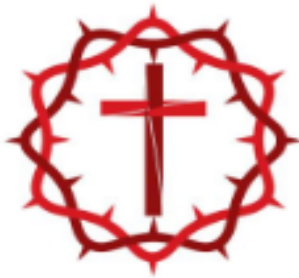
2022

Jesuit Retreat Center of Los Altos



THURSDAY MAY 19
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SATURDAY MAY 21

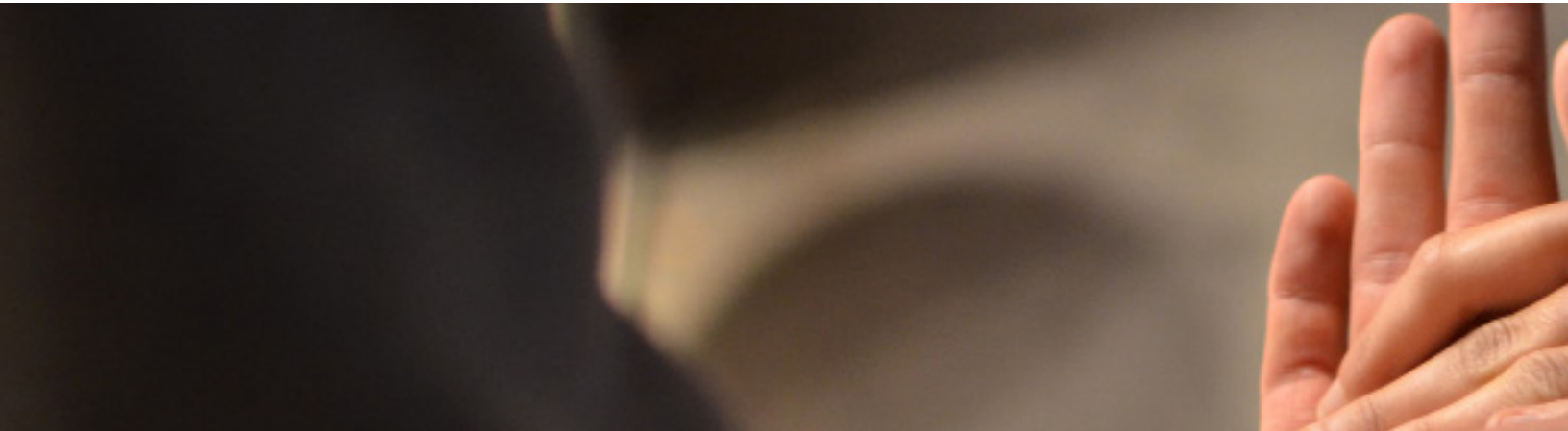
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Agenda: Thursday 5/19

8:30 AM – 4:30 PM Pre-Conference Mental Health First Aid

Main Conference

5:00 PM Check-in begins

6:00 PM Dinner

7:00 PM Welcome

Keynote Presentation - Building Parish Communities of Hope



Bishop John Dolan will invite mental health ministers to consider ways for parishes and communities to celebrate small and large benchmarks in the lives of those who live with mental health related issues. Drawing on his own personal experiences, communal prayer, and the Sacramental life of Christians, Bishop Dolan will offer best practices in accompanying our brothers and sisters struggling with mental health.

**Keynote Presenter - Most Rev. John Dolan
Auxiliary Bishop of Diocese of San Diego, CA**

8:00 PM Social



Agenda: Friday 5/20

7:30 AM

Breakfast

8:30 AM

Check-in begins

9:00 AM:

Welcome

Keynote Presentation - Building Hope Together:

Suicide Prevention as a Shared Ministry Responsibility

Catholic faith communities are a natural setting for supporting people with mental and emotional health challenges, including those at risk for suicide. Individuals often turn to ministry leaders who are uniquely positioned to provide the support and resources during difficult times. Additionally, spiritual beliefs and practices tend to help people experience greater hope and meaning in their lives, an identified protective factor in suicide prevention research. Join us as we explore the role of spirituality in suicide prevention and discuss utilizing a comprehensive approach in ministry which emphasizes emotional well-being, connectedness, identifying those who may be at risk for suicide, and helping them to access appropriate care.

Keynote Presenter - Laura Lewis

Assistant Director of the Suicide Prevention Program at Ohio State University



Laura is a Supervising Professional Clinical Counselor (LPCC-S) independently licensed by the State of Ohio Counselor, Social Worker, Family & Marriage Therapist Board. She is the full-time Assistant Director of the Suicide Prevention Program at The Ohio State University where she coordinates a campus wide comprehensive program designed to educate and train students, staff, and faculty in suicide prevention education, outreach, and advocacy. In addition, Laura is also the Victim Assistance Coordinator for the Catholic Diocese of Columbus where she works with victims/survivors of clergy sexual misconduct and manages the victim assistance program.

10:00 AM

Break



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10:30 AM

Breakout Session 1
Mental Health Ministry 'Startups'

Diocesan: Room

Parish: Room

Clergy: Room

Breakout Presentations

**Implementing and Serving within a Mental Health Ministry -
The Mission of a Disciple**

Jesus called the disciples to him and gave them their mission. He gave them the authority and power to heal the sick and cast out evil spirits. Jesus sent the disciples out in pairs to carry on his work. What is our role as a disciple and member of a mental health ministry team? Learn tips, tools and best practices; carrying out the mission of implementing an effective mental health ministry that serves others with dedication and steadfastness.

Breakout Presenter - Laurie Vasallo-Dusa

**San Diego Diocese/ Our Lady of Mount Carmel Church - SD/
Mental Health Ministry/ Lay Mental Health Ministry Coordinator**

**Launch Parish Mental Health Ministry without Fizzling into
Grumpy Child of God!**

Learn how to begin a Parish-Based Mental Health Ministry in small, doable steps --even when you face resistance, self-doubt, and plagues, fires, pastor-changes, and other catastrophes. Learn to move with grace, grit and the peace that surpasses all expectations. Network with others. Ask questions. Experience Companions on the Journey. Practice the Art of Letting Go.

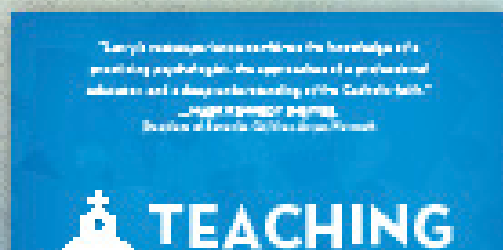
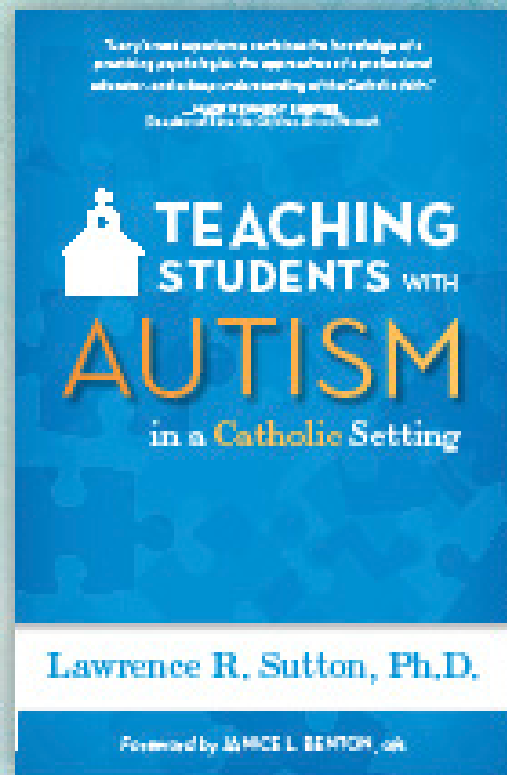
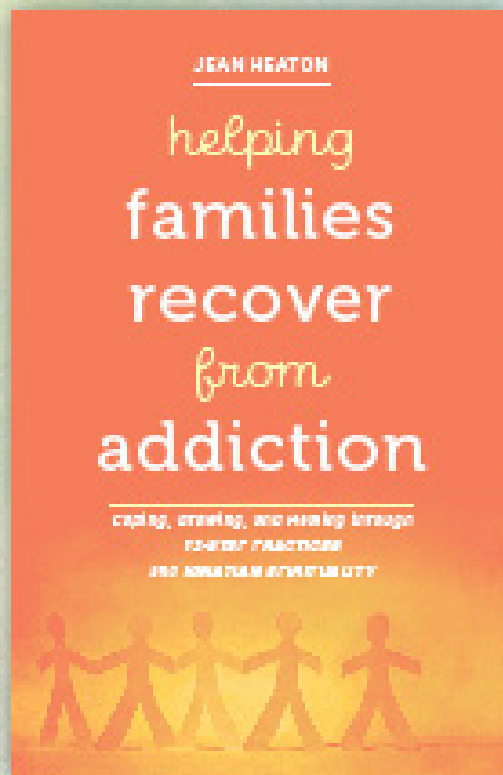
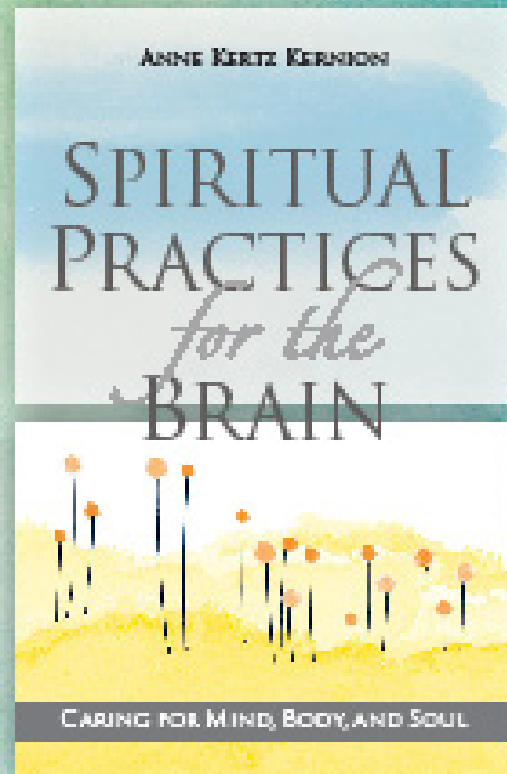
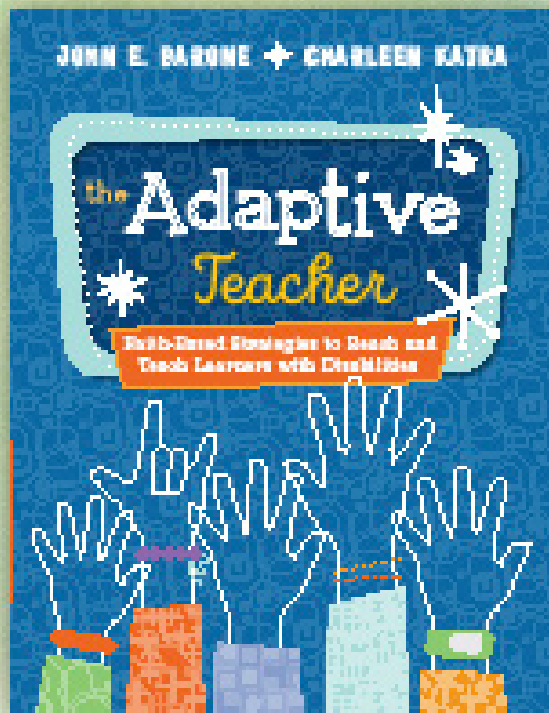
Breakout Presenter - Barbara Zahner

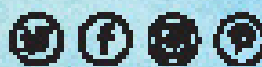
**Diocese of San Jose, St. Francis of Assisi Parish/ Mental Health
Minister Coordinator**

12:00 PM

Lunch

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1:00 PM

Breakout Session 2

Specific Behavioral Health Concerns

- Trauma-addiction: Room
- Youth, depression, suicide: Room
- Caregivers-grief: Room

Breakout Presentations

Caregiving - Working with Specific Issues

The Caregiving Ministry is a very powerful ministry many parishioners embark on with very little training. The Church can support these parishioners with guidance and prayer. Helping many of these Caregivers is done with the knowledge they themselves can have health issues brought on by the stress of Caregiving. In the case of Caregivers of families with Dementia, studies show 66% of Caregivers either die or are hospitalized before their loved ones because of stress. The Church can help these families by providing scriptures and counseling to help relieve stress.

Breakout Presenter - Victor Mazmanian
Principle of Mind Heart Soul consulting

Complex Trauma and Addiction

Research has shown that 97% of people who struggle with addiction to a substance or activity have Complex Trauma (C-PTSD). Earlier in life, they did not see the substance or activity as a problem, but as a solution to their problems. It took them out of their pain, or seemed to help with their stress. In order to help people with addiction, we must see the addiction as a symptom of deeper issues (Complex Trauma), and we must help them heal from their trauma and give them healthy tools to deal with pain and stress.

Breakout Presenter - Tim Fletcher
Tim Fletcher Co.

2:30 PM

Break

3:00 PM

Plenary Session - Sr. Hope: Community Based Mental Health

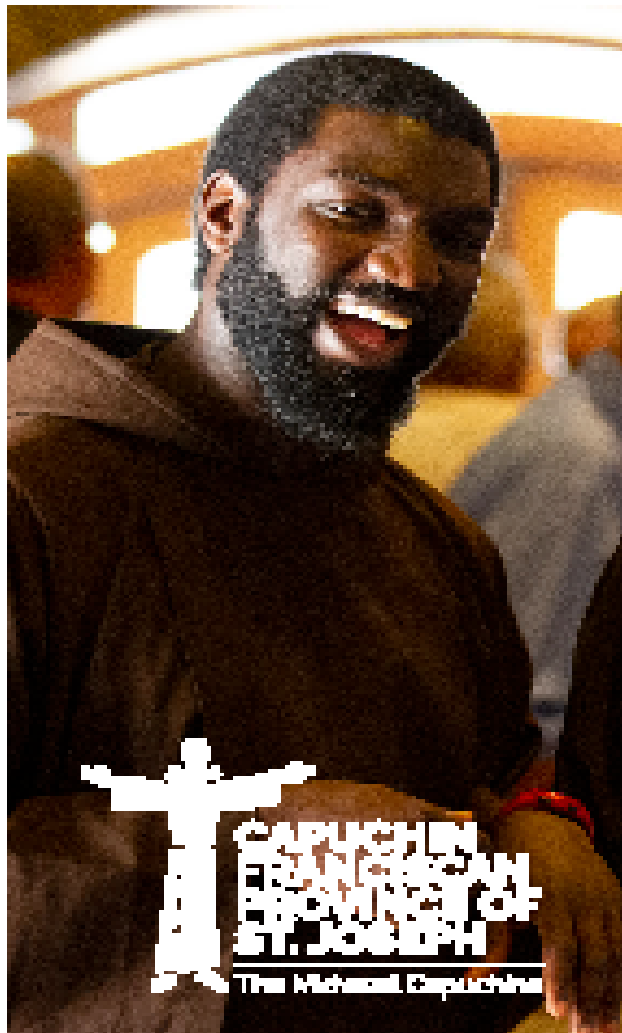
Describing and showing the successful implementation of the Hope mental health chatbot ministry at Catholic Charities of South Carolina.

Plenary Presenter - James Kaiser

Catholic Charities of South Carolina



Mr. Kaiser currently serves as Executive Director of Catholic Charities of South Carolina. In the nonprofit space, he formerly served as Executive Director of the Order of Malta Western Association, Executive Director of the Catholic Community Foundation of South Carolina, and the Executive Director of the Ukrainian Catholic Education Foundation. In the government space, he formerly served as an active duty Officer in the U.S. Coast Guard JAG, and as Majority Counsel on the House International Relations, Oversight, and Homeland Security Committees in U.S. Congress. Mr. Kaiser has a law degree from the University of Pittsburgh School of Law, a Masters in Theology, Ministry and Mission from Durham University and the Institute of Orthodox Christian Studies, and a BA from Franciscan University.



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4:00 PM

Break

6:00 PM

Dinner

7:00 PM

Keynote Presentation - Understanding Mental Health and Responding More Generatively to it when it is Fragile or Broken – Towards a Deeper Empathy

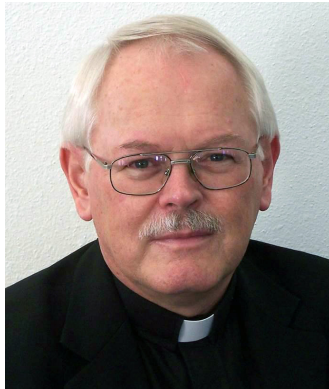
The first part of the presentation will focus on the complexity and fragility of mental health inside all of us. What are our struggles? What defines ‘normalcy’? Where are we all fragile? What are the ‘existentials’ in terms of genetics, biology, environment, and personal wound that impact our mental health?

The second part of the presentation will focus on equipping ourselves to be leaders for mental health ministry. It will offer Ten Commandments for the Long Haul, suggesting ten ways in which we might work at proactively building a culture that responds more empathetically and generatively to those struggling with mental fragility and mental health.

Keynote Presenter - Fr. Ron Rolheiser, O.M.I.

Faculty member and past president of the Oblate School of Theology in San Antonio, TX

Fr. Ron is an author of at least 16 books, and a weekly column carried in many newspapers worldwide. He keeps an active speaking schedule, and his retreats and workshops have inspired many. Along with his academic knowledge in systematic theology and philosophy, he has become a popular speaker in the areas of contemporary spirituality and religion and the secular world. Franciscan Communications has produced fifteen DVDs of his retreats that are well loved for both individual and group use.



8:00 PM

Adoration

(Chapel)

Agenda: Saturday 5/21

7:30 AM

Breakfast

8:30 AM

Check-in begins

9:00 AM

**Keynote Presentation - Following in the Footsteps of Jesus:
Affirming Accompaniment in a Mental Health Pandemic**

This presentation is about ways to work with individuals that are suffering from mental health issues. The presentation will aim to help ministers understand the importance of early mental health intervention, and challenge ministers to recognize their limits in accompaniment. The presentation will motivate ministers to become equipped to identify mental health red flags and learn about professional services in their respective areas. The presentation will challenge ministers to look inward and reflect on their personal mental health struggles in addition to prioritizing burnout prevention.

Keynote Presenter - Maribel Laguna

Licensed Professional Counselor Supervisor,

President of the Catholic Psychotherapy Association

Maribel Laguna is a Licensed Professional Counselor Supervisor in Irving, Texas, where she is the co-owner of In His Image Counseling Center, PLLC. She is also the board president of the Catholic Psychotherapy Association. Maribel has worked as a counselor in a variety of settings including the Dallas County Juvenile Detention Center, Genesis Women's Shelter, and Dallas Independent School District Youth and Family Centers. She specializes in pre-marital preparation, marital counseling and vocational discernment. Additionally, Maribel is a presenter at various Catholic conferences around the country and has been a guest on EWTN's *Cara a Cara*.



10:00 AM

Break



God placed the parts,
each one of them,
in the body as he intended.

1 Corinthians 12:18

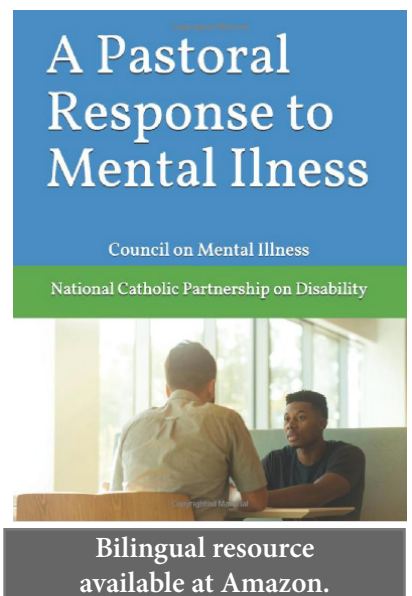
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The National Catholic Partnership on Disability (NCPD)

The NCPD Council on Mental Illness works to accompany our brothers and sisters with mental illness and their families while assisting the Catholic community by providing:

- education for spiritual and pastoral support;
- resources and training for pastoral staffs and parish leaders;
- information, referrals, and advice;
- and advocacy for persons with mental illness and their families to promote a just society and an end to stigma.

Visit ncpd.org/councilonmentalillness.



Breakout Session 3

Applied Mental Health/Care

Accompaniment: Room

Tools for self-care: Room

NAMI: Room

Breakout Presentations

Tools for Self Care/Caregivers

The emotional impacts of caregiving are reaching crisis proportions. Among the nearly 70 million family, healthcare and spiritual caregivers in the U.S. today, clinical depression, compassion fatigue, and suicide rates are rising exponentially. “Self-Care” is difficult for them, on their own. From our work with caregivers, we will share how mental health ministers can come alongside these caregivers and set them on a path to well-being with proven faith-based tools and structured experiences.

Breakout Presenter - Debra Kelsey-Davis

Nourish for Caregivers/ Co-Founder

Moving from Stigma to Spirit

Presentation Description: Stigma around mental health lies deep within us. Even after we think we understand, our well-meaning attempts at “helping” can do damage. This presentation focuses on moving toward what Dr. Xavier Amador calls the L.E.A.P. method, a method that has us partnering with the person with the mental health challenges. Resources from the National Alliance on Mental Illness will be shared.

Breakout Presenter - Cindy

McCalmont

NAMI Santa Clara County/

FaithNet Lead



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12:00 PM	Lunch
1:00 PM	Roundtable Discussions
2:00 PM	Break
3:00 PM	Panel Discussion - 'Priorities Moving Forward'
4:00 PM	Closing Mass Bishop John Dolan, Presiding
5:30 PM	Conference Concludes



Association of
Catholic Mental
Health Ministers



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Presenter Bios

Tim Fletcher

Organization: Tim Fletcher Co.

Website: www.timfletcher.ca

Title/Position/Role: President/Founder

Bio: Tim became a Pastor in 1986, and entered the field of trauma and addictions in 2004. In 2016, he started RE/ACT (Recovery Education for Addiction and Complex Trauma), the first treatment center in Canada that helped people struggling with addiction to deal with their Complex Trauma. In 2020, LIFT was started. It makes the RE/ACT program available to people online. This program is now taken by people all around the world.

Debra Kelsey-Davis and Kelly Johnson

Organization: Nourish for Caregivers

Website: nourishforcaregivers.com

Title/Position/Role: Co-Founders

Bio: Debra Kelsey-Davis, RN, MHSA and Kelly Johnson, Adult Faith Formation are co-founders of Nourish for Caregivers, a ministry addressing the practical, emotional and spiritual well-being needs of caregivers.

Bringing their faith and personal caregiving experiences to their work, they minister to caregivers across the country and in Canada with their programs and resources.

Deb serves on the board of the National Association of Catholic Nurses and the Illinois Catholic Health Association and brings decades of clinical healthcare and ministry experience.

Kelly is an active member of the National Association of Catholic Family Life Ministers and the National Conference of Catechetical Leadership and on staff leading Adult Faith Formation at St. Mary of Gostyn Parish in the Diocese of Joliet. She brings decades of lay leadership and ministry experience.

Together, Deb and Kelly are co-authors of “The Caregiver’s Companion: A Christ-Centered Journal to Nourish Your Soul”, 2021 Association of Catholic Publishers award winner.

Victor Mazmanian

Website: Mindheartsoulconsulting.com

Title/Position/Role: Principle of Mind Heart Soul consulting

Bio: I have been facilitating support groups and presenting seminars for Caregivers for over 20 years. I have been on Catholic Radio in the bay area of California and I have traveled the country presenting seminars in churches in many states as well as internationally. I have a PodCast called How Alzheimer's saved my Life! My seminars teach Caregivers how to look at their journey through a Faith Lens.

Cindy McCalmont

Organization: NAMI Santa Clara County

Website: namisantaclara.org

Title/Position/Role: FaithNet Lead

Reverend Cindy McCalmont was born at the foot of the Blue Ridge Mountains in Virginia, raised her daughter beneath the open sky of the Midwestern plains, and now bikes every weekend with her husband in the Santa Cruz Mountains.

Cindy has been both a pastor and a psych patient and brings these experiences to her work as a mental health advocate for NAMI's FaithNet Program in Santa Clara County and as a Board member of Recovery Café San Jose.

Cindy is an avid gardener—especially loving to grow chamomile, artichokes, and Damson plums. The best compliment she's ever received was from her granddaughter Ellie who said, "Grandma, I like being with you."



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Laurie Vasallo-Dusa

Organization: San Diego Diocese/ Our Lady of Mount Carmel Church - SD/ Mental Health Ministry

Website: olmcsandiego.org

Title/Position/Role: Lay Mental Health Ministry Coordinator

Bio: Laurie Vasallo-Dusa worked as an educator, vocational counselor, advocate and program coordinator for over 25 years in Disabled Student Programs and Services, Traumatic Brain Injury Program and CalWORKs (Welfare to Work Program) for the San Diego Community College District. She has been a member of the San Diego Suicide Prevention Council - Faith Organization Outreach Subcommittee since 2016 and received her certification in 2019 as a QPR (Question, Persuade, and Refer) suicide prevention trainer. Her strong desire toward impacting the number of suicides in San Diego County was sparked while volunteering at Our Lady of Mount Carmel Church where she serves as lay ministry coordinator of the Mental Health Ministry. She earned her Bachelors of Science Degree in Therapeutic Recreation and Masters of Science in Rehabilitation Counseling. Additionally, she provides case management and services for older adults impacted by chronic illnesses, Alzheimer's.

Barbara Zahner

Organization: Diocese of San Jose, St. Francis of Assisi Parish

Website: <https://www.dsj.org>

Title/Position/Role: Mental Health Minister Coordinator

Bio: Barbara F. Zahner, BCC (ret.) serves as a founding Board Member of the Association of Catholic Mental Health Ministers. In the Diocese of San Jose Barbara coordinates Mental Health Ministry. Working with Ruth Auten LMFT, Barbara designed an 8-hour training for those desiring to serve as parish-based Mental Health Ministers. To date, over 50 ministers have completed the training from 15 different parishes. In 2015, Barbara also initiated Out of the Wilderness, a suicide bereavement support group for those whose loved ones died by suicide. Barbara promotes NAMI FaithNet of Santa Clara County. Recently, she participated in a task force for Santa Clara County Behavioral Health Services to help ensure that faith and spirituality are included in treatment plans, if desired by patients. Barbara is a Board Certified Hospital and Hospice Chaplain and a Spiritual Director formed in Ignatian Spirituality.

Notes

Notes

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