

Improving Lives

What is NAMI?

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

Because mental illness affects the lives of so many Americans, NAMI works every day to save every life.

Many NAMI Affiliates offer an array of support and education programs for families and individuals. For information about what is available in your community, contact your local NAMI Affiliate directly, or call the NAMI HelpLine at (800) 950- NAMI (6264), or visit www.nami.org.

What is NAMI FaithNet?

NAMI FaithNet is an information resource and network for NAMI members, clergy and people of faith from all faith traditions. The goal of NAMI FaithNet is to encourage the development of welcome and spiritually nourishing environments in every place of worship.

NAMI FaithNet provides a wide variety of resources, including:

- *Reaching out to Faith Communities* training materials,
- *Bridges of Hope*, a ready-to-use presentation,
- articles, links to related sites,
- service planning materials,
- on-line support, handouts,
- bulletin inserts and much more.



**An Information Resource
for Faith Communities and
NAMI members who desire to
support people affected
by mental illness.**

www.nami.org/faithnet

“NAMI FaithNet outreach and resources are most helpful in encouraging churches to become more supportive and welcoming of their members with mental illness and their families.”

*Jerry Fulenwider
Lay Eucharistic Minister and Lector
Episcopal Diocese of West Texas and NAMI member*



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www.nami.org
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A Unique Opportunity for Faith Communities

Did You Know?

One in four adults experience a mental health condition in a given year, including depression, schizophrenia, bipolar disorder and other conditions. Faith and spirituality are essential elements of healing and recovery for many, yet many clergy and people of faith feel ill-equipped to provide appropriate support, education and assistance to persons living with mental illness. NAMI FaithNet can help.

Training is Available:

- **Reaching Out to Faith Communities** is a four-part, downloadable, self-instruction training designed to encourage and equip NAMI leaders and members to raise awareness, share their story and NAMI resources with local faith groups.

A Ready-to-Use Presentation:

- **Bridges of Hope** is a three-part PowerPoint presentation with instructions and a script. It is created for NAMI members to speak to clergy and faith groups about mental illness, the role of faith communities and NAMI programs.

How People of Faith Can Help:

- Use NAMI and NAMI FaithNet resources like *Bridges of Hope* to provide education about mental illness and NAMI programs.
- Invite local NAMI members or mental health professionals to speak to your congregation.
- Equip persons in your congregation to support individuals and families affected by mental illness through prayer, hospital and home visits, support groups and inclusion in worship and other activities.
- Offer meeting space to your local NAMI Affiliate; ask them to provide referral information to mental health services and supports in your area.

Mental Illness Affects Everyone

Mental illness affects nearly 60 million Americans every year. Regardless of race, age, religion or economic status, mental illness impacts the lives of at least one in four adults and one in 10 children across the United States.

People living with mental illness need help and hope. They need a community that supports them, their families and their recovery.

“Using faith is powerful in overcoming challenges of mental illness.”

NAMI Affiliate leader

“Having a son with bipolar and a brother who died by suicide, I am passionate about providing mental health education, support and advocacy to faith communities and about offering spirituality as a resource in recovery. I applaud the work of NAMI FaithNet.”

*Rev. Alan Johnson
United Church of Christ; NAMI Boulder, CO
Interfaith Network on Mental Illness*



Mental Health & The Faith Community

PROVIDERS' TOOL KIT

Featured at:

PEERPOCALYPSE

May 21st 2019

apocalypse (Ancient Greek: ἀποκάλυψις *apokalypsis*, from ἀπό and κάλυμμα)
A disclosure of knowledge, hidden from humanity in an era dominated by
falsehood and misconception, i.e., a lifting of the veil or revelation.



PROVIDERS' TOOL KIT

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6. Language Barriers –
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 - a. Peers of Faith & Mental Health Crises
 - b. Walk By Faith? Or Walk By Sight?
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 - a. Approaches To Engagement For Peers Of Faith
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RATIONALE & REASONING FOR FAITH

Historically, persons of faith have always sought out the help or aid of someone or something when in distress. This includes animals, people, or objects. Upon receiving the help, a person of faith will develop a neuro-association between the healing and where they believe the help came from.

Overtime, these elements become “deified” and are thereafter honored or revered for bringing help. The deity then becomes known for its value to the person of faith in the area of that particular need.



The ***Faith-Informed*** workshop is an attempt to encourage peers and peer-delivered service providers (PDSPs) to be more aware of the needs and sensitivities of peers-of-faith (POF).

What it DOES mean:

- Being aware of the needs and sensitivities of peers-of-faith (POF).
- Being aware of your own religious-related traumas and/or bias.

What it DOES NOT mean:

- Being a person of faith
- Being or becoming religious.
- Evangelizing. Proselytizing. Preaching. Converting.

What is a ***Peer-of-Faith (POF)***...?

What it DOES mean:

- A peer with lived-experience in mental health and/or addictions currently in recovery who actively practices in a faith tradition.

What it DOES NOT mean:

- Being a peer who was baptized (saved)
- Being a peer who identifies as the dominant culture faith tradition.



TERMS FOR CLARIFICATION

**The following is brief list of common terms used interchangeably throughout the Faith-Informed presentation.*

FAITH-TRADITION as:

- Religion, religious history
- Denomination

FAITH as:

- Ability to believe
- Religion
- Measurable substance

BELIEF as:

- Perception (ability to perceive)
- Agreement
- Faith

HOPE as:

- Ability to believe
- Trust
- Faith



PERCEPTIONS

Negative

- People are passed off as “acting out” to get attention.
- People are seen as being demon possessed.
- “You’re just angry with God.”
- “You’ve done something wrong to bring this on yourself.”
- “Your parents did something wrong to bring this on yourself.”
- “God is punishing you.”
- “That’s just old uncle June bug....” (Simply who someone is.)
- The result of an unbalanced life
- You did something bad in your past life.
- Purgatory

*Negative perceptions from members of the faith community that are often expressed to people who project a degree of “suffering” due to their mental health challenges.

Positive

- Divinely Inspired
- Touched
- Anointed
- Blessed
- Chosen

*These are perspectives that are expressed to POF who do not express suffering, but express a degree of “enlightenment” as a result of their mental health challenges. And in such cases, they are not really challenges, but “empowerments”.



LANGUAGE BARRIERS

Often times when one hears the phrase “language barrier” one immediately thinks of an ethnic group that speaks one language type different from the other. This is one type of language barrier. There are several other types of language barriers including:

“How” it is delivered – verbal, non-verbal (voiceless language), word pictures (color), sound recognition (intonation).

1. “When” it is delivered – emotional timing, political timing, eternal timing.
2. Within the faith community, there are various terms and forms of speech that are used as a way of communicating. Many of these forms of speech change from one faith tradition to the next.

Let’s take a look at a few examples:

“The Voice of God”

“The Hand of God”

“God told me to...”

“The Face of God”

“Do not be as the world.”

“Be Holy as I am Holy.”

“Our Father...”

“Body of Christ...”

“**The Voice of God**” – this implies that the deity worshipped has an audible voice in which it can be heard by people.

“**The Hand of God**” – this implies the things that the deity (God) can do for a person; or what a person receives from God.

“**The Face of God**” – this implies ‘knowing’ Him intimately beyond just petitions or requests that are seeking something from Him, but seeking to know what pleases him.

“**The World...**” – this word is what many POFs use to separate themselves from those who are not in their group (body of Christ).

It’s been said that many of these terms (ie: the “World”) are “divisive” or “non-inclusive”. But when speaking with POF, the perspective that many of them have is that language was created and is owned by God (their deity) and was given to them to distinguish between things of the earth. Language was created intentionally to be divisive (meaning distinguish between things). Without a distinction, how else would one know what one is speaking of? Even in terms of value (high vs low, good vs bad) how else would humanity make a distinction between things that are clearly different?



SAFETY / ADVENTURE / RETRIBUTION

PEERS OF FAITH & MENTAL HEALTH CRISES

When having a mental health crisis, peers of faith can often times present in three different ways when:

Seeking safety
Seeking adventure
Seeking retribution

Seeking Safety

- Someone or something is after them
- Synchronicity of tragedies and maladies
- Powerlessness, no sense of protection or control

Seeking Adventure

- Linear form of thinking (mission, journey)
- Tends to be associated with mental health language that describes “euphoric mania”
- Sense of powerfulness, protection, and good fortune

Seeking Retribution

- “Hit me and I’ll hit you back” or “Carma” thinking
- Sitting in the “judge’s seat”

*Having an idea of where the POF is when you engage with them may provide you with some direction as to where they are in relation to the narrative of their holy text and congregational/denominational practice.

Psychosis & hallucinations present as a problem with the faith community because many mental health pathologies are often practices that are encouraged. This includes seeing things that are not there.

In many faith traditions, this is seen as a cultural “norm”. A light version of this can be seen in “visioning”! A practice that is ALWAYS encouraged for peers to do, particularly when developing a wellness plan.

"Speak those things that are not as though they already are."

Other potential issues:

1. Types & Shadows
2. Prophecy



SAFETY / ADVENTURE / RETRIBUTION

WALK BY FAITH? Or WALK BY SIGHT?

Faith

- Walking by faith as a “type of sight”. Walking by faith IS sight in many faith traditions (spiritual sight, intuition, third eye, etc.) This is done so using a different type of technology rather than evidenced-based. Walking by sight and not by faith is considered ‘blindness’ (spiritual blindness).

Sight

- Making a deliberate choice to only use concrete evidence-based, quantifiable, or measurable approaches to life that are verified objectively can leave a person without a sense of agency. The spirit is no more. The self is no more (not feeling). Eventually God (deity) is no more, particularly since the deity is believed to exist in another dimension.

Walking by faith is often times encouraged amongst POF by clergy and religious leaders across the spectrum of faith traditions.

When it is DANGEROUS

- Safety to self and others is compromised
 - Resistance to Medications
(No connection between medications and their faith narrative)
Why resistance?
 - Control of the spirit (personality)
 - Equivalency to evil or enemy
- Civil law has been broken
 - Arrested or convicted
 - Persecution for faith expression
(1st Constitutional Amendment)
 - Captive in enemy territory (holy text narrative)
- A POF re-enacts a life experience of a historical figure from holy text (literally) and claims that they are the historical figure. (walking on water, jihad, deputizing someone as ruler/king)
- Suicidal or homicidal tendencies
- Anger(?)



SERVICE DELIVERY

APPROACHES TO ENGAGEMENT FOR PEERS OF FAITH (POF)

Check the facts

- Spiritual/Worship Leader
- Holy texts
- Ritualistic sacraments
- Geographical place of worship
- Prayer/Meditation/Recitations

Include faith-informed questions on your assessment

- Do you have a spiritual leader you see regularly? (ie: pastor, imam, rabbi, practitioner, etc.)
- Do you have a regular place of corporate worship that you attend?
- Have you spoken with your spiritual leader or mentor? Why or why not?
- In what ways have other members of your place of worship practiced your faith the way you practice it?
- Is there a holy text that you prefer reading from? What is it called?
- Do you need a space where you can pray or meditate?

Create a “safe-faith-space”

- Post a “Faith-Informed” notice in your cubicle or office space.
- Dedicate a space for prayer/meditation at your agency.
- Be mindful of language that may be offensive to POFs.
- Read up on the peers’ faith tradition after initial assessment or prior to on-going appointments.
- Ask for permission to speak with their faith leader (ROI)
- Encourage them to include special requests on their advanced directive for mental health.

Make awareness the goal - not pushing or pulling them in or out of a religion.

Faith Tradition Reference Guide

Faith Tradition	Deity of Interest/ Principal leader	Holy/Sacred Text	Worship Leadership Title(s)	Celebrations	Worship Posture/Practice
African American Episcopalian (AME)	Jesus Christ of Nazareth as Lord	The Holy Bible (KJV, NIV, NRS); The AMEC Hymnal; The Songs of Zion; The Hymnal of The Christian Methodist Episcopal Church	Pastor; Associate Pastor; Assisting lay person; Choir; Soloists	Advent; Christmas; Lent; Easter; Pentecost Sunday	Seated; Standing; Kneeling; Lifting of hands; lifting or arms; hand clapping; foot stomping; Singing; Prayer aloud;
Bahai’I Faith	“Baha’u’llah” (prophet & founder of the faith);	Bahai’I Prayers; Gleanings From The Writings of Baha’u’ llah’; Aloud readings from other faiths.	Chairperson; Host; (No clergy in Bahai’i Faith);	World Religion Day; Days of Ha; Naw Ruz; Festival of Ridvan; The Declaration of The Bab; Race Unity Day; The Martyrdom of The Bab;	Sing; prayer gatherings; adult study circles; Read aloud; general discussion open for participation.
Baptist	Jesus Christ of Nazareth as Lord	The Holy Bible (KJV, NIV, NRS);The Baptist Hymnal;	Pastor; Associate Pastor; Minister of Music; The Choir; The Hostess; The Usher;	Christmas; Ash Wednesday; Maundy Thursday; Good Friday; Easter; Pentecost;	Seated; Stand; kneel; read prayers aloud; sing;
Buddhist	Buddha	Sutras (collected sayings of the Buddha)	Minister; Priest; Monk; Nun; Temple President;	Nirvana Day (Nehan E); Hanamatsuri; Bodhi Day;	Meditation; Chant while standing;
Christian Science (Church of Christ, Scientist)	Jesus the Way- shower Mary Baker Eddy	The Holy Bible (KJV); “Science & Health with Key To The Scriptures”; The Christian Science Quarterly; The Christian Science Hymnal;	Practitioner; First Reader; Second Reader; (the KJV Bible & the Science & Health text are considered the 'pastor')	No special holidays or festivals; (Christmas honors only the physical nature of Jesus); Special service on Thanksgiving for focus on gratitude.	Congregational singing; silent & audible prayer; reading a lesson- sermon; spontaneous sharing of testimonies of healings; No altar;
Episcopalian/Anglican	Jesus Christ	The Book of Common Prayer; The Book of Alternative Services;	Priest; Lector; Deacon; Lay Minister/Chalichist; Intercessor;	Christmas; Ash Wednesday; Maundy Thursday; Good Friday; Easter; Pentecost;	Private worship along is inadequate; stand; kneel; read prayers aloud; sing;

References:

[How to Be A Perfect Stranger: The Essential Religious Etiquette Handbook](#)
Stuart M. Matlins (Editor); Arthur J. Magida (Editor); 2015;



Faith Tradition	Deity of Interest/ Principal leader	Holy/Sacred Text	Worship Leadership Title(s)	Celebrations	Worship Posture/Practice
Hindu	Krishna; god(s)/goddess(es); No founder	The Bhagavad Gita;	Swamiji; Panditji;	Shiva Ratri; Suhsehra/Durga Puja; Rama Navami; Krishna Jammashami;	Recite prayers; No common creed or doctrine.
Islam	God Allah; Muhammad (the last and final prophet of Allah);	The Holy Qur'an; Hadith	Imam; Muazzin	Ramadan; Lailat ul-Qadr; Id al-Fitr; Id al-Adha; al- Isra Wal Miraj;	No holy text used during svc since prayers are memorized; Hand, face, and feet washing; Body faces east during prayer; Gender based prayer sections; bowing & prostration;
Jehovah's Witnesses	Jehovah God; Charles Taze Russell	New World Translation; "Sing To Jehovah" hymnal; The Watchtower	Elder(s); The Congregation Elders;	The Memorial of Christ's Death (Lord's Evening Mecal);	No voting or serving in military; Congregational bible teachings
Jewish	Yahweh;	Torah (chumash, Pentateuch); Siddur;	Rabbi; Cantor; Torah reader; gabbai; congregation's president;	Shabbat; Yom Kippur; Sukkot; Chanukah; Purim; Pesach; Shavuot;	Kneeling is not a part of any Jewish service; read prayers aloud; Some orthodox men & women do not shake hands; No driving, smoking, or writing on Shabbat.
Lutheran	Jesus Christ of Nazareth	The Holy Bible; The Lutheran Hymnal; Lutheran Book of Worship; Evangelical Lutheran Worship;	Pastor; assisting ministers; Ushers; sponsors;	Advent; Christmas; Lent; Easter; Pentecost Sunday; Reformation;	Stand; kneel; sing with congregation; read prayers aloud;



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Mennonite/Amish	Jesus Christ	The Holy Bible (NIV, NRS) ; Hymnal: A Worship Book; Worship Together;	Preachers/Pastors; Musicians or song leaders; Lay church members;	Christmas; Ash Wednesday; Easter; Pentecost	Sing hymns; read or listen to the word of God;
Methodist	Jesus Christ	The Holy Bible (NRSV); The United Methodist Hymnal; The Faith We Sing;	Pastor; Associate Pastor; Assisting Lay Person; The Choir; The Soloists;	Advent; Christmas; Lent; Easter; Pentecost Sunday;	Standing; kneeling; reading prayers aloud; singing;
Mormon (church of Jesus Christ of Latter-Day Saints)	Jesus Christ; Joseph Smith	The Book of Mormon; The Holy Bible (KJV); The Doctrine & Covenants; The Hymns of the Church of Jesus Christ of Latter-day Saints; The Pearl of Great Price;	A Bishop; Bishop’s Counselors;	Christmas; Easter	Sing; Pray with congregations; No kneeling; No hand holding during prayer.
Native Americans/First Nations	Denies dualism (heaven/hell; sacred vs. profane); Geographical significance; No tradition of proselytizing.	None. Spirituality not based on faith, but the sacred of the natural world.	Wisdom Keepers (elders);	Potlatch Ceremony; Sacred Circle; Sacred sites; Stomp Dances; Blessingway ceremony; Sun Dance ceremony; Sweat lodge ceremony; Wisdom	Worship takes on any form.



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Pentecostal Church of God	Jesus Christ	The Holy Bible (KJV);	Minister; Worship leader; Associates;	Christmas; Good Friday; Easter; Pentecost;	Foot washing; lifting up of hands; Speaking in tongues;
Presbyterian	Jesus Christ	The Holy Bible (NRSV); The Presbyterian Hymnal;	Pastor; Minister (in Canada); Lay leader; Worship leader;	Advent; Christmas; Lent; Easter; Pentecost Sunday;	Sing hymns of praise; Pray; Reading of scripture aloud;
Roman Catholic	Jesus Christ; The Pope;	The New American Bible; Prayer Book (missal); The Catechism	Priest; lector	Christmas; Ash Wednesday; Maundy/Holy Thursday; Good Friday; Easter; Pentecost	Kneeling; reading scripture aloud; Singing hymns;
Seventh-Day Adventist	Jesus Christ	The Holy Bible (several hundred translations); Hymnal	Elders; Ordained pastor;	Sabbath (only)	Singing of hymns & songs of praise; readings; teachings;
Unitarian Universalist	Accepts the humanity of Jesus Christ (not his divinity)	Multiple sources (Bible, Buddhist writings, Native American Writings, poetry); Hymnal (Singing The Living Tradition & Singing The Journey);	Minister; director of religious education; parish chair or president; choir and/or music director.	Easter; Passover; Thanksgiving; Chanukah; Christmas; Winter & Summer Solstice.	Music; lighting candle/flaming chalice; scripture/poetry readings; speaker; dialogue between congregants.

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