

# WISE CONGREGATIONS for MENTAL HEALTH



**UCC Mental Health Network**

Welcoming • Inclusive • Supportive • Engaged

**SATURDAY, MARCH 2, 2019**

***City of Refuge UCC***

**OAKLAND, CA**

*“Do not fear;  
for I have  
redeemed you;  
I have called you  
by name,  
you are mine.”  
Isa. 43:1*



**Sponsored by**



We thank the UCC for the  
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helped make this  
conference happen.

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**W.I.S.E**

***Welcoming • Inclusive • Supportive • Engaged***

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**[mhn-ucc.org](http://mhn-ucc.org)**

## WISE CONGREGATIONS for MENTAL HEALTH

You are invited to attend the UCC WISE Conference at the City of Refuge United Church of Christ in Oakland, CA on March 2, 2019. Learn how your congregation can support your members living with mental health challenges and their families while reducing the stigma that surrounds mental illness.

Isaiah reminds us to live not in fear, but the personal, restoring and renewing relationship with the loving presence of God.

Do not fear; for I have redeemed you;  
I have called you by name,  
you are mine.” Isa. 43:1

Affirming this faith, we will meet together to address a part of our experience, which is sometimes painful and, at the same time, often leads to a deeper appreciation of the gift that we call life.

While we know that one out of four people is directly affected by mental health challenges, we also know that we can be a resource helping individuals and families respond to these challenges.

At this conference, we will:

- Hear stories by persons who have been affected by mental health challenges
- Learn about mental disorders, suicide, and minority mental health
- Learn the steps to become a WISE (Welcoming, Inclusive, Supportive, and Engaged) Congregation for Mental Health
- Receive practical steps to start a mental health ministry
- Worship together, share, and meet new people with a common interest

We are grateful to the United Church of Christ for its financial support of this and other WISE Conferences across the country. We are also thankful for the leadership and hospitality of the City of Refuge, UCC, Oakland; First Church Berkeley UCC; and the Pacific School of Religion for helping plan and host this conference.

We hope that this conference will continue to be a vanguard for congregations as they choose to become WISE Congregations for Mental Health.

Rev. Alan Johnson  
Chair, UCC Mental Health Network

**UNITED CHURCH  
OF CHRIST**

## Schedule at a Glance

### Saturday, March 2, 2019

8:00 am	Register/Continental Breakfast
8:30–8:45 am	Welcome and Gathering Worship
8:45–9:30 am	Keynote by the Rev. Dr. Sarah Lund
9:40–10:30 am	Becoming a WISE Congregation by Rev. Amy Petre Hill
10:30–11:00 am	Break
11:00–11:45 am	CORE Groups
12:00–1:00 pm	Lunch
1:00–2:00 pm	Workshops
2:00–2:15 pm	Break
2:15–3:15 pm	Repeat of Workshops
3:30–4:00 pm	The Basics: by Robin Kempster and Rev. Dr. Toni Dunbar
4:00–4:30 pm	Church Teams: Commitments/ Next Steps
4:30–5:00 pm	Closing and Worship

## Planning Team

**Rev. Dr. Salome As-Salaam**, Founder and Spiritual Director of the Salome Center in Lawrenceville, GA

**Rev. Dr. Toni Dunbar**, Associate Pastor, Adult Education and Co-Pastor, Mental Health Ministry, City of Refuge UCC, Oakland, CA

**Rev. Phil Gray**, Associate Pastor, Counseling Services, Green Pantry, Men’s Ministry, City Of Refuge, UCC Oakland, CA

**Carla Halyard**, Lay Pastor, Mental Health Ministry, City of Refuge, UCC, Oakland, CA

**Kerrie Hein**, Mental Health Ministry of First Church Berkeley, and member of UCC Mental Health Network, Berkeley, CA

**Rev. Alan Johnson**, Mental Health Advocate, member of the UCC Mental Health Network, Boulder, CO

**Rev. Dr. Rachael Keefe**, Pastor, Living Table United Church of Christ, Minneapolis, member of the UCC Mental Health Network, MN

**Robin Kempster**, Parish Nurse, Mental Health Ministry of First Church Berkeley, and member of UCC Mental Health Network, Berkeley, CA

**Rev. Amy Petré Hill**, Minister of Mental Health and Inclusion, Mountain View United Church, Member of UCC MHN Board and NAMI Facilitator, Aurora, CO

**Rev. Janice Sommerville**, Associate Pastor, Member Services, and Co-Pastor Mental Health Ministry, City of Refuge, UCC, Oakland, CA

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<b>Registration Questions?</b>	<b>Conference Questions?</b>
Debbie Cowen, CMP	Rev Alan Johnson
djcowen@msn.com	revalan2004@comcast.net

## WISE CONGREGATIONS for MENTAL HEALTH

### Keynote Speaker



**Rev. Dr. Sarah Lund, Minister for Disabilities and Mental Health Justice**  
*The Power of Personal Story and Breaking the Silence on Mental Illness*

Sarah is passionate about loving God, her family, and being part of faith communities. Her personal mission is to partner with others to share God's healing and hope. She is an ordained minister with standing in the United Church of Christ and the Christian Church (Disciples of Christ) and has served as pastor to churches in Brooklyn, NY, Minneapolis, MN, and New Smyrna Beach, FL. Sarah also served as Regional Minister for the Florida Conference of the United Church of Christ where she worked with congregations on vitality and renewal. After serving Christian Theological Seminary as Vice President for Advancement, Pastor Sarah was called in January of 2018 to serve as senior pastor of First Congregational UCC of Indianapolis, IN.

Sarah's formal education includes degrees from Trinity University (BA), Princeton Theological Seminary (MDiv), Rutgers University (MSW), McCormick Theological Seminary (DMin) and the Certificate in Fundraising Management from the IUPUI School of Fundraising.

Sarah is an active community volunteer and has served as a board member of the Indianapolis Martin Luther King Community Center and on the board of the national United Church of Christ Mental Health Network. Sarah currently serves on the leadership team for the Bethany Fellows, a national program mentoring young pastors. She is the Open and Affirming Consultant for the Indiana-Kentucky Conference of the United Church of Christ.

Sarah received the Princeton Engle Preaching Prize in 2002 for excellence in preaching and the Bob and Joyce Dell Award for Mental Health Education from the United Church of Christ Mental Health Network in 2015 for "her outstanding authorship and leadership in breaking the silence about mental illness in family and in church and offering healing and hope." She is the author of the widely regarded book "Blessed are the Crazy: Breaking the Silence About Mental Illness, Family and Church" (Chalice Press, 2014) and blogs at sarahgriffithlund.com.

In 2018, Sarah joined the UCC National Staff in a part-time position on the Wholeness Advocacy Team of Justice and Local Church Ministries, serving as the newly created Minister for Disabilities and Mental Health Justice.

Sarah is married to Jonathan Lund, who is a medical massage therapist at Carmel Wellness, IN, and they are the proud parents of their elementary age son Carter. Fia, a boxer/poodle mix, is also a beloved member of their family. You can contact Sarah at lunds@ucc.org

### Featured Speakers



**Rev. Amy Petré Hill**  
*How to Become a WISE Congregation for Mental Health: Inspiring Stories & Practical Advice*

Learn how to become a WISE Congregation: a Welcoming, Inclusive, Supportive, and Engaged church offering radical belonging with those living with mental health challenges, brain differences, and substance use disorders. Using a ten-step approach, we will cover the history of the WISE Congregation program, discuss the opportunities for spiritual and membership growth through WISE certification, and share practical advice on how to overcome common challenges and emerge a WISE Congregation on Mental Health.

**Rev. Amy Petré Hill** is the Minister of Mental Health and Inclusion at Mountain View United Church in Aurora, Colorado. She previously worked as a disability rights attorney, spiritual advisor to the Voices for Veterans Mental Health Council of Eastern Colorado, and chaplain intern at a Colorado state psychiatric hospital. She is a certified NAMI Connections Facilitator, Soul Shop for Congregations trainer, and currently serves on the United Church of Christ Mental Health Network.

***The Basics: How One Church Started and Grew a Mental Health Ministry, and Voted to Become a WISE Congregation for Mental Health***



**Rev. Dr. Toni Dunbar**

**Rev. Dr. Toni Dunbar** is Associate Pastor, Adult Education and Co-Pastor, Mental Health Ministry, City of Refuge UCC, Oakland, CA. She is also a co-presenter of "The Basics" workshop.

**Robin Kempster** is the Parish Nurse at First Church Berkeley, UCC in California. She started the Mental Health Ministry at the church and has encouraged others to join together and to be active participants. The goals of the ministry are to include all members and friends in the life of the church, to provide opportunities to reduce stigma for those with mental health challenges, to share our stories, and to educate ourselves around mental health issues. Robin is on the

Board of Directors of the UCC Mental Health Network. She enjoys the piano and portrait photography.



**Robin Kempster**

## WISE CONGREGATIONS for MENTAL HEALTH

### Workshops—1:00-2:00 pm

#### **Minority Mental Health—What Does Faith Have To Do With it?**

**Rev. Dr. Salome As-Salaam**

This workshop will address the history of the relationship of people of color with mental health issues. Different populations of people respond differently to mental illness diagnoses. There continues to be cultural norms which shape how people react to even the mental health services which are available. Stigma around mental illness is among people of color and whether or not it feels safe to address mental health conditions. There has been exclusion of particular populations due to racism, a cultural fear of the system, and the harm that comes from the marginalization of those who are living with a mental health diagnosis. There will be resources shared.

#### **The "Big Three" Mental Illnesses: Depression, Anxiety, and Alcohol/Substance Use Disorder—What to Do?**

**Kerrie Hein**

In the United States, more disability is caused by Depression, Anxiety, and Alcohol/Substance Use Disorder than any diseases except cardiovascular and cancer! In this workshop, you will learn to recognize the symptoms of these illnesses, what we know about their causes, and what you or a loved one can do to get better.

#### **What Helps You When a Loved One is Living with a Mental Illness, and Starting a Mental Health Spiritual Support Group**

**Rev. Alan Johnson**

This workshop will engage participants in ways that we can understand, relate, and deal with the experiences that we have when a loved one is living with a mental health challenge. Many of us are impacted by the mental illness of our loved one. We need understanding and information, to learn about resources, find support, practice ways to take care of ourselves, and how to sort through the varied emotions which arise such as confusion, helplessness, support, and hope. One resource which will be offered is how to start a spiritual support group for mental health in your congregation.

#### **Companionship—an Introduction**

**Rev. Amy Petré Hill and Robin Kempster**

Companionship is a ministry of presence, responding to isolation and suffering, and supportive of healing and recovery. Companionship is rooted in our natural capacity to be sensitive, compassionate and concerned. Companions observe and approach individuals and use the five basic spiritual practices of hospitality, neighboring, sharing the journey side-by-side, listening and accompaniment. Developed by Craig Rennebohm, author of *The Way of Companionship: Welcoming the Stranger*, Companionship can be helpful in congregations as they respond to people experiencing “in-the-moment” events of a mental health nature at church.

#### **Suicide: Prevention, Intervention, Postvention**

**Rev. Dr. Rachael Keefe**

This workshop will examine the role congregations can play in suicide prevention, intervention, and postvention. We will discuss all aspects of suicide including signs and symptoms of a person who is at risk, how to respond to someone who may be suicidal, and how a congregation can respond after suicide. We will also look at some of the theological questions and common beliefs around suicide.

#### **Self-care for the Selfless**

**Rev. Janice Sommerville and Rev. Phil Grey**

How can we love our neighbor if we do not love ourselves? Recent studies of religious professionals have found that Protestant clergy have the highest degree of work-related stress and Lutheran clergy and lay leaders (ELCA) have self-reported problems with depression, relations with family and friends, finances, and personal devotional life. Can we, the pastoral leaders in our churches, learn to love ourselves and care for ourselves as we love and care for our neighbors? A topic not just for clergy – this workshop is also for lay leaders who are concerned about the well-being of their pastors.

**Workshops Repeat: 2:15–3:15 pm**

### Conference Chaplains



#### **Morning Chaplain:**

**The Rev. Dr. Leslie Carole Taylor** is Co-Director of Admissions, Events, and Recruitment at Pacific School of Religion in Berkeley, CA. She is a member of City of Refuge, UCC in Oakland, CA.

**Afternoon Chaplain** (pictured on page 3): **Rev. Dr. Toni Dunbar** is Associate Pastor, Adult Education and Co-Pastor, Mental Health Ministry, City of Refuge UCC, Oakland, CA. She is also a co-presenter of “The Basics” workshop.

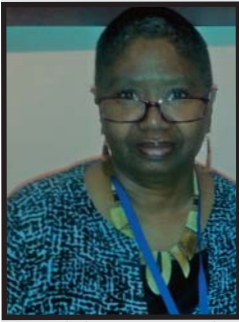
### Conference Musician—Rev. Dr. D. Mark Wilson



D. Mark Wilson is a Lecturer in the Department of Sociology Department at St. Mary's College of Moraga, CA and Continuing Lecturer in the Music Department of University of California at Berkeley and conducts the UC Berkeley Gospel Chorus. Pastor Mark is the Bay Area's first African American pastor to come out as a gay man in a Bay Area African American Baptist Church. He is a member of City of Refuge UCC.

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## Workshop Leaders



**Rev. Dr. Salome As-Salaam** is a graduate of the Samuel D. Proctor, School of Theology at Virginia Union University. She has also completed a residency in Clinical Pastoral Education at Emory University. She received her certification as a Pastoral Counselor from the College of Pastoral Supervision & Psychotherapy. In addition, she has a certificate in Health Care Ethics, from the University of Virginia and she received a certificate in Post-Traumatic Stress Disorder, (PTSD), from the Chaplaincy Academy, United States Navy. Prior to entering the ministry, Reverend As-Salaam served as an officer in the United States Army. Currently, she is the Founder and Spiritual Director of the Salome Center in Lawrenceville, Georgia. The Center is a ministry for female veterans who are survivors of sexual military trauma and PTSD.



**Kerrie Hein** is a member of the Mental Health Ministry Leadership Team at First Church Berkeley, UCC. She recently retired from her position as the lab director of the Golden Bear Sleep and Mood Research Clinic in the Psychology Department at UC Berkeley. The clinic conducted grant-funded studies with the aim of improving psychological treatments for sleep problems and mood disorders. She has also spent much of her life dealing with and recovering from co-morbid mental health disorders. Her work and personal experience have ignited her passion for mental health education to help people lead happier and healthier lives.



**Rev. Alan Johnson** is an ordained UCC clergy who retired as chaplain at The Children’s Hospital (TCH), Denver. He had been pastor for 14 years in churches in Connecticut and New York City, been on national staff of United Church of Christ for 16 years, and now for 10 years he has volunteered in the field of mental health. He is a co-founder of the Interfaith Network on Mental Illness and serves as Chair of the United Church of Christ Mental Health Network.



**Rev. Janice Sommerville** is an Associate Pastor for the City of Refuge–UCC in Oakland, CA. She serves as the Pastor of the Mental Health Ministry (MHM). Janice has been involved in the development and training of the leadership and congregation of City of Refuge (COR). As Co-Pastor of the Refuge Leadership Institute for Practical Ministry, she designed writing workshops for literacy and self-care and is an instructor for the National Council for Behavioral Health’s Mental Health First Aid training program.



**Rev. Dr. Rachael Keefe** is the pastor of Living Table United Church of Christ in Minneapolis, MN. She’s a favored conference presenter on topics related to mental health, suicide, and congregations. Previously, she served as clinical chaplain at the state psychiatric hospital in New Hampshire where she worked with patients, staff, clergy, and churches to increase understanding and welcome of persons living with severe and persistent symptoms of mental illness. She also served on the New Hampshire State Suicide Prevention Council.



**Rev. Phil Gray** is an Associate Pastor for the City of Refuge–UCC in Oakland, CA. He serves as the Pastor of the Counseling Department Restoration Wellness Center (RWC). Phil has been involved with assisting the wellness center in developing a safe welcoming, and professional setting to receive an array of counseling services which are designed to assist in behavioral concerns, sorting out present issues, and developing greater self-acceptance, promoting respect for human dignity and diversity.

**Rev. Amy Petré Hill and Robin Kempster** are located on page 3

**Financial Assistance Available:**

If you are a seminary student and need financial assistance to attend the conference, please contact Carla Halyard: [chalyard@ses.psr.edu](mailto:chalyard@ses.psr.edu)

If you would like to donate toward student financial assistance, please do so on the [registration form](#).

**Clergy CEU: Would you like CEU?**  
Please contact Janice Sommerville  
Pacific School of Religion,  
Theological Education for Leadership  
[jsommerville@psr.edu](mailto:jsommerville@psr.edu)  
Phone: 510-849-8284

**REGISTER NOW—Click Here**

## CONFERENCE LOCATION

City of Refuge UCC  
8400 Enterprise Way  
Oakland, CA 94621

Phone: (510) 633-6316



## Local Hotel Options

### Radisson Hotel Oakland Airport

8400 Edes Avenue  
Oakland, CA

*Must make reservation by February 5, 2019*

**Discounted Rate: \$99 per night**

(limited number of rooms available on a first-call basis)

**Call 510-969-2490** and mention "United Church of Christ Mental Health" when making a reservation.

### Oakland Convention and Visitors Bureau

<https://www.go-california.com/Oakland-Convention-and-Visitors-Bureau-CA/>

### Additional hotel reservations sites include:

Priceline.com  
Expedia.com  
Booking.com

## Registration COST SAVINGS

If three (3) or more  
attendees are from one church,  
pay only \$40 per person.

Regular rate per person  
is \$45.

**Clergy CEU:** *Would you like CEU?*  
Please contact Janice Sommerville  
Pacific School of Religion,  
Theological Education for Leadership  
[jsommerville@psr.edu](mailto:jsommerville@psr.edu)  
Phone: 510-849-8284

## City of Refuge UCC

[click here for church website](#)

8400 Enterprise Way  
Oakland, CA 94621

Phone: (510) 633-6316

*An Open & Affirming Church*

[Click here for directions/map  
to City of Refuge, UCC, Oakland](#)



## Important Deadline

Register for the conference  
by March 1, 2019!  
Prices increase the day of  
the conference.

[Click here to register online](#)

## Financial Assistance Available:

If you are a seminary student and need  
financial assistance to attend the  
conference, please contact  
Carla Halyard:  
[chalyard@ses.psr.edu](mailto:chalyard@ses.psr.edu)

## WISE CONGREGATIONS for MENTAL HEALTH

### REGISTRATION INFORMATION and POLICIES

#### Payment and Receipts

- ◆ MasterCard, Visa, Discover and American Express credit cards are accepted.
- ◆ Pre-payment in full by check or valid credit card is required to qualify for discounted fees. In cases where cards are initially declined, the prevailing fee at the time of approval will be due and charged.
- ◆ Receipts confirming registration will be sent via email.
- ◆ Please verify the accuracy of your receipt and contact the conference office immediately with any change (djcowen@msn.com)
- ◆ In the event that a registrant is entitled to a refund for his/her registration fee, it will be processed via the same method it was paid; for instance, if payment was made by credit card, the refund will be processed as a credit to your credit card account.

#### Services for People with Disabilities

If you require specific aids or services to attend the conference, please mark the appropriate boxes on the registration form or contact the conference office if you need to register by phone. Please allow adequate time for arrangements to be made. If you are traveling with a personal care attendant (PCA) or personal assistant (PA) and he/she will attend the full meeting with you, please have them register for the conference so that we may include them as an attendee and plan accordingly (seating, name badge, food functions.)

*Not all workshops may have full services for interpreting and Assisted Listening Services (ALS). Specific session rooms may be assigned with interpreters and assisted listening services.*

**Hotel Rooms:** You are responsible for making your own hotel reservation. Several ADA rooms may be available at the hotels listed on page 6. Please request your ADA room when making reservations.

#### How to Register

- ◆ Web—[click here to register online](#) **Note: if 3+ people from one church are registering, please select Group Rate.**
- Note: You will need all 3 names when registering in order to receive the discount.**
- ◆ Mail—100 Park Ave West, #1001, Denver, CO 80205
- ◆ Phone registrations are accepted if necessary. 303-886-7137

Payment must accompany registration in order for our office to process your registration. Be sure to fully complete the registration form — the information requested is important in processing your registration. Early, regular, and on-site registration fees will be applied based on the date registration is received in full at the registration office. MasterCard, Visa, Discover and American Express credit cards are accepted. Make checks payable to “the Planners Client Meetings”.

#### Cancellation

- ◆ Requests for refunds must be in writing: e-mail: djcowen@msn.com
- ◆ Deadline for full refund less \$10 processing fee—February 22, 2019
- ◆ **After February 22, no refunds will be made.**
- ◆ There will be no form of refund for "no shows" unless considered a special exception.
- ◆ Special exceptions such as family and health emergencies will be handled on a one-on-one basis.
- ◆ The schedule and speakers are subject to change; committee reserves the right to make changes as needed without penalty.

#### Consent to Use Photographic Images

Registration and attendance at the 2019 WISE Congregations for Mental Health constitutes permission by the registrant to use and distribute attendee's image or voice in photographs, videotapes, electronic reproductions and audiotapes of such events and activities. By registering for the WISE Conference, you grant permission for your photograph to be taken and/or video and sound recordings to be used in future marketing materials.

#### Dates to Remember

- February 22:** No registration refunds after this date
- March 1:** Regular registration rate ends
- March 2:** On-site registration rate begins

**Click Link For:**  
**Conference Registration**  
**UCC Mental Health Network**  
**Hotel Information**

**CONFERENCE REGISTRATION FORM** March 2, Oakland, CA  
*WISE Congregations for Mental Health*

**SECTION A**

First name for badge \_\_\_\_\_  
First name \_\_\_\_\_ Last name \_\_\_\_\_  
Congregation or Organization \_\_\_\_\_  
Mailing address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Daytime phone \_\_\_\_\_ E-mail \_\_\_\_\_

**SECTION B**

**Included in conference fee:**

All sessions, refreshment breaks, continental breakfast, and lunch. The plenary and the workshops will be video-taped and will become part of the WISE Resources.

**Check Appropriate Price:** Note: if 3+ people from one church are registering, please select Group Rate. Note: You will need to include 3 names when registering in order to receive the discount.

Three or more people from one church (\$40 per person) # \_\_\_\_\_ people x \$40 = \$ \_\_\_\_\_ TOTAL

Early Rate per person (by 3/1/19) # \_\_\_\_\_ people x \$45 = \$ \_\_\_\_\_ TOTAL

On-site Rate per person (3/2/19) # \_\_\_\_\_ people x \$55 = \$ \_\_\_\_\_ TOTAL

Donation to assist seminary students with attendance of event: \$ \_\_\_\_\_ TOTAL

**Grand Total** \$ \_\_\_\_\_

**SECTION C**

- ◆ Please indicate any specific dietary requirements you have (gluten-free, lactose-free, vegan, other) \_\_\_\_\_
- ◆ Do you require the assistance of an interpreter to attend the conference?  Yes  No
- ◆ If yes, please indicate the interpretation type needed (ASL, Signed Exact English, or oral) \_\_\_\_\_
- ◆ When attending this conference, what other specific aids or services might be required to insure your full participation (Assistive Listening Device, electronic files for screen reader, other)? \_\_\_\_\_
- ◆ Do you require large print for the program and handouts?  Yes  No

*Specific sessions/rooms may be assigned with interpreters and assisted listening services. Please allow adequate time for arrangements to be made. Every effort will be made to accommodate advance requests; on-site requests cannot be guaranteed. Reasonable accommodations will be provided during meeting sessions.*

*Please contact revalan2004@comcast.net with any questions.*

**Clergy CEU:** *Would you like CEU?*  Yes, please (check box) Please contact Janice Sommerville: Pacific School of Religion, Theological Education for Leadership, Email:jsommerville@psr.edu, Phone: 510-849-8284

**SECTION D**

Payment Method:  MasterCard  Visa  Discover  Amex  Check

**Make Checks Payable to "the Planners Client Meetings"**

Print Name on Card/Check \_\_\_\_\_

Check/Credit Card # \_\_\_\_\_ Expiration Date \_\_\_\_\_ Sec. Code \_\_\_\_\_

By signing below, I hereby authorize the registration office to charge my credit card accordingly if I miscalculated fees. I acknowledge that I have reviewed and agree to all registration policies outlined herein.

Signature \_\_\_\_\_

**Mail to: the Planners Client Meetings, 100 Park Ave West, #1001, Denver, CO 80205**