

Example Project: Addressing Mental Health Issues in Congregational Life

1. Name of project: *Addressing Mental Health Issues in Congregational Life*
2. Describe your project:
 - a. What will you be doing? *Educating the minister and the congregation about mental health and the church's role.*
 - b. Who (name, and title as appropriate) will be responsible for managing the project? *The parish minister, the DRE and the chair of the social justice committee will be the key managers.*
 - c. If it requires financing, where will the money come from or how will it be raised? *N/A*
 - d. What approximate percentage of your congregation will be involved? *About 30%*
3. Project Plan:
 - *Familiarize ourselves with the website for UU Mental Health Ministryⁱ and its resources.*
 - *Make sure that the minister has a copy of the **Mental Health Information for Ministers**ⁱⁱ and has had time to review it.*
 - *Use the **Caring Congregation Handbook**ⁱⁱⁱ to design a set of workshops to educate the congregation about mental health and how they can become more supportive to people with mental health difficulties and their families.*
4. What is the timeline for this project? *Two years after start of the program.*
5. How will people with disabilities be involved in the planning, implementing and evaluating this project? *People with mental health problems and their families will be involved in planning the workshops and help in leading them.*
6. Does this project fall under the category of inclusion, accessibility, or social justice? *Inclusion*
7. Which of your priorities from your needs assessment checklists does this project address? *This is a medium priority item, but there are many people who live with this in our congregation, so it must be addressed.*
8. What is your objective for this project? How does it address your identified priority/ies? Will it completely solve your needs assessment priority or is it one of many steps or alternatives? *Objective: Educate the minister about mental health and put on a series of workshops for the congregation designed to help congregations be more welcoming and inclusive to people with mental disorders and their families.*

9. How will you evaluate if you have met your objective? *We will have a series of conversations with people with mental health problems and their families to see if they believe we have met the objective.*

ⁱ UU Mental Health Ministry website:

<http://www.mpuuc.org/mentalhealth/mentalintro.html>

ⁱⁱ **Mental Health Information for Ministers**, by Rev. Barbara F. Meyers. Available online at: <http://www.mpuuc.org/mentalhealth/MentalHealthInformationforMinisters.pdf>.

ⁱⁱⁱ **The Caring Congregation Handbook and Training Manual – Resources for Welcoming and Supporting Those with Mental Disorders and Their Families into our Congregations**, by Rev. Barbara F. Meyers, Will to Print Press, 2005. Available online at: <http://www.mpuuc.org/mentalhealth/caringconcurr.html>.