

# Quarterly Community Ministry Activities

For the Ministry of Rev. Barbara F. Meyers

## September 2017

### Executive Summary

- Emotional CPR – working with Mission San Jose High School on the possibility of using eCPR as one initiative to handle the significant stress problem.
- "Listening Post" - Plan to start a Listening Post on Thursday afternoons starting October 19 in the Tenderloin neighborhood of San Francisco, sponsored by the Faithful Fools Street Ministry.
- Submitted a formal proposal to Skinner House Books for a book on mental health in congregations. Will hear in October about acceptance
- Co-leader of Ableism Task Force for the UUMA
- Continue work quarter time as Assistant Director of Life Reaching Across to Life
- Covered pastoral care for MPUUC for July and August
- Led worship as a guest minister at 4 other congregations and at MPUUC twice

### Quarterly Ministerial Status Report Details

#### Education

##### *Classes, Conferences and Seminars Taken and Planned*

- Attended the Alternatives mental health conference in Boston, Massachusetts, August 18-21. This conference focuses on alternative treatments to the medical model for mental illness. Many good workshops and time to network with fellow Emotional CPR leaders. Plus counter-protest and eclipse participation!
- Attended a 5-part course *How to Effectively Support Someone in Spiritual Emergency*, by Emma Bragdon, PhD. September 13 – October 11.
- Attended webinar: Access & Functional Needs *"The Whole Community – We Succeed or Fail Together"* by Vance Taylor, Columbus Public Health Office of Emergency Preparedness. Why a community should prepare for disaster needs of people with disabilities.
- Attended Webinar: *Building Mental Wellness and Psychosocial Resilience for Climate Change*, by the American Psychological Association. As part of this, there was a really **excellent presentation** by Bob Doppelt, MS, MS, Coordinator, International Transformational Resilience Coalition that showed the psychological and spiritual actions we can take to be more mentally resilient to the trauma of disasters that will come with climate change.
- Attended Webinar: *Straight Talk about Peer Supervision*, by Susan Nyamora of South Florida Wellness Network, July 2017. This was from the *Doors to Wellbeing Peer Specialist Webinar Series*. Good summary of the important aspects of supervising mental health peers.
- Attended Webinar: *Can I get the Recipe? Adding Lived Experience to Research*, by Laysha Ostrow, PhD of Live & Learn, Inc. This was from the *Doors to Wellbeing Peer Specialist Webinar Series*, August 31, 2017. Excellent introduction to the research process for mental health and how consumers can be a part of it.
- Attended Webinar: *CPSs (Certified Peer Specialists) in Crisis Services* by David Measel, BA, CPS. This was from the *Doors to Wellbeing Peer Specialist Webinar Series*, September 2017. Very good description of how peers can help in crisis services. Basically being a human being in the room.

- Attended Webinar: *Peer Support Roles in Criminal Justice Settings*, by Policy Research, August 22, 2017. Discussion of having peers with mental health and criminal backgrounds work in the criminal justice system.
- Attended CAMHPRO webinar: *Peer Team Building in Mental Health Advocacy*, by Stephen Marks, PhD & Luba Botcheva, PhD July 13, 2017. How to work on teams to do mental healthy advocacy.
- Attended 3 CAMHPRO Webinars: *ABC's of Advocacy: A: Advocacy Basics, B: Best Community Planning Practices, and C: Community Planning – How to Work it*, by California Association of Mental Health Peer Run Organizations, a series of three webinars on advocacy for mental health issues, August 30, September 13, September 20. Excellent introduction to mental health advocacy in California.

## **Healing**

### ***Emotional CPR***

Met with principal of Mission San Jose High School to discuss the possibility of using eCPR as one initiative to handle the significant stress problem. He is asking his health teachers work with us.

Proposal for giving an eCPR presentation as part of the Fremont Family Resource Center Lunch and Learn was accepted and is scheduled for Feb 22.

### ***Reaching Across***

Continued compensated job at Reaching Across organization, for quarter-time work. Attend Monday support group meetings, two Interfaith Support Groups per month, a spirituality group once a month, Friday craft days and some Wednesday events.

### ***Support Groups***

- Continued leading Elder's Group as part of small group ministry at MPUUC
- Continued co-leading interfaith support group for people with depression and sadness.
- Continued to recommend support group for families of those with mental illness.

### ***Pastoral Associates***

- Covered Pastoral Care for MPUUC during July and August
- Led the Pastoral Associates meetings and worked with several congregation members as an associate.

### ***Spiritual Direction***

People who live on the streets or who are otherwise vulnerable are often ignored with few chances to share their sacred stories. To address this need, two spiritual directors, Rev. Barbara F. Meyers and Karolyn Stenlund, will soon start a pilot project sponsored by the Faithful Fools Street Ministry which will involve creating a space where vulnerable and marginalized people can come and be listened to for free without judgment. They will be using volunteer-oriented models designed by the widely-known Sidewalk Talk organization and the Listening Post organization in Anchorage, Alaska.

This service will initially begin on Thursday afternoons at the city park on the corner of Hyde and Turk in the Tenderloin district in San Francisco, and will cohabit that space and work with the St. Francis Living Room organization. This project will begin on Thursday, October 19 and will continue as a pilot project for 6 months.

Have applied for a grant from the Tenderloin association to cover expenses for this project.

## **Priestly**

- Led the service on May 14 at Petaluma "Joy and Woe Are Woven Fine"
- Led the service on June 4 at Santa Rosa "Recovery from Mental Illness"
- Led the service on July 9 at the Livermore church on "Humility"

- Led the service on July 16 at MPUUC on “Answering the Call of Love”
- Led the service on August 6 at the newly forming congregation in Half Moon Bay “Recovery from Mental Illness”

## Social Justice

### *Community Awareness*

Mental Health pages on MPUUC web site continue to be widely accessed.

### *UUMA Ableism Task Force*

- Co-leader of Ableism Task Force for the UUMA. Survey just went out to UUMA members
- This work is scheduled to be complete early next year.

### *UUA Accessibility Group*

- The congregational disability accessibility certification program called the Accessibility and Inclusion Ministry (AIM) program continues its general availability. Five congregations have officially entered the program. I am in charge of implementing this program.

### *UUA Addictions Ministry*

- As member of the UUA Addictions Ministry, helped run their web site [www.uuaddictionsministry.org](http://www.uuaddictionsministry.org).

## Other

### *Books Read*

- *The Well of Being – A Children’s Book for Adults*, written and illustrated by Jean-Pierre Weill, Flatiron Books 2013. Wonderful quick read about the importance of living from your center, with water color illustrations. I will read it again and again, maybe even use it for a sermon. **Highly Recommended**
- *Bearing the Unbearable – Love, Loss, and the Heartbreaking Path of Grief*, by Joanne Cacciatore, PhD, Wisdom Publications, 217. A remarkable book about the importance of grieving from a woman who has been there and who now helps others grieve. **Highly Recommended**
- *Shadows in the Sun: Healing from Depression and Finding the Light Within – A Memoir*, by Gayathri Ramprasad, Hazeldon Publishing, 2014. Moving story of a woman who immigrates to the US from India, her suffering debilitating depression, and how she overcomes it and now leads the life of a mental health advocate. Excellent portrayal of the extreme stigma against mental illness in India. **Recommended.**
- *Fast Girl – A Life Spent Running From Madness*, by Suzy Favor Hamilton, Harper Collins, 2015. Story of a 3-time Olympic runner who became a high-priced Las Vegas call-girl as part of her bipolar disorder. She now speaks to audiences about mental illness.
- *On Edge – A Journey Through Anxiety*, by Andrea Petersen, Crown Publishing Group, 2017. A writer for the Wall Street Journal tells the story of her life-long struggle with various anxiety disorders. She has tried many medical and alternative treatments and researched them well for this book.
- *A Relentless Hope – Surviving the Storm of Teen Depression* by Gary E. Nelson, Cascade Books, 2007. Minister and pastoral counselor has some good advice for parents and teens when the teens are depressed. Tells the story of his own son’s depression and how it was conquered.
- *No One Cares About Crazy People – the chaos and heartbreak of mental health in America*, by Ron Powers, Hachette Books, 2017. Emotional tour-de-force about the mental health system in America along with the story of his family’s journey with two sons with schizophrenia, one of them who died by suicide. **Recommended**, especially for family members and for advocates.
- *Mental Health Inc: How Corruption, Lax Oversight, and Failed Reforms Endanger Our Most Vulnerable Citizens*, by Art Levine, Overlook Press, 2017. One-sided indictment of most aspects of the mental system in the US. Particular focus on drugging children, veterans and elders.
- *Then and Now: A Memoir*, by Barbara Cook, Harper, 2016. Memoir of famous singer, giving details of her alcoholism and depression, and how she made a come-back.

- *Unitarian Universalists of Color – Stories of Struggle, Courage, Love and Faith*, Edited by Yuri Yamamoto, Chandra Snell, and Tim Hanami, Lulu Publishing Services, 2017. Stories of 15 UUs of Color about their experiences in UU congregations. Well worth reading.
- *Locking Up Our Own: Crime and Punishment in Black America*, by James Forman, Jr., Farrar, Straus and Giroux, 2017. Detailed account of how the system of laws that resulted in high rates of black incarceration came about. Most interestingly, much of it came from the black community, itself.
- *The Fire This Time - A New Generation Speaks about Race*, edited by Jesmyn Ward, Scribner, 2016. A collection of essays about race in the United States. Significant and beautifully written.
- *Hidden Figures – The American Dream and the Untold Story of the Black Women Mathematicians who Helped Win the Space Race*, by Margot Lee Shetterly, William Morrow, 2016. Well researched and written account of early black women's contributions. Made into an Oscar nominated movie.
- *A Long Way Home – A Memoir*, by Saroo Brierley with Larry Buttrose, G.P. Putnam's Sons, 2013. True story about a boy who as a five-year old in India got lost on a train. Twenty-five years later, in Australia, he found his way home using Google Earth. Very engaging and hard to put down.
- *The Man Who Knew Infinity – A Life of the Genius Ramanujan*, by Robert Kanigel, Washington Square Press, 1991. A wonderful biography that brings forth the fullness of the mathematical genius Ramanujan's life and work. It speculates on the intuitive spiritual sources of his genius. Hard to put down.
- *An Unseaworthy Mission – An Olympia Brown Mystery*. by Judith Campbell, Mainly Murder Press, 2015. Another mystery by Rev. Judith Campbell. I am addicted to these things!
- *A Borgia Daughter Dies – A Real History Mystery with Machiavelli and da Vinci*, by Maryann Philip, Real History Mystery Press, 2003. Entertaining and educational mystery with much of the intrigue of the Italian Renaissance.
- *Da Vinci Detects – Murder and Sex: A Real History Mystery of the Renaissance, Featuring its Greatest Artists*, by Maryann Philip, Real History Mystery Press, 2014. Another entertaining, educational mystery story set in Florence, Italy during the Renaissance.
- *Martin Luther, Machiavelli and Murder: A Mystery of Renaissance Rome: Its Popes, Artists and Future Nemesis*, by Maryann Philip, Real History Mystery Press, 2017. This time, Martin Luther helps to solve the mystery during his eventful 2-month stay in Rome. Very entertaining with an historically accurate background.
- Read 7 mysteries set in Canada by Louise Penny. Hard to put down.

### ***Personal***

- Need to continually work at life balance, stress and depression management. This is going successfully and is sometimes easier than others.
- Work out at 24-Hour Fitness 2 times a week.
- Ran in 10K races at Bear Creek and Western Pacific. Came in first in my age group.

### ***Other***

- Met with Community Ministry Advisory Committee regularly
- Monthly status meetings with EqUual Access
- Visit my spiritual director and my psychiatrist regularly.
- Attended MPUUC Board meetings

## 2017 Development Plan

Area	Plans	Time line	Measurement	Status
<b>Continuing education:</b>				
Take one or two classes a year	Investigate classes to take in this year	Ongoing- Identify classes	Take classes by December 2017	Took <i>Strategic Non Violent Resistance for Ministers</i> Feb-March 2017
Attend GA in person or virtually	GA in June	June 2017	Event attended	Attended GA in New Orleans
Attend Mental health seminars / conventions	Attend at least one local / state mental health convention in next year	Chosen by March 31	Attended by Dec. 2017	Attended Alternatives in August.
Mental Health Ministry	Discern next actions in support of mental health	Chosen by March 31	Activity underway by Dec 2017	Will work with the eCPR program as a facilitator
Racial Justice	Discern actions in support of racial justice	Chosen by March 31	Activity underway by Dec 2017	Focus on racism in the mental health system
<b>Areas for growth in the next 2 yrs:</b>				
Disability Credentialing Program	Lead the group which will administer the AIM certification program for UUA congregations.	On-going	New congregations sign up for the program	We have 8 congregations signed up. 3 pilots have completed the program
Spiritual Direction	Continue to grow Spiritual Direction practice	On-going		No progress
<b>Long term possibilities</b>				
Plan for sabbatical	Plan for ministerial sabbatical of 6 months	Don't know when	Rethink this after Zach is older.	