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: 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 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.

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.
• 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.
- *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.
- *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

<table>
<thead>
<tr>
<th>Area</th>
<th>Plans</th>
<th>Time line</th>
<th>Measurement</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Continuing education:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Take one or two classes a year</td>
<td>Investigate classes to take in this year</td>
<td>Ongoing - Identify classes</td>
<td>Take classes by December 2017</td>
<td>Took Strategic Non Violent Resistance for Ministers Feb-March 2017</td>
</tr>
<tr>
<td>Attend GA in person or virtually</td>
<td>GA in June</td>
<td>June 2017</td>
<td>Event attended</td>
<td>Attended GA in New Orleans</td>
</tr>
<tr>
<td>Attend Mental health seminars / conventions</td>
<td>Attend at least one local / state mental health convention in next year</td>
<td>Chosen by March 31</td>
<td>Attended by Dec. 2017</td>
<td>Attended Alternatives in August</td>
</tr>
<tr>
<td>Mental Health Ministry</td>
<td>Discern next actions in support of mental health</td>
<td>Chosen by March 31</td>
<td>Activity underway by Dec 2017</td>
<td>Will work with the eCPR program as a facilitator</td>
</tr>
<tr>
<td>Racial Justice</td>
<td>Discern actions in support of racial justice</td>
<td>Chosen by March 31</td>
<td>Activity underway by Dec 2017</td>
<td>Focus on racism in the mental health system</td>
</tr>
<tr>
<td><strong>Areas for growth in the next 2 yrs:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Disability Credentialing Program</td>
<td>Lead the group which will administer the AIM certification program for UUA congregations.</td>
<td>On-going</td>
<td>New congregations sign up for the program</td>
<td>We have 8 congregations signed up. 3 pilots have completed the program</td>
</tr>
<tr>
<td>Spiritual Direction</td>
<td>Continue to grow Spiritual Direction practice</td>
<td>On-going</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Long term possibilities</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Plan for sabbatical</td>
<td>Plan for ministerial sabbatical of 6 months</td>
<td>Don’t know when</td>
<td>Rethink this after Zach is older.</td>
<td></td>
</tr>
</tbody>
</table>