Community Ministry Status
For the Ministry of Rev. Barbara F. Meyers

March 2017

Status of ministry since last Report

Notes of Particular Importance

Joys
High-lights
- Understanding my place in the resistance
  - Working to ensure that mental health issues are adequately represented
  - Focus on issues of racism in the mental health system.
  - Contributing regularly to wider causes (ACLU, SPLC, Planned Parenthood, …)
- Getting involved in new efforts
  - Emotional CPR
    - Will train to be a eCPR practitioner and apprentice facilitator
    - Will help with some business aspects of eCPR organization
  - Webinars for UU ministers and leaders, sponsored by UU regions
  - Co-leader of Ableism Task Force for the UUMA
  - Volunteering once a month as a peer at John George Psychiatric Hospital
  - Leading Elder Group at Mission Peak UU
- Wrote a program to automate demographics and activity reporting at Reaching Across
- Continue helping care for both grandsons.

Challenges
- Keeping from being over committed.

Education

Classes, Conferences and Seminars Taken and Planned
- Presented a webinar “Mental Health Information for Ministers and Lay Leaders” on Feb 15. 150 people attended! I felt good about how it went. It was organized by a New England region. Plan to offer it in the Western Region next year.
- Attended on-line class organized by the Church of the Larger Fellowship: Strategic Non Violent Resistance for Ministers, taught by Dr. Sharon Welch, faculty member of Meadville-Lombard Theological School. February 3 - March 17, 2017. Lots of good readings, discussion and motivation for resistance. Good historical background on kinds of non-violent resistance from many cultures. Some lessons:
  - Don’t try to defeat evil; expose and contain it and inoculate yourself against it. Recognize your temptations.
  - Research on Non-violence shows that it is the most effective way to change a society; one person can’t do everything; need roles for all kinds of people, including law enforcement to play; getting large numbers of people to engage is very important; ideological tests don’t work
  - Diffusion in activism (many different people working on different aspects of the problem in creative resonance) is necessary for success, not a cause of failure.
- Remotely attended the Race, Policing, and Public Health Symposium, co-hosted by Stanford Medicine and Stanford Law School, March 6, 2017. This had some of the top researchers in the country working
on racial justice and how it affects public health. It is available on-line to watch at http://med.stanford.edu/rpph/videos.html, Highly recommended!

- Attended webinar: Faith. Hope. Life: The Role of Faith Communities in Suicide Prevention, presented by the Suicide Prevention Resource Center, on February 23, 2017. Good discussion on how faith communities can help in suicide prevention led by religious leaders from Christian, Jewish and Islamic communities. Excellent! I have recommended this to other ministers who have found it valuable.

- Attended webinar: How to be a Creative Peer Specialist, sponsored by Doors to Wellbeing at the Copeland Center for Wellness and Recovery, February 28, 2017. Great ideas about using art to reach people who are living with mental health difficulties.

- Attended 2 Webinars on Supporting Client Culture by CAMPRO, California Association of Mental Health Peer Run Organizations, a new state-wide group. Rising from the Ashes: March 22. From Victims to Heroes: March 29. Defining client culture, challenges, etc. Good beginning to the new group.

- Attended Webinar “Art as a Peer Specialist Skill – Learn how peer specialists can use creativity and the arts to inspire others throughout their recovery journeys.” presented by “Bluebird” and Meghan Caughey, February 28, 2017. Great examples of using the arts in recovery.

- Attended the webinar: Mental Health and Our Changing Climate: Impacts, Implications, and Guidance, by ecoAmerica, and the American Psychological Association, March 29, 2017. This webinar made public a report on mental health and climate change, which included suggestions of addressing problems.


Healing
Counseling Center
Completed closing down counseling center.

Fremont Unified School District
Part of a task force in the Fremont Unified School District to help students who are under excessive stress.

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.

Wrote an Excel program to automate demographics and activity reporting at Reaching Across. It will be adapted to other programs in the Alameda County Network.

Support Groups
- Started an 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
- Led the Pastoral Associates meetings and worked with several congregation members as an associate.

Spiritual Direction
- Attended meeting of East Bay Spiritual Directors February 1, 2017. It focused on white privilege. Excellent set of exercises led by Rev. Joellynn Monahan.

Priestly
- Presented homily on Ring Theory in Pastoral Care on Feb 26. Had a sparsely attended PA workshop after the service
Social Justice

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

Racial Justice
• I’ve joined the national and local NAACP, the ACLU, and contribute to the Southern Poverty Law Center and Planned Parenthood
• I’ve attended meetings of Showing Up For Racial Justice, a group for whites interested in being allies.
• Participated in week-long fast organized by the We Say Enough campaign

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. I have set up four review teams to follow the congregations through the process.

UUA Addictions Ministry
• As member of the UUA Addictions Ministry, helped run their web site www.uuaddictionsministry.org.

Other

Books Read
• Loud Hands: Autistic People, Speaking, edited by Julia Bascom, Autistic Self-Advocacy Network, 2012. A collection of essays written by and for Autistic people that catalogues the experiences and ethos of the Autistic community and has become one of that community's foundational documents.
• Like One of the Family: Conversations from a Domestic’s Life, by Alice Childress, Beacon Press, 1956. Vignettes about life as an African American maid in New York in the 1950’s. Entertaining and wise.
• The Children of Raquette Lake: One Summer That Helped Change the Course of Treatment for Autism, by Mira Rothenberg. The fascinating story of pioneering child psychologist Mira Rothenberg and two colleagues who take 11 children diagnosed with schizophrenia and autism to an upstate New York lake for 10 weeks to try total immersion in a supportive environment. Highly Recommended.
• Brilliant Imperfection – Grappling with Cure, by Eli Clare, Duke University Press, 2017. Brilliantly written memoir about the intersectionality of disability and transphobia, focusing an activist’s passion on the concept of “cure” as applied to them. Highly Recommended for anyone interested in either or both of these issues.
• Living for Two – A Daughter’s Journey from Grief and Madness to Forgiveness and Peace, by Lauren Spiro, Trafford Publishing, 2014. After her father was murdered, Lauren – age 16 - had a psychotic break and was diagnosed with schizophrenia. She emerged from the hospital, went back to school and became a therapist. Throughout her career, she hid her mental health diagnosis. The book is a story reclaiming her past, and seeing it as a spiritual transformation. Very moving.
- **Blessed are the Crazy – Breaking the Silence about Mental Illness, Family and Church**, by Sarah Griffith Lund, Chalice Press, 2014. A woman who becomes a minister talks about mental illness in her family and how to start a mental health ministry.

**Personal**
- Need to continually work at life balance, stress and depression management. This is going successfully and is sometimes easier than others. Trying to learn how to make stress an ally.
- Work out at 24-Hour Fitness 2 times a week.
- Had a lot of pleasure finishing two sewing projects.

**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 and NAACP 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>
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<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>
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<tr>
<td>Attend GA in person or virtually</td>
<td></td>
<td></td>
<td>Event attended</td>
<td>Registered for 2017 GA in New Orleans</td>
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<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>Possibly attend Alternatives in August.</td>
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<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>
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<td><strong>Areas for growth in the next 2 yrs:</strong></td>
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<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>
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<tr>
<td>Spiritual Direction</td>
<td>Continue to grow Spiritual Direction practice</td>
<td>On-going</td>
<td></td>
<td>No progress</td>
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<td><strong>Long term possibilities</strong></td>
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<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>
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