

# Quarterly Community Ministry Activities

For the Ministry of Rev. Barbara F. Meyers

March 2018

## Executive Summary

- **"Listening Post"** - Continued a Listening Post on Thursday afternoons in the Tenderloin neighborhood of San Francisco, sponsored by the Faithful Fools Street Ministry. Planning on starting one in Fremont with congregational and interfaith participation. Received a \$500 grant from the PCD UUMA chapter to fund the Fremont effort.
- **Emotional CPR** – Gave a presentation at Family Resource Center in February. Planning other presentations.
- **Book** - My proposal to Skinner House Books for a book on mental health in congregations was accepted! I will deliver the final draft to them in April.
- **Blog** - Started a monthly UU mental health blog. [www.uumentalhealth.org](http://www.uumentalhealth.org)
- Co-leader of **Ableism Task Force** for the UUMA. Will finish in June.
- Continue work quarter time as **Assistant Director of Life Reaching Across to Life**
- **Led worship** on February 18 at Starr King Unitarian Universalist Church in Hayward on *The Spiritual Practice of Smiling*.

## Quarterly Ministerial Status Report Details

### Education

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

- Took short course “*Why Not Pot? A Review of the Brain-based Risks of Cannabis*”, presented by AtHealth.com from an article in Innovations in clinical neuroscience by Matrix Medical Communications. January 3, 2018. Conclusions: Marijuana has negative results for driving, dependence, mental health, underachievement and a gateway to worse drugs.
- Took Webinar: *Love Resists through Congregational Organizing* organized by the UUSC. Some excellent models for organizing social justice activities in a congregation. January 30, 2018. **Recommended.**
- Took Webinar: *As Goes CA: Peer Respite Leading Change for Mental Health* by Laysha Ostrow, Ph.D., CEO Live & Learn, Inc. January 11, 2018. Sponsored by CAMHPRO.
- Took Webinar: *Self-Care for the Peer Specialist* by Denise Camp by the Doors to Wellbeing webinar series supported by SAMHSA. Lots of wisdom and good ideas.
- Took Webinar: *Evidence Based: Mental Health Self-Direction through Personalized Budgeting*, presented by Bevin Croft, Julie Schnepf and Pam Werner sponsored by SAMHSA. Feb 27, 2018. Programs where consumers can be in charge of budgeting their money. **Excellent! Highly Recommended!** Left me thinking that we should be trying something like this in California.
- Took Webinar: *Building Community Support Groups for Improved Mental Health* presented by: Jane Winterling, sponsored by Doors to Wellbeing, Feb 27, 2018. Good basic structure of support groups for consumers.
- Took Webinar: *Peer Support Works! Evidence-Based Practice (EBP) Research and Outcomes* by Emery Cowan. Sponsored by CAMHPRO, March 8, 2018. Peers offer hope, role models, trust and empathy. Peer support reduces hospitalizations, days spent inpatient, enhances self-esteem and social functioning. Evidence-based per SAMHSA.

- Took Webinar: *Building a Strong Mental Health Peer Specialist Workforce*, by Sheryl Newton and Sheila Hall-Pringle, sponsored by Doors to Wellbeing, March 27, 2018. Interesting discussion about the potential problems of having peer specialists in the work force, and how to solve them.

## **Healing**

### ***Spiritual Direction***

Continuing my work at the corner of Hyde and Turk each Thursday afternoon. Beginning to plan to do a similar project in Fremont. Received a \$500 grant from the PCD UUMA chapter to fund the Fremont effort.

### ***Emotional CPR***

With Kozi Arrington, gave a eCPR presentation as part of the Fremont Family Resource Center Lunch and Learn on Feb 22.

### ***UU Mental Health Blog***

With a team of four people, began a UU mental health blog. We will have one blog post per month inviting others to contribute blog contents.

### ***Healthy Students Task Force***

Participated in task force organized by the Fremont Unified School District to focus on reducing stress in students. For finals week, at all high schools have a number of stations with de-stressing activities available: petting zoos, stress balls, snacks, and arts and crafts.

### ***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***

- Elder's Group started again in February as part of small group ministry at MPUUC. I am co-leading it with Barbara Hyde.
- 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***

- Attended Pastoral Associates meetings and worked with several congregation members as an associate.
- Provided emergency pastoral care during interim minister's absence.

## **Priestly**

- Led worship on February 18 at Starr King Unitarian Universalist Church in Hayward on *The Spiritual Practice of Smiling*.

## **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.
- This work is scheduled to be complete by June 2018.

### ***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***

- *Within Our Reach: Ending The Mental Health Crisis*, by Rosalynn Carter, with Susan K. Golant and Kathryn E. Cade, Rodale Books, 2010. A sequel and update to Rosalynn Carter's first book *Helping Someone with Mental Illness*, this time discussing recovery. Truthful yet hopeful.
- *Simply Sane – The Spirituality of Mental Health, New Expanded Edition*, by Gerald May, M.D., Crossroad Publishing Company, 1993. Remarkable classic with the thesis that sanity lies within us as spiritual beings, and we can access it by just being who we naturally are.
- *He Wanted the Moon – The Madness and Medical Genius of Dr. Perry Baird and His Daughter's Quest to Know Him*, by Mimi Baird with Eve Claxton, Broadway Books, 2015. Fascinating and tragic tale of a brilliant doctor with manic depressive illness before the advent of lithium treatment. His own words on the unravelling of his life and how barbarically he was treated were preserved and published by his daughter. **Recommended.**
- *The Black Swan – The Impact of the Highly Improbable*, by Nassim Nicholas Taleb, Random House 2010. Ideas: Black swans, very improbable events, have more impact than the ordinary; history is understood backward; we are constantly adjusting the stories we tell ourselves; how to protect yourself from adverse black swans and take advantage of positive ones; many other insights. **Recommended.**
- *Evicted – Poverty and Profit in the American City*, by Matthew Desmond, Broadway Books, 2016. A study of the serious harm that evictions do to people and to society by a sociology graduate student who lived in a trailer park in Milwaukee for his research. His solution: government housing vouchers.
- *Sometimes You Win Sometimes You Learn – Life's Greatest Lessons Are Gained From Our Losses*, by John C. Maxwell, Hachette Book Group, 2015. The title says it all.
- *S.O. The New Scarlet Letter- Sex Offenders Their Treatment and Our Challenge*, by Marilyn Callahan and Tim Buckley, Glass Spider Publishing, 2018. Therapist who treats sex offenders says they are more successfully treated than is commonly believed. Thorough and well explained.
- *The Black Count: Glory, Revolution, Betrayal, and the Real Count of Monte Cristo*, by Tom Reiss, Broadway Books, 2012. Fascinating tale of Alex Dumas, son of a Frenchman and his Haitian slave, who was brought to France and served an important role in the French Revolution. His son, Alexander Dumas wrote the Count of Monte Cristo, and based the character on his beloved father. One of the best accounts of the French Revolution that I have read.
- *In Later Years – Finding Meaning and Spirit in Aging*, by Bruce T. Marshall, Skinner House Books, 2018. Excellent resource for elder groups. I will use it for MPUUC's group.
- *The Midwife Trilogy: Call the Midwife books 1, 2 and 3*, by Jennifer Worth, Merton Books, 2005. Memoir of a nurse and midwife who worked from a nunnery to deliver babies in the poorest districts in London in the 1950s. Captures the life and times of the very poor. Later made into a PBS series.
- *The Island of Lost Maps – A True Story of Cartographic Crime*, by Miles Harvey, Random House, 2000. Engaging story about a man who stole ancient maps from library rare book rooms, and how he was caught.
- *The Girl with Seven Names – Escape From North Korea*, by Hyeonseo Lee with David John, William Collins, 2015. Harrowing and true tale of a young woman's escape from North Korea.
- *American Fire – Love, Arson, and Life in a Vanishing Land*, by Monica Hesse, Liveright Publishing Corporation, 2017. Story of a 5 ½ month long arson spree burning down over 60 buildings in Accomack County, Virginia, and the couple who were convicted of it. A good read.
- *The Fact of a Body – A Murder and a Memoir*, by Alexandria Marzano-Lesnevich, Flatiron Books, 2017. In writing the story of a murder of a young boy, the author discovers parallels in painful aspects

of her own life story. In the telling, the stories are intertwined. Beautifully and rivetingly written. Hard to put down.

- *Christmas in Crisis – An Olympia Brown Mystery*, by Judith Campbell, Fine Line Press, 2017. Another mystery with an ethical twist by UU minister Judith Campbell. This one focuses on sanctuary.

**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 race at Lake Chabot, January 1, 2018. 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.

### 2018 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 2018	
Attend GA in person or virtually	GA in June	June 2018	Event attended	
Attend Mental health seminars / conventions	Attend at least one local / state mental health convention in next year	Chosen by March 31	Attended by Dec. 2018	
Mental Health Ministry	Discern next actions in support of mental health	Chosen by March 31	Activity underway by Dec 2018	Sidewalk Talk in Fremont
Racial Justice	Discern actions in support of racial justice	Chosen by June 30	Activity underway by Dec 2018	
<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	
Spiritual Direction	Create opportunities for Spiritual Direction practice	On-going		Sidewalk Talk
<b>Long term possibilities</b>				
Plan for sabbatical	Plan for ministerial sabbatical of 6 months	Don't know when	Rethink this in 2 years when Zach is 5.	