Community Ministry Advisory Committee
For the Ministry of Rev. Barbara Meyers

June 2008

Status of ministry since last meeting

Education
Caring Congregation
- San Diego Congregation to have me as a guest in the fall.

Classes and Seminars Given
- Gave an all-day Saturday intensive training on Mental Health and Pastoral Care at Starr King School for the Ministry on Feb 23. Students from 6 seminaries attended. The class was completely full and had a long waiting list. Therefore, have arranged to give the class again on April 5 at the Berkeley UU Fellowship.

Classes and Seminars Taken

County Education Effort Continues
Plans have been made to have a state-wide Mental Health and Spirituality Conference in October, 2008. I will participate in this as much as I can with my other activities.

Healing
Reaching Across
- Continued compensated job at Reaching Across organization, for quarter-time work.

Support Groups
- Continued co-leading new interfaith support group for people with depression and sadness.
- Continued to recommend support group for families of those with mental illness.

Pastoral Associates
- Continue to prepare training materials for Pastoral Associates.
- Made several visits to congregational members with mental health problems, at home and in the hospital.

Priestly
- Worship associate on May 4

Social Justice
Community Awareness
- Mental Health Matters Public Access TV Show
  - "Mental Health Matters - Alameda County" was awarded the Alameda County Mental Health Board's Media Award for 2008. Those in the extended crew, local producers, and in Comcast who has played a part in the show, are receiving an award. This is part of the annual Mental Health Board award program for those who have done the most to advance mental health in Alameda County over the last year.
• Taped shows on: Spirituality is planned for April, Depression in May, Consumer Movement in June.
• Topics for the next shows have been chosen. They are: Dual Diagnosis, The Trauma, Mental Health in Jail/Prison, First Break, Anxiety and Mental Health in the Asian community.
• Shows continue to be broadcast throughout Alameda County on Comcast TV as well as being available from anywhere on the internet.
• Mental Health pages on MPUUC web site continue to be widely accessed.
• Held a Movie Night on May 17 showing the movie *Ordinary People* with a discussion period afterwards.

*Participated in Alameda County Mental Health Services Act Planning Council*

This group does Alameda County Mental Health Services Act (MHSA Proposition 63) MHSA program portfolio reviews, budgetary actions recommendations, and prioritization of new programs.

*UUA Accessibility Committee*

• Helped to start new Accessibility Group called Equual Access with members throughout the UUA. Will continue to confer via email and teleconference with this group as it forms. The by-laws have been written and now preliminary leadership is partially in place.

*Books Read*

Using Behavioral Therapy to treat Autism:


*Personal*

• Rest
• Finished weaving for Terri King with a design based on a Frank Lloyd Wright stained glass window. Very pleased that I can weave geometric shapes!

*Other*

• Met with Community Ministry Advisory Committee every quarter
• Chaired MPUUC Mental Health Committee which meets every 6-8 weeks
• Met with Committee on Ministry from MPUUC monthly
• Met with other UU community ministers every 2 months
## 2008 Development Plan

<table>
<thead>
<tr>
<th><strong>Area</strong></th>
<th><strong>Plans</strong></th>
<th><strong>Time line</strong></th>
<th><strong>Measurement</strong></th>
<th><strong>Status</strong></th>
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<tbody>
<tr>
<td><strong>Continuing education:</strong></td>
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<tr>
<td>Take one or two classes a year</td>
<td>Investigate classes to take in the next year</td>
<td>Identify class by March 1</td>
<td>Take class by December 08</td>
<td>Taken 2 classes</td>
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<tr>
<td>Attend GA and district assemblies.</td>
<td>DA in April and GA in June</td>
<td>April 2008</td>
<td>Events attended</td>
<td>To present at DA Signed up for GA</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>Choose by March 1</td>
<td>Attended by Dec. 2008</td>
<td>Attended Client convention in Feb</td>
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<tr>
<td><strong>Areas for growth in the next 2 yrs:</strong></td>
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<tr>
<td>Continue to support the new mental health support groups</td>
<td>Work on advertising, reaching possible local and interfaith audiences</td>
<td>Plan evaluated/ developed by March 2007</td>
<td>More people come and stay in groups</td>
<td>In progress</td>
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<tr>
<td>Continue working on preaching style</td>
<td>Work with preaching professor and drama coach</td>
<td>As speaking engagements show up</td>
<td>Style continues to improve.</td>
<td>In progress</td>
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<tr>
<td>Increase support and growth of Caring Congregation curriculum</td>
<td>Set into action self-sustaining structure. Conduct more teach-the-teachers. Develop intersession / intensive version of the course.</td>
<td>Carry out self-sustaining structure</td>
<td>Structure set up and used and evaluated.</td>
<td>In process: NYC Training planned for March</td>
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<td><strong>Long term development plan possibilities:</strong></td>
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<tr>
<td>Possibly become a Spiritual Director</td>
<td>Check out programs at Shalem Institute and Mercy Center</td>
<td>At least 2 years away</td>
<td>Investigate program and decide when to use</td>
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<tr>
<td>Possible D.Min. at Pacific School of Religion</td>
<td>Understand requirements for the program at PSR</td>
<td>At least 2 years away</td>
<td>Make a decision by Dec 2007 whether to pursue DMin.</td>
<td>Decided to put this decision off for a year or 2</td>
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