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. And having Listening Posts in two locations in Fremont. About to start a 3rd location in Fremont: at the mobile shower/laundry facility at Niles Discovery Church.
- Book – Have integrated content based on comments by a number of reviewers.
- UU Mental Health Network – We have incorporated, chosen our first Board and started having regular Board meetings. Officially designated as a “Related Organization” of the UUA. Submitted proposals for sessions at General Assembly. Surveyed membership on priorities.
- Received an award: “In Recognition of Your Dedication and Commitment to Building Mental Health Friendly Communities” from the California Mental Health Spirituality Initiative, a program of the California Institute for Mental Health.
- Continue work quarter time as Assistant Director of Life Reaching Across to Life
- I have an intern who started in August 2019 doing work for EqUUal Access / AIM.

Quarterly Ministerial Status Report Details

Education

Classes, Conferences and Seminars Taken and Planned
Presented a workshop “Sacred Mental Health Matters” at a conference sponsored by the California Mental Health & Spirituality Initiative on “Spirituality – A Cornerstone to Building Mental Health Friendly Communities”, held at the Walnut Creek Presbyterian Church, October 10-11, 2019. Received an award: “In Recognition of Your Dedication and Commitment to Building Mental Health Friendly Communities”. This organization is part of the California Institute for Mental Health, a state-wide non-profit that focuses on mental health issues.

Attended an excellent webinar Peer Support and Smoking Cessation, Sponsored by the Copeland Center’s Peer Support program. November 2, 2019. Really excellent! Plan to publicize links to the recording because I think it would be very helpful.

Attended a webinar Building a Mentally Healthy Culture by Australian Graeme Cowan. Nov 28, 2019. Intended for managers. Get executive buy-in; Have a launch event; Invite people to be part of the solution

Healing

Spiritual Direction
Continuing my work at the corner of Hyde and Turk each Thursday afternoon.
Now listening in Fremont at Tri-City Volunteers and the Library. Will soon start at Niles Discovery Church for the mobile shower/laundry facility.

Emotional CPR
Nothing this quarter

UU Mental Health Blog morphed into UU Mental Health Network
Continue the UU mental health blog with one blog post per month inviting others to contribute blog contents. With a group of like-minded UUs, created a website www.uumentalhealth.org. UUA approved our becoming an official “related organization.” Incorporated, chosen the first Board and started meeting regularly. I am Board President. Submitted proposals for presentations at General Assembly.

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 co-leading interfaith support group for people with depression and sadness. Poor attendance in recent months.

Pastoral Associates
Nothing this quarter. Plan to start it again with the interim minister.

Priestly
- Led worship on September 1, 2019 at MPUUC on “Self-Discovery.”
- Worship Associate on December 8, 2019 at MPUUC on “Something about God.”

Social Justice

Community Awareness
- Mental Health pages on MPUUC web site continue to be widely accessed.
- Some items moved to the UU Mental Health Network site.

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 completed the program and about 10 more are in process. I am in charge of implementing this program.
- Have an intern who I supervise.

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

Other

Books Read
- Cahalan, Susannah. The Great Pretender – The Undercover Mission That Changed Our Understanding of Madness. Grand Central Publishing, 2019. Fascinating story following up on the published study which placed sane people in mental hospitals. The conclusion is that Dr. David Rosenhan made up some of the reported stories and possibly some of the participants were fictitious. But, the conclusions had truth to them, and heavily influenced modern psychiatry. Recommended.
- Walker, Matthew, PhD., Why We Sleep – Unlocking the Power of Sleep and Dreams, Simon and Schuster, 2017. Totally fascinating story of sleep, what it does for us and what happens when we don’t get enough. Implications for health, life expectancy, safety, productivity, creativity and education. Many scientific studies give the inescapable conclusion of the need for adequate sleep. Recommended.
- Pruysier, Paul W. The Minister as Diagnostian – Personal Problems in Pastoral Perspective, The Westminster Press, 1976. The dimensions of experience that ministers can be helpful with are: Awareness of the Holy; Providence - divine purpose for one’s life; Faith; Grace; Repentance; Communion; and Vocation.
- Morin, Amy. 13 Things Mentally Strong People Don’t Do, Harper Collins, 2014. Good common sense suggestions for better mental health, whether you have a diagnosis or not. Ex: Don’t give away power;
Don’t shy away from change; Don’t focus on things they can’t control; Don’t dwell on the past; Don’t worry about pleasing everyone; Don’t fear taking calculated risks; etc.


- Merritt, Eli, M.D. *Suicide in the Bay Area – A Guide for Families, Physicians, Therapists and Other Professionals*, Compass Health Books, 2015. Lots of resources for suicide prevention in the Bay Area: hotlines, mobile crisis services, emergency departments, hospital inpatient units, crisis stabilization units, hospital-based IOPs and PHPs, clinics, youth services, training, apps, experts, and bereavement resources. Thorough and well-motivated.

- J Mase III. *And Then I Got Fired: One Transqueer’s Reflections on Grief, Unemployment & Inappropriate Jokes about Death*, Lulu.com, 2019. Poetry and rants from a transsexual, black man about his experience of grief after his father died, and his decision to become an artist.

- Dunbar-Ortiz, Roxanne. *An Indigenous Peoples’ History of the United States*, Beacon Press, 2014. This true story is hard to read – betrayal, genocide, torture, deliberate killing of women and children, separation of children from their families and culture, and more atrocities - much of it deliberately committed by people we think of as American leaders and heroes. This is US history that isn’t taught in school. I kept thinking of my own great grandparents who acquired homesteads in the prairies of Kansas, and who were targets of, and defended their families in an Indian raid. Recommended for people interested in history.

- Salamon, Margaret Klein, with Gage, Molly. *Facing the Climate Emergency – How to Transform Yourself with Climate Truth*, eBook, 2019. Book aimed at getting people over denial of climate change, and a guide to help them discover how to become part of the solution to this emergency.


- Bloom John, and Atkinson, Jim. *Evidence of Love – A True Story of Passion and Death in the Suburbs*, Open Road, 1983. A church-going woman kills the wife of a man she had an affair with using an axe, and is found innocent at trial. Well-written page-turner.


- Campbell, Judith, UU minister, author of mystery stories. Engaging, quick reads.
  - *Silent Night... Deadly Night - The second Viridienne Greene Mystery*, Fine Line Press, 2019. Viridienne rents a room in her B&B to a serial killer, and helps to nab him.

- Dexter, Colin, Inspector Morse mysteries. I love the way he writes.
  - *The Riddle of the Third Mile*, Macmillan, 1983. All of the suspects are killed.
  - *The Wench is Dead*, Ivy Books, 1989. This is the best. Morse solves a 100 year old murder.
- Morse’s Greatest Mystery and Other Stories, Ivy Books, 1993. Short stories, some of which have Morse in them. The best one has Sherlock Holmes.

**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.

**Other**
- Met with Community Ministry Advisory Committee regularly
- Monthly status meetings with EqUUal Access
- Visit my spiritual director and my psychiatrist regularly.

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### 2019 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>
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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</td>
<td>Identify classes</td>
<td>Take classes by December 2019</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Completed DBT class and a Psychosis class.</td>
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<tr>
<td>Attend GA in person or virtually</td>
<td>GA in June in Spokane</td>
<td>June 2019</td>
<td>Event attended</td>
<td>GA Attended</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. 2018</td>
<td>Ministry for the Marginalized Conference, Spirituality Conference</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 2019</td>
<td>UU Mental Health Network organized</td>
</tr>
<tr>
<td>Racial Justice</td>
<td>Discern actions in support of racial justice</td>
<td>Chosen by June 30</td>
<td>Activity underway by Dec 2019</td>
<td>Took class on white fragility</td>
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<tr>
<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>On-going. Have an intern who I supervise.</td>
</tr>
<tr>
<td>Spiritual Direction</td>
<td>Create opportunities for Spiritual Direction practice</td>
<td>On-going</td>
<td></td>
<td>Sidewalk Talk activities are a form of spiritual direction</td>
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<tr>
<td><strong>Long term possibilities</strong></td>
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<tr>
<td>Mini Sabbatical</td>
<td>Plan to do a weaving tour in Laos and Viet Nam</td>
<td>October 2019 for 3 weeks</td>
<td></td>
<td>Trip cancelled this year. On the list for next year.</td>
</tr>
</tbody>
</table>