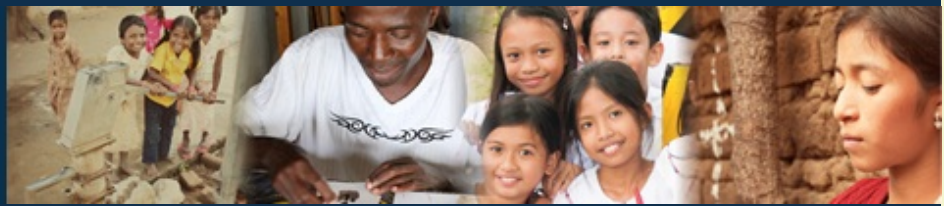




**Nazarene
Compassionate
Ministries**

Compassion as a lifestyle



February 2017

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About NCM USA/Canada

Nazarene Compassionate Ministries seeks to live and act compassionately in the world following Christ's own life and ministry. We seek to be incarnations of the same gospel that Christ lived and preached and to be witnesses to the same love and compassion God has for our world.

In the United States and Canada, NCM works closely with Compassionate Ministry Centers (CMCs) to bring compassion and healing to communities that need the love and presence of Christ.

Mission

Nazarene Compassionate Ministries USA/Canada partners with Nazarene interests to facilitate ministries which address the temporal as well as the spiritual needs of the economically disadvantaged.

Churches

Local churches are the primary avenue for Nazarenes to reach out to those in their communities. Nazarene Compassionate Ministries seeks to support churches in starting and maintaining ministry to the underserved and marginalized. We believe every church, no matter

Dear Friends,



Forward to a Friend

This month we'll discuss an issue that is seen throughout our communities, state, country, and world. It affects every people group, regardless of age, race, nationality, gender, or economic status. Mental illness knows affects people both inside and outside the Church, yet we are often afraid to talk about it or ill-equipped to help. However, Jesus tackled this difficult issue time and again throughout scripture. And, so must the Church.

How can we show the love of Christ?

How can we be a light for someone in a dark place?

We must be the city on a hill. We must help to bring Hope to the Hopeless.

We hope that this resource eNews will give you some understanding and fuel some discussion within your church and CMC. Feel free to share back with us your ideas on how the Church can better serve our neighbors struggling with mental illness.

Build the Kingdom,

Jay Height

jheight@nazarene.org

Coordinator, Nazarene Compassionate Ministries USA/Canada

Current Funding Opportunities

Look Beneath the Surface Regional Anti-Trafficking Program will be issuing a request for proposals for outreach, anti-trafficking training for local professionals, and public awareness designed to help identify victims of human trafficking. [More information](#)

Estimated Deadline: March 7, 2017

Estimated Amount: \$50,000 - \$150,000

Clubhouse Network and Best Buy are partnering to establish Teen Tech Centers in Cincinnati, Las Vegas, Minneapolis/St. Paul, Nashville, and New Orleans. Existing after-school programs that

size or budget, can find ways to meet needs in their community with compassion, creative, and the firm foundation and life-changing power of the Gospel message.

CMCs- Compassionate Ministry Centers

A Compassionate Ministry Center is a non-profit organization dedicated to meeting the needs of the under-resourced in the community. While these organizations are often affiliated with a specific local church, they are in a strategic position to unite others in their community around a high-needs cause.

NDR- Nazarene Disaster Response

Nazarene Disaster Response is Nazarenes mobilizing for disaster through Readiness, Response, and Recovery. Local Nazarenes are in a unique position to understand, serve, and remain with disaster victims in their own neighborhoods. In large-scale events the denomination can come alongside local efforts with the support of volunteers and donors from across the country and through our strong partnerships with other disaster relief agencies. NDR serves victims regardless of race, creed, or economic status by concentrating on assistance to the poor, elderly, and handicapped.

W&W- Work & Witness

Work & Witness provides opportunities for Nazarenes to serve together in support of existing ministries such as churches, CMCs, and Nazarene Disaster Response. Work & Witness can be any type of project, from construction to evangelism to compassionate outreach.

Contact

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already serve youth between ages 13-18 are eligible to apply.

Information

Application Deadline: March 10, 2017

Award Amount: In-kind hardware and software plus \$50,000 for staffing and training.

Corporation for National and Community Service 2017 RSVP Expansion Grants

support programs that engage adults age 55 and older in volunteer activities in the following areas: disaster preparedness and recovery, housing and homelessness, academic tutoring and mentoring, environmental stewardship, healthy aging and nutrition. This competition is open to currently unserved counties.

More information

Application Deadline: April 4, 2017

Award Amount: \$75,000 (\$1,250 per volunteer)

Match: 10% (Year 1), 20% (Year 2), 30% (Year 3)

Award Period: 3 years

Lead2Feed Leadership Challenges is accepting student entries for Service Learning Projects that address a need in their community.

More Information

Submission Deadline: April 4, 2017

Prize Amount: \$20,000 (charity), \$10,000 (school)

Office of Refugee Resettlement (ORR) Ethnic Community Self Help Program will be issuing a request for proposals to strengthen ethnic community self-help groups whose board of directors is composed of at least 60% current or former refugees.

More information

Estimated Deadline: May 30, 2017

Estimated Amount: \$100,000 - \$200,000

Office of Refugee Resettlement (ORR) will be issuing a request for proposals for Alternative Transitional Services for Unaccompanied Refugee Minors aiming to promote economic self-sufficiency and independent living. **More Information**

Estimate Application Due Date: June 2, 2017

Award Amount: \$700,000 - \$2,000,000

Office of Refugee Resettlement (ORR) Refugee Career Pathways Program will be issuing a request for proposals to assist refugees in qualifying for licenses and certifications needed to attain employment. Activities include case management, training and technical assistance, English language training, and mentoring. **More information**

Estimate Deadline: June 2, 2017

information

Estimate Amount: \$150,000-250,000

Family and Youth Services Bureau (FYSB) will be issuing a request for proposals to support Transitional Living Programs and Maternity Group Homes serving homeless and runaway youth and their children. **More Information**

Estimated Deadline: June 13, 2017

Estimated Amount: \$100,000 - \$194,726

Mental Health

Mental health issues are common, affecting 20% of American adults



each year.[1] Genetics, physical illness, brain chemistry, trauma, abuse, and family history of mental health problems can all affect how people think, feel, and act, how they handle stress, relate to others, and make choices. Therapy, support, and medications can enable many people to recover, only 44% receive the treatment that they need.[2] When mental health needs of individuals are not met, there are negative consequences for the community including homelessness, poverty, unemployment, and crime. Unaddressed mental health concerns such as depression can also result in suicide, which is the 10th leading cause of death in the United States, accounting for 41,000 lives lost per year, and the 3rd leading cause of death among youth.[3]

Mental Health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to the community. Mental health is essential for individual well-being and functioning community.[4]

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Mental Health Problems[5]	
Anxiety Disorders	Respond to objects and situations with fear <ul style="list-style-type: none"> • OCD, Panic disorders, phobias, PTSD
ADHD	Difficulty focusing and paying attention, difficulty controlling behavior, hyperactivity
Eating Disorders	Emotions, attitudes, and behaviors involving weight and food <ul style="list-style-type: none"> • Anorexia, bulimia, binge eating
Mood Disorders	Persistent sadness or feeling overly happy <ul style="list-style-type: none"> • Depression, Bipolar Disorder, Seasonal Affective Disorder, compulsion to self-harm
Personality Disorders	Extreme, inflexible personality traits that distress the person or limit functioning <ul style="list-style-type: none"> • Antisocial Personality Disorder, Borderline Personality Disorder
Psychotic Disorders	Hear, see, and believe things that aren't real or true <ul style="list-style-type: none"> • Schizophrenia
Substance Abuse	Dependence on or abuse of alcohol or drugs
Suicidal	Contemplate, plan, or attempt suicide

Treatments[6]

Psychotherapy	Counseling that teaches people strategies for dealing with stress and uncomfortable thoughts and behaviors
Cognitive Behavioral Therapy	Teaching people how to identify negative thinking patterns, recognize and change inaccurate beliefs, relate to others positively, and change behaviors
Medications	Treat symptoms of schizophrenia, depression, bipolar disorder, anxiety, and attention deficit
Rehabilitative Services	Restore skills for daily living, socializing and leisure, grooming and personal hygiene, and meal preparation

Recovery is a process of change toward improving health and wellness, living a self-directed life, and striving to reach full potential. Recovery includes:

- **Overcoming or managing disease symptoms**
- **Making choices that support holistic well-being**
- **Safe and stable home**
- **Meaningful daily activities that provide purpose**
- **Supportive relationships within a community**
- **Hope for the future**

Research has demonstrated that religious and spiritual interventions, such as spiritually relevant health messaging, reflection on values, and meditation significantly reduce anxiety and depression.[7] Additionally, moral values, social support, purpose and meaning in life, and hope associated with congregations are also correlated with mental health. The church plays an important role in promoting holistic well-being.

Since pastors are often the first point of contact for families experiencing mental health problems or traumatic events, they can educate people about mental health to reduce stigma, encourage those in need to seek treatment, and foster support and community within their congregations.[8]

Strategies for Addressing Mental Health

Mental Health Promotion strengthens positive assets like self-esteem, mastery of skills, well-being, social inclusion and resilience to prevent mental, emotional, and behavioral problems. Activities aim to improve communications skills, support and discipline from caregivers, healthcare, peer group support, social connectedness, and educational success. Healthy diet, exercise, stress management, relaxation, and connection to family and friends also improve mental health.

Prevention aims to reduce likelihood of developing mental illness or substance abuse disorders and delay onset or reduce severity of mental illness by addressing negative risk factors. Activities address bullying, drug and alcohol use, child abuse, violence, poverty, discrimination, inequality, physical isolation, and access to healthcare.

Recovery Support provides healthcare, housing, vocational and

social support during treatment and recovery from mental health problems.

Physical and emotional trauma have long-term negative impact on holistic well-being. The principles of **Trauma Informed Community** are safety, trustworthiness, peer support, collaboration, empowerment and voice, and social issues.[9] Activities include recognizing signs of trauma and understanding how recovery can occur.

Mental Health First Aid/Awareness increases knowledge of signs, symptoms, and risk factors of mental illnesses and addictions, ability to identify professionals and resources to help those with mental illness, confidence in helping someone in distress and personal mental wellness. Actions include: **(1)** Assess for risk of suicide or harm, **(2)** Listen non-judgmentally, **(3)** Give reassurance and information, **(4)** Encourage appropriate professional help, and **(5)** Encourage self-help and other support strategies.

Mental Health First Aid Training

Connect individuals and families to professional mental health **services and support**

[1] <https://www.mentalhealth.gov/basics/myths-facts/index.html>

[2] <https://www.mentalhealth.gov/basics/myths-facts/index.html>

[3] <https://www.mentalhealth.gov/basics/myths-facts/index.html>

[4] SAMHSA Community Conversations about Mental Health: Information Brief.

<https://www.mentalhealth.gov/talk/community-conversation/index.html>

[5] SAMHSA Community Conversations about Mental Health: Information Brief. <https://www.mentalhealth.gov/talk/community-conversation/index.html>

[6] SAMHSA Community Conversations about Mental Health: Information Brief. <https://www.mentalhealth.gov/talk/community-conversation/index.html>

[7] Religious and spiritual interventions in mental healthcare: a systematic review and meta-analysis of randomized controlled clinical trials. Goncalves et al. Psychological Medicine (2015), 45, 2937-2949.

[8] <https://www.mentalhealth.gov/talk/faith-community-leaders/>

[9] <http://www.samhsa.gov/nctic/trauma-interventions>

Resources

National Alliance on Mental Health (NAMI) FaithNet

✓ Bridges of Hope **presentation**

✓ Reaching out to Faith Communities **training**

Mental Health First Aid Training

Substance Abuse and Mental Health Services Administration (SAMHSA)

✓ **Behavioral Health Treatment Services Locator**

✓ **Evidence-based Programs and Practices in Mental**

Compassionate Ministries Center Development Program

The Compassionate Ministries Center development program is a two level technical assistances series. It is designed for Nazarene Compassionate Ministries. The yearlong program is a combination of webinar and onsite trainings combined with personal implementation support as needed accompanied with toolkits, training materials, and videos. Sessions are recorded so they can be reused by the CMCs for educating their other staff, volunteers and board members.

The focus of the program is to help CMCs better develop a focus on sustainability and impact. **To date, over 200 individuals have gone through the program since its inception in 2013.** Topics include board development, long-term fundraising planning, mission and vision focus, staff and board leadership, case statement and outcomes definition, volunteer management and engagement, strategic alignment and planning, etc.

Graduates of the level 1 program are eligible to continue on into the advanced program, level 2. This level is even more hands on and includes full board evaluations for each CMC.

The program is no change to participating CMCs as a scholarship program of NCM.

The comprehensive program evaluations of this initiative have shown every year that this program is having a significant impact on sustainability, ability to raise money, engage and develop the board, clarify vision and focus, equip Executive Directors to better lead, defining and measuring impact and outcomes, engaging community, and building overall healthier CMCs.

2017 CMC Level 1:

This program is designed to create learning communities with the staff of the compassionate ministries. There is no fee for participation of CMCs. This is a yearlong program, as outlined below. We have found this program to be beneficial for Executive Directors, board members, program staff, administrative staff and finance staff by ensuring that they all have a solid understanding of what sustainability can look like for their CMCs.

- **Ask The Expert Service** - (Service for Entire Year for Participants)
- **Resources Provided to Each Ministry Leader:**
 - Handbook on Philanthropic Sustainability
 - Handbook on Being a Board Member
 - Board Leadership and Governance Development DVD for each agency
- **Complete Philanthropic Sustainability Toolkit CD** including: Templates for building annual sustainability programs, educational guides, and all tools needed to

implement the fund raising program processed in the training sessions

- **Training Intervention Sessions:** (Includes cost of Webex, cost of hosting video recorded webinars and trainings and unlimited access viewing for 12 months) Webinars are 1 hour.
 - **Session 1:** Webinar: Introduction session, Vision: 1% Rule, Strategic Alignment and Implications of board leadership and development on sustainability
 - **Session 2:** Webinar: Framing Philanthropy, Renewal and Sustainability
 - **Session 3:** Webinar: Donor Progression and deepening donor relationships
 - **Session 4:** Onsite at Shepherd Community Center in Indianapolis. Dinner, and 1 full day of training and application. Topics: Direct applications of sustainability, building fundraising plans, translating the case for support, Outcomes and impact, and assessing your own fund raising and readiness for future capital efforts. Plus learning of Shepherd Community Center and other CMCs.
 - **Session 5:** Webinar: Social Media Level 1 & Wrap up
 - **Session 6:** Webinar: Translating and raising money for operational and overhead costs OR Outcomes/Outputs and Finance and FR Conflict

Interested? To learn more about signing up yourself or someone else for the Compassionate Ministries Center Development Program, contact **Angel Sigui at asigui@nazarene.org**.

Youth in Mission Needs Your Help



All of our churches are grappling with the dilemma of young adults. *How do we get them involved? How do we keep them involved? What are they doing about their faith after high school as they fully enter young adulthood?*

Youth In Mission provides the opportunity through the Nazarene church in USA/Canada to invite all our young adults to engage the mission of Christ, through the community of the Church, in the diversity of culture.

This invitation is motivated by awareness toward the presence of God already at work. *(That prevenient grace stuff?)* What is God already

doing in young adult lives? How are we inviting them to join the mission of God through the local church? Where are we inviting them to join alongside Nazarene leaders to be equipped for when they return home? **Location. Training. Leaders.** We got that!

[Read more from Tim in Winnipeg in the YiM Update](#)

[Recommend](#) or **[invite](#)** young adults to apply here (18-25yrs old)

Let me know how I can help you spread the word on your district:
yim@nazarene.org

Missioning Together,

Kenny Wade
YiM Coordinator, USA/Canada



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