

PEACE OF MIND


Training in Mental Health First Aid™ and Orthodox Bridging

For Orthodox Christian Clergy and Ministry Leaders



ASSEMBLY OF CANONICAL
ORTHODOX BISHOPS

OF THE UNITED STATES OF AMERICA



On average,
130
people die by
suicide every day.

Source: American Foundation
for Suicide Prevention

From 1999 to 2019,
841,000
people died from
drug overdoses.

Source: Centers for Disease
Control and Prevention

Nearly
1 IN 5
in the U.S. lives
with a mental illness.

Source: National Institute
of Mental Health

PROGRAM OVERVIEW

The Assembly of Bishops' Mental Health Ministries has developed a training program, **Peace of Mind**, designed to provide clergy and ministry leaders with tools for enhancing Orthodox Christian pastoral care through a basic understanding of mental illness and mental health. This program is a composite of a preexisting, clinically-based course that is augmented by an original, theologically-based workshop. The unique combination of these two components within one program will ensure that participants receive not only a practical introduction in responding to mental health needs but are also engaged in a training program that maintains and asserts the fullness of health through the context of Christ and the Orthodox Church.

MISSION

To train and support Orthodox Christian clergy and ministry leaders in recognizing and responding to mental health needs within the context of pastoral care.

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A healthy mind, body, and soul are imperatives for the salvation of the human person. The Assembly of Bishops is pleased to offer this opportunity for our priests and lay leaders to be properly trained in mental health awareness and response. The faithful in this country deserve our support!

- Archbishop Elpidophoros

PROGRAM OBJECTIVES

Peace of Mind will be delivered to clergy and ministry leaders in the form of one-day, in-person regional events with supplementary digital resources available after attending a regional event. As a whole, **Peace of Mind** events and resources aim to support clergy and ministry leaders in:

- 1 Appropriately identifying, understanding, responding, and referring mental health concerns as they arise in the parish
- 2 Exploring the connection between Orthodox Christian anthropology, pastoral care, and mental health care
- 3 Cultivating ongoing conversations about mental wellness within the parish and the greater pan-Orthodox Christian community

EVENT COMPONENTS

Peace of Mind events will:

- 1 Connect parish leaders to a preexisting, research and evidence-based, internationally recognized educational course called Mental Health First Aid
- 2 Offer an original presentation, workshop, and resource package on approaching mental health through the context of Orthodox Christian pastoral care called Orthodox Bridging

VISION

For **Peace of Mind** to become a standard training across all jurisdictions, parishes, and seminaries in order to uphold exceptional pastoral care standards within the Orthodox Christian communities in the United States.



WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

WHAT IT COVERS

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A** **ssess** for risk of suicide or harm.
- L** **isten** nonjudgmentally.
- G** **ive** reassurance and information.
- E** **ncourage** appropriate professional help.
- E** **ncourage** self-help & other support strategies.



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

SCHEDULE A

PEACE OF MIND

TRAINING IN YOUR AREA TODAY!

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