



## ***Opening Hearts. Creating Community.***

*Shrinking the stigma of mental illness  
throughout North Inland San Diego County*

Wednesday, October 8, 2014

8:30 a.m. – Noon

Hosted by:

First United Methodist Church of Escondido

341 S. Kalmia Street

Escondido, CA 92025

### **Workshop Breakout Sessions:**

Mark your first, second and third choices on the registration form from the two Workshop Breakout Sessions. The sessions are designed to equip clergy, staff and lay persons from all walks of life with tools and information to appropriately respond to those suffering from mental illness, and to help ease the stigma of mental illness within faith-based communities.

**Early registration helps ensure you are placed in your first choice of sessions.**

**Bring three people from your organization, and someone can attend each session.**

**10:10 – 10:50 a.m.**

**(Offered simultaneously. Please mark 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> choices on your registration form)**

- \_\_\_\_\_ Warning Signs of Bullying in Children
- \_\_\_\_\_ Substance Abuse and Mental Illness in Teens
- \_\_\_\_\_ Good Mental Health is Ageless: Recognizing Depression and Mental Illness in Older Adults

#### **Warning Signs of Bullying in Children**

In addition to identifying risk factors and warning signs for bullying, this workshop will provide participants with the tools to appropriately address the needs of both the target and aggressor in bullying situations. Participants will be empowered to reduce bullying behaviors within their congregations through teaching and reinforcing positive behavior and empathy skills.

**Presenter:** Kimberly Israel, LCSW, MPH, Coordinator, Community Outreach, Escondido Union School District

#### **Substance Abuse and Mental Illness in Teens**

Youth who have co-occurring mental health problems and substance abuse are complex to work with. Sometimes substance use causes the psychiatric problems, and sometimes youth begin using substances as a way to self-medicate to cope with pre-existing issues. Either way, these youth are particularly vulnerable. This presentation will help non-clinical individuals identify the early warning signs of co-occurring illness, appropriately intervene when necessary, and provide basic resources and information to individuals and families who need help.

**Presenter:** Susan D. Writer, Ph.D, Community Outreach Liaison, Aurora Behavioral Health Care

#### **Good Mental Health is Ageless: Recognizing Depression and Mental Illness in Older Adults**

Older adults tend to seek help for emotional problems from clergy at greater rates than they do from other sources. This workshop is designed to help participants identify signs of depression as well as other emotional problems in older adults, and to offer resources and tools to help address these problems.

**Presenter:** Kathy Holmes-Hardy, Aging Program Specialist, County of San Diego, Health and Human Services Agency, Aging and Independent Services (AIS), Outreach & Education

**(Continued: See Next Page)**

**11 – 11:45 a.m.**

**(Offered simultaneously. Please mark 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> choices on your registration form)**

- \_\_\_\_\_ Creating Caring Congregations
- \_\_\_\_\_ Question, Persuade, Refer (QPR) – Gatekeeper Training for Suicide Prevention
- \_\_\_\_\_ Psychiatric Emergency Response Team - PERT

### **Creating Caring Congregations: Models of Ministry**

Rev. Susan Gregg-Schroeder offers concrete ways clergy and other faith community leaders can minister to and with persons and families coping with mental illness. She will present a five step 'caring congregations' model that includes education, commitment, welcome, support and advocacy. She will share examples of what faith communities are doing across the nation to educate and create programs to erase the stigma of mental illness.

**Presenter:** Rev. Susan Gregg-Schroeder

### **Question, Persuade, and Refer (QPR) Gatekeeper Training for Suicide Prevention**

Just as people trained in CPR and the Heimlich maneuver help save thousands of lives each year, QPR trains people to recognize warning signs, what questions to ask and how to offer hope and help to someone in a suicide crisis. Learn this emergency intervention and help save a life! As a QPR-trained Gatekeeper, you will learn to recognize warning signs of suicide; know how to offer help; know how to get help; and save a life.

**Presenter:** Bonnie Bear, Executive Director, Survivors of Suicide Loss (SOSL)

### **Psychiatric Emergency Response Team**

The PERT includes a licensed mental health clinician and a dedicated police officer who work together to assess a mentally ill individual. These assessments occur, primarily, when a family member, neighbor, health provider, business person or faith-based representative reports an individual in need of psychiatric crisis intervention or assessment. Assessments are completed in a respectful and professional manner and are intended to provide the most appropriate assistance available. The team will explain how and when the PERT team will be dispatched, and will detail the assessment and referral process.

**Presenter:** PERT, Escondido Police Department