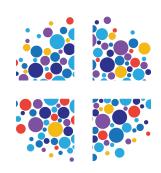
Mental Health Ministry Team



Leader: **Alan Johnson** 720-301-0957 | Revalan2004@comcast.net

Atonement Lutheran Church Boulder's Vision

A welcoming and inclusive Christian community fostering connection to God, one another, and the world.

The mission of the Mental Health Ministry of Atonement Lutheran Church, Boulder, is to address and understand mental health challenges. We realize that mental health conditions and substance use disorders impact at least 1 out of 5 people, and we are committed to bringing these topics into the context of our church. We do this through programs we initiate, resources we make available, and programs we join as sponsors. We also intend to have programs and resources which incorporate spirituality as a component in one's recovery. Our hope is to help reduce the stigma around mental illness and substance use disorders so people impacted by these conditions will experience welcome, inclusion, support, and engagement in our church.

Specific tasks

- Add information to and update the e-connect with programs/events/resources about mental health and substance use disorder
- Bring focus in worship and with AFF during May, which is Mental Health Month
- Encourage, on times, for the Prayers of the People to name mental health concerns
- Partner with RISE Against Suicide through the Holiday Star Tree during the Christmas season
- Sponsor local mental health organizations with funds
- Offer spaces in the church for mental health programs that we can host
- Engage in conversation for developing programs in the future
- Celebrate that our Church's Welcome Statement has added "facing mental health challenges."

Time commitment (when/where/how often does this team meet?)

 We meet on Zoom once a month for 1 ½ hours. Presently, it is on the fourth Monday of the month at 7 pm.

What skills or talents might someone be able to contribute to this team?

- You need to have a passion for promoting mental health and wellness
- It is helpful if you are willing to name your own lived experience and connect with others who are experiencing similar situations and relationships
- Be willing to address stigma about mental illness where appropriate
- We are exploring the program, "The Way of Companionship," as a way to educate and train members to welcome and engage with those who may be facing mental health challenges
- Be informed about and share resources about mental health to reduce the stigma surrounding mental illness
- Know about the local/national mental health organizations and their resources
- We would like some members to make Announcements in worship, if needed