

Mental Health Ministry Team

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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
- 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
- Be a greeter, offer refreshments, and promote mental health programs, as needed
- Engage in conversation for developing programs in the future

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

- We meet on Zoom once a month for 1 ½ hours. Presently, that is on the third Tuesday of the month at 3:30 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
- Be willing to address stigma about mental illness where appropriate
- We envision a future program where small groups can gather and share about the impact of mental health challenges in their lives
- Use appropriate language for mental illness, substance use disorder, and suicide (for instance, not using "committed suicide;" rather say a person "died by suicide" or "ended their life.")
- Be informed about and share educational material about mental health to reduce the stigma surrounding mental illness
- Know about the local/national mental health organizations and their resources