

The Casserole

Nebraska Faith Partners News

Volume 1, Number 3

What's your team up to? The Casserole is always looking for news from teams. Usually people think that what they are doing is “no big deal” so they don't think they should share it. But successes and the challenges that breed them are rarely big deals. Big successes are usually just big piles of little successes. Share a little success with starfish@inebraska.com and we'll put it in The Casserole.

Faith Partners Intro Training: New to Faith Partners? Know someone who might be interested in starting a Team? Need a little refresher? There will be a **free** Introductory Training on Zoom and in person from 9 to 1 on September 15. We will follow all recommended health guidelines. Want to know more? Read on.....

Faith Partners Introductory Training

September 15, 2020, 9:00 to 1:00



WHAT: Faith Partners Leadership Training

How Your Congregation Can Develop a Successful Team Approach to Alcohol/Drug Issues

WHO: This event is for several leaders from the congregation – usually 1 clergy and 1-2 lay people

WHERE: Eastridge Presbyterian Church, 56th & Margo Dr. Lincoln, a long block north of 56th & “A”

WHEN: 9:00 to 1:00 on Tuesday, September 15

WHY: OR SOME STUFF YOU WILL LEARN:

- Why it's essential for congregations to address alcohol and drug issues
- Why the team approach is the strongest one
- ***Why today's congregations can form and sustain a team***
- Why addressing alcohol/drug problems is a spiritual matter as well as a social and health issue
- How a team leads a congregation in taking practical, evidence-based actions
- Why the proven Faith Partners Model **works for many faith traditions**
- How to find members for your Faith Partners Team (hint: they may not be “the usual suspects”)
- How Faith Partners works as a **powerful resource** to sustain your Team

COST: It's free. Program provided by Region V Prevention Systems with funding from DHHS SAMHSA Partnership for Success (PFS# 79-SP08090988).

FOR MORE INFO: Email starfish@inebraska.com, Facebook Message Otto B. Schultz or call/text 402-770-1974 or Derek Effle 402-429-9958

More Training: We've also scheduled a Team Training for November 14, 9-5 and Training for Clergy and Professional Staff on January 12.

“No One Calls.” “We announced that we are here to help. Alcohol/drug problems are everywhere. People should be calling.” See how to approach this issue – with patience. Read on.....

Team members may be disappointed because no one has called them for help. We strongly encourage Teams to take up prevention programming like QPR & WRAP which are described elsewhere in this newsletter. Such programs are helpful in themselves, of course, but they are also a way to establish the credibility of the Team. Teams also offer education about alcohol and drug issues as they harm whole families. They loop in other life controlling problems that don't carry so much shame, like overeating and workaholism. Teams offer education by using all their congregation's communication channels.

People in recovery struggled for years, even decades with their issues before asking for help. One thing that makes 12-Step Recovery successful is the sharing of personal stories. In faith congregations we call these testimonies. Testimonies attack shame, stigma and loneliness. They give permission for struggling people to reach out. When they hear a team member's testimony it helps them identify and develop trust in the Team. It also helps people challenge their assumption that they are unique and that no one could understand them.

It takes time to earn the trust of people in a congregation or anywhere. Calls come after a team has established itself as a trustworthy ministry.

New Faith-Based Treatment Program: Dave Dermann, Intervention Nurse with Independence Center and member toured a new treatment program called Mission Field in Nebraska City last week. Dave and Doris are also members of Berean Church. Check out their comments...

“Impressive treatment program AND they take Medicaid! Plus, they offer FULL withdrawal services. Darned exciting!” says Dave. To learn more or line up a tour go to <https://missionfieldtreatment.com/>

Invest an Hour, Save a Life, Get QPR Training: QPR = Question, Persuade, and Refer — There are 3 simple steps anyone can learn to help save a life from suicide. To see how

your team and congregation can benefit from this one-hour life-saving training read on.....

Ordinary people trained in CPR (Cardiopulmonary Resuscitation) help save thousands of lives each year. Ordinary people trained in QPR (**Q**uestion, **P**ersuade, and **R**efer) can also save thousands of lives each year. They do so by learning to recognize the warning signs of a suicide crisis and how to **Q**uestion, **P**ersuade, and **R**efer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor.

2020 has been a challenging year for everyone. (Yeah, that's an understatement.) Times like these increase the risk of suicide. As Faith Partners, we can offer hope! One way to do this is to train those around us to recognize the signs of suicide and prepare them to step in and make a difference. The life saving value of this one-hour training will go far beyond this difficult year.

Where's Your Business Card? That was the suggestion from Fr. Justin Wylie at Cathedral of the Risen Christ. Making a referral to their Faith Partners will be easier when they have business cards. To find out how to get yours read on....

We are in the process of making up business cards that will have Faith Partners info on the back, but team members can put their names and contact info on the front. Just another way to reach out to people who are hurting. We'll have them in batches of 25. When we use them all up, we'll make more.

It's a WRAP – An Opportunity for High School Youth Things are uncertain and difficult for many young people today. We have an unprecedented disease, economic hardship and tension in the streets. To top it off, students finished their school year remotely; connections were lost and stress levels rose. There are many positive tools young people can access to help them cope with these trying times. Region V Systems is partnering with the Nebraska Mental Health Association to provide remote wellness support to healthy young people. It's not about therapy, but it is about helping young people cope. To see how it works read on....

WRAP (Wellness Recovery Action Plan) is a remote program that focuses on mental wellness using a set of simple tools. Young people will be guided through the process of setting up their own WRAP plan by a trained facilitator through weekly guided discussions held on Zoom beginning **Thursday, June 18, 2020**.

WRAP helps youth feel better, manage challenges, improve quality of life, decrease and prevent troubling feelings and behaviors, and plan and achieve life goals. WRAP groups are facilitated by staff from the Mental Health Association of Nebraska (MHA-NE). Facilitators are not clinicians but they are people with lived experience.

A WRAP group usually includes 10-18 youth and meets once a week for 9 weeks by zoom. Group times are from 8:00-9:00 on Thursday evenings. To find out more, check with Melissa at: mlemmer@mha-ne.org or call her at (402) 499-7168.