

# “Hold on to Your Hat”

## A Skills Workshop for Faith Partners

There are 4 types of programs listed below with a brief description for each.

Team Builders - Activities that grow our relationships as team members

Community Resource - Connects your team to community resources

Skill Builders - Help you develop your helping skills

Nuts and Bolts - Practical steps to make a Team work better

Any Group or Class – Recommended for any group or class in the congregation

8:30 – 9:00 - Registration, Gathering, Snacks

**9:00 – 9:15 – Prayer/Devotional Thought, Brief Introductions**

**9:15 – 9:45 – Session 1 Whole Group – Derek “Bridges & Pickles”** **Length: 30-40**

9:45 – 9:50 – Travel

**9:50 – 10:20 – Session 2**

- 1. “Attacking Stigma? Change Your ~~Crazy~~ Silly Language”** **Length: 15-30**  
**Skill Builder:** We often use words like “crazy,” “looney,” “nut case,” to describe other people. We’re not thinking about how we might hurt someone with a chronic mental illness who hears us. There is a kinder, more caring way of speaking.
- 2. “Calls Requesting Help – What Do I Say?”** **Length: 15-30** **Otto Schultz**  
**Skill Builder:** We all want to help. This presentation helps you see the practical help you can give, not as experts, but as caring people of faith with lived experience.
- 3. "Trouble Shooting"** **Length: 30-60** **Teri Effle**  
**Team Builder:** There are many issues that can bedevil a team’s growth. More importantly you can learn how to deal with them.
- 4. “Recovery Resource Connections,”** **Length: 30-60**  
**Community Resource:** This area is blessed with several large treatment agencies and two major mental health facilities. In addition, there are scores of counselors and therapists as well as Region 5 Prevention Professionals. This presentation will give you the big picture of everything that is out there to help people with behavioral health issues.

10:20 – 10:25 – Travel

### 10:25 – 10:40 – Session 3

5. **“Problem Gambling – A True Addiction”**                      **Length: 15**                      **Mike Sciandra**  
**Community Resource:** Casino gambling is coming to Lincoln which will increase the number and severity of gambling addiction issues. Learn about the resources available for recovery and who to contact when you are concerned about how someone is betting.
  
6. **“Orienting New Team Members”**                      **Length: 15**                      **Audrey Schneider**  
**Team Builder:** Every time a new member joins , it becomes a new team. New members give life to a team. Integrating them is essential. Review your vision, mission, and plan. Share your personal stories.
  
7. **“Stages of Change”**                      **Length: 15-30**                      **Deb Knight**  
**Nuts & Bolts:** Helping people with chronic issues can be frustrating. **People don't change all at once, they go through several stages. Our work is to help them move through those stages.**
  
8. **"Don't Read This Book"**                      **Length: 15-30**                      **Otto Schultz**  
**Nuts & Bolts:** The book, “Launching a Faith Partners Team” is not meant to be read cover-to-cover. It is a reference work. This presentation will walk through the book to help you see how to get the most out of it.

10:40 – 10:50 – Break

### 10:50 – 11:30 – Session 4

1. **“Codependency & Flashing Your Brights”**                      **Length: 15-45**                      **Otto Schultz**  
**Skill Builders:** Codependency is the tendency of caring people to feel responsible for other people’s choices. It is the most common dependency among people of faith. It results in worry, and other obsessive emotions since we are unable to get the other person to do what we think they ought to do. Learn the 5 core intervention skills and how they relate to our calling as faithful people.
  
2. **"Skits"**                      **Length: 15-45**                      **Sandy Morrissey**  
**Skill Builder:** Skits can educate a congregation about behavioral health. They have been used in worship as well as classes and groups. We’ll practice a sample skit.
  
3. **“True Colors,”**                      **Length: 15-60**                      **Derek Effle**  
**Team Builder:** This program helps us see how to work more effectively when we have different learning and working styles.
  
4. **“Public Advocacy,”**                      **Length: 30-60**                      **Teri Effle**  
**Community Resource:** Learn your congregational, denominational, or public policies on alcohol, drugs & mental health. Are they sound? Caring? You can impact many lives by organizing to influence those policies.

11:30 – 11:35 - Travel

11:35 – 12:05 – Session 5

5. **"Taking a Congregational Inventory"**                      **Length: 30**                      **Deb Knight**  
**Nuts & Bolts:** If you want to see where your team's work fits in the service of your congregation, take the time to do this inventory.
  
6. **"Discussion Starters" -**    **Length: 30**    **Sandy Morrissey**  
**Team Builder:** There are three discussion Starters and a movie list on **"Starting a Safe Conversation," "What Do We Believe About Addictions," "Alcohol and Drug Use Situations," and "Big Screen Movies"**. These are great discussion generating activities - both fun and informative. There is no limit on the amount of time a group can spend on these discussion starters.
  
7. **"Atlas"**    **Length: 30**    **Brody Van Roekel**  
**Community Resources:** Atlas is a mentoring program for people who have hit bottom and are beginning their climb to wholeness and recovery. This presentation will help you learn more about this mentoring opportunity for people of faith.
  
8. **Prevention Resources or Know Your Alphabet**   **Length: 30**    **Kayla Lathrop**  
**Community Resources:** Learn the whole menu of science based, effective prevention programs available for your congregation. QPR, MHFA & WRAP – just to name a few.

12:05 – 12:10 – Break

12:10 – 12:30 – Evaluations, Wrap Up, Prizes