

The Casserole Bite #8

3/15/22

A Newsletter from Faith Partners Nebraska

Teams Tackle Stigma and Shame Making Mental Health Issues and Addictions Casserole Diseases



Every public thing a Faith Partners Team does helps decrease shame and stigma. Worship, classes, newsletter articles, and social media stories all say that this topic is okay for conversation in our congregation. When someone is physically ill for a long period, we bring casseroles to their families. There is no shame or stigma with these illnesses. Decreasing shame and stigma is helping to make mental health issues, substance use disorders and other addictions casserole diseases.

HERES WHAT SOME TEAMS ARE UP TO:

Disciples Behavioral Health Initiative – This regional group is considering combining its Circles of Inquiry method with a Wellness Recovery Action Planning (WRAP) Seminar for their clergy.

Eastridge – Presbyterian - Covid has been hard on the team's ministry. Nevertheless, they had the evidence-based workshop "Your Family's Good Stuff" and another speaker on alcohol/drug issues. They are now in the process of redeveloping their team.

Edenton – Disciples of Christ - is planning a series of worship services over the next year. The first one is a healing service which will feature some stories from several team members.

First-Plymouth – United Church of Christ – This new team is brainstorming ideas, identifying its mission and developing its relationships in the congregation.

Messiah – Lutheran – This team found a variety of training experiences for themselves early on. Now, they have a 12-month plan with a different project focus each quarter; alcohol, mental health, suicide prevention and drug awareness.

Our Saviors – Lutheran – The Faith-to-Face Recovery Team will begin regular visits with inmates and newly released people in the congregation's FEAST ministry to discuss how recovery has worked for them and respond to questions.

St. Andrews – Lutheran – is bringing in two presenters for the Sunday worship services this spring. They will focus on mental health issues and substance use disorders.

St. John – Catholic – They are now getting interesting factoids into their parish newsletter. You can find over three dozen factoids in the book, [Launching a Team](#) p. 66*

St. Michael – Catholic – hosted a series of 4 workshops on Mental Health. There'll be more on this ministry in an upcoming Casserole Bite.

*The book, [Launching a Team](#), is available in electronic form for free. It is being updated continuously, so if your copy is a couple months old, you may want a new one.

A whole casserole is too much so we offer **The Casserole Bite** each week. We welcome ideas for short articles of interest to people working in their faith congregations on issues of alcohol, drugs and mental health. Working together we will defeat stigma and shame.

Faith Partners is a program of Region5 Prevention Systems 1645 N St. Lincoln, NE. The Casserole Bite is edited by Otto Schultz, so when something is wrong, blame him – OttoBSchultz@outlook.com