



Full Circle

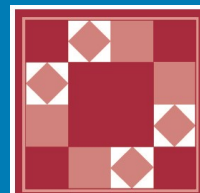
Where Behavioral Health and Spirituality Meet

August 2016
Vol. 13, Issue 2

In This Issue

Supporting People with Mental Illness.....	1- 2
Basic Pastoral Skills Course.....	1, 3
Autumn Event.....	3
Anxiety Issues in Kids and Teens.....	4

Full Circle is a publication of Penn Foundation's Pastoral Services Department.



Basic Pastoral Skills Course 2016

Once again, Penn Foundation will offer a **Basic Pastoral Skills Course** to members of your church who are non-ordained pastoral caregivers. These include deacons, elders, and Eucharistic ministers. In the past, this exploration has been a new and refreshing experience for many of the participants to explore the dynamics of their pastoral care.

Tuition for the entire 6-week (1.5 hour) evening course is \$50 per student to cover the cost of preparation, facilitation, light refreshments, handouts, etc. This fee may be paid by the individual participant or your church.

continued on page 3

How Do We As People of Faith Be More Supportive of People Struggling with Mental Illness

By: Rev. Carl Yusavitz, Director of Pastoral Services

Many of the patients and clients we serve here at Penn Foundation are members of local faith communities. They feel welcomed and included by these communities - raising awareness that we are all God's children, no matter what labels or "tags" the rest of society tries to pin on any of us.

But there are also many patients and clients here at Penn Foundation who are not members of a faith community. Some tell me that they have tried but do not feel welcomed. Others tell me they are just not interested, identifying themselves (like many people today) as "spiritual/not religious." As their chaplain, I still engage them, reminding them that we are all God's children and, because of that, we are all spiritual people.



As an interfaith chaplain, though, how do I understand "spirituality?"

For me, spirituality involves three dynamics: how we make meaning out of our life experiences, how we find a sense of purpose to our lives, and how we experience something "beyond" ourselves and out of our control (what theologians call "transcendence" and people who work the 12 Steps call "a power greater than ourselves").

continued on page 2



So, how can we, as people of faith and our faith communities, support those who are struggling with mental illness, whether they are religious or spiritual or both? What I hear from our patients and clients are three things they love about their faith communities: attentive hearts, affective presence, and lots of prayer support.

As church people, here are six concrete things we can all do to support people struggling with mental illness:

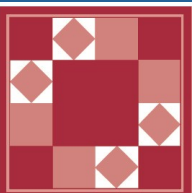
- ◆ Learn what it means to suffer from an illness by listening to people who are actually suffering from that illness. This involves patience, humility, and curiosity. Remember that people who struggle and suffer are our greatest teachers!
- ◆ If you are a family member of someone struggling with a mental illness, educate yourself about mental health and illness through existing educational and support programs in your community. The “FaithNet” program of the National Alliance for the Mentally Ill (NAMI) is a great place to start.
- ◆ Keep an eye on legislation about mental health when it comes up for a vote in Harrisburg. Write letters to the editor when the public media continues its widespread misinformation that people with mental illness are dangerous.
- ◆ At work or in your neighborhood, take every chance you can to help others overcome their misconceptions and stigma about mental health and mental illness.
- ◆ Offer practical help like driving a person who cannot drive to church, sit with them during worship, or stay with them and introduce them to others at the fellowship hour.



What I have learned in my 16 years here at Penn Foundation is that ministry to people struggling with mental illness requires a discipleship that is neither visionary nor “purpose-driven.” Rather, it is a discipleship of “presence” and companionship, a walking “with” that guides rather than leads the other. It is:

- ◆ A discipleship that is responsive and “under construction”
- ◆ A discipleship that is “evangelical” in the truest sense of that word – where the evangelist doesn’t wait for people to come to him or her but goes to where the people are and meets them there
- ◆ A hard and sometimes confusing discipleship - as we struggle to let down our own understanding of our “reality” and enter into the reality of another, however strange or different that may be.

From my experience, this kind of discipleship is the only place we can meet each other in Christ.





Join us

for an evening of conversation with
GLENNON DOYLE MELTON

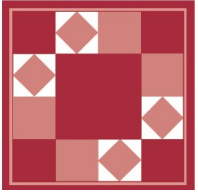
New York Times Best Selling Author
and Founder of Momastery.com

Tuesday, September 27, 2016
Pennridge High School



Silent Auction - 5:30 pm

Main Event - 7:30 pm



UPCOMING EVENTS

REV. DR. CARL YUSAVITZ

Recipient, Dr. Vernon H. Kratz
Penn Foundation Service Award

Tickets and More Info:

www.PennFoundation.org or call 267.404.5937



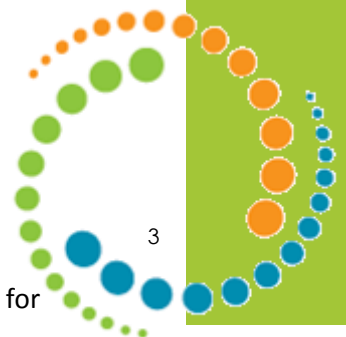
Pastoral Skills continued

As in the past, the course will be taught by Carl Yusavitz, Director of Pastoral Services and CPE Supervisor at Penn Foundation. This year, class will be held September 21st - October 26th from 4:30 - 6:00 pm.

The syllabus includes:

- ♦ "The Dynamics of Pastoral Relationships and Pastoral Conversation"
- ♦ "Pastoral Presence and Pastoral Listening Skills"
- ♦ "The Dos and Don'ts of a Hospital Visit"
- ♦ "The Spirituality of Aging and Retirement Home Visitation"
- ♦ "The Impact of Grief and Loss on a Pastoral Relationship"
- ♦ "The Use of Prayer and Scripture During a Pastoral Visit"

Registration is necessary, and we need at least six participants to form a class. To register or for more information, contact Carl at cyusavitz@pennfoundation.org or 215.453.5170.





Growing Up Scared: Anxiety Issues in Kids and Teens

Saturday, September 17, 2016

8:30 AM - Registration/Breakfast | 9:00 AM - Presentation

**Penn Foundation - Loux Healthcare Center | Univest Community Room
(807 Lawn Avenue, Sellersville)**

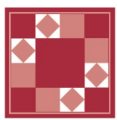
FREE or \$40 for 3 CEUs

Register online at www.PennFoundation.org - Click on the *Training* tab.

Join us for this dynamic 3-hour seminar by *Julie Lowe, MA, LPC* which will take a look at the pressures that youth are facing today and the confusing messages they receive. We will also address the issue of stranger danger and how to understand personal safety.

For more information, contact Karen Kern at 215.453.5171 or MaryLynne Black at 267.404.5017.

4



PENN FOUNDATION
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Instilling hope. Inspiring change. Building community.

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