



The Power of Spirituality In Mental Wellness

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Samaritan, Inc

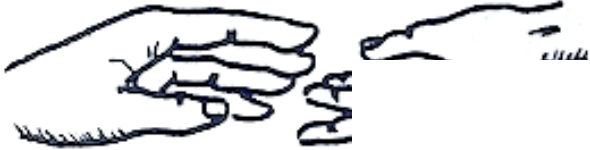
(aka Samaritan Counseling Center of the Fox Valley)

Who?

SAMARITAN, Inc.

- Nonprofit mental health services agency
- Founded in 1970 by First Congregational UCC, Appleton
- Committed to healing *Mind, Body, Spirit and Community*

1970-1974



APPL



2022 - ...

1974 – 2006

a Samaritan Center
since 1991

2006-2022

Samaritan

HEALING MIND, BODY, SPIRIT



Hello from our staff!





Why?

KEY FINDINGS

21%

of adults are experiencing a mental illness. Equivalent to over 50 million Americans.

15%

of adults had a substance use disorder in the past year.
93.5% did not receive treatment.

Up from 19.86%

The percentage of adults reporting serious thoughts of suicide is

4.8%

– over 12.1 million adults.

11%

of adults who identified with two or more races reported serious thoughts of suicide.

16%

of youth report suffering from at least one major depressive episode in the past year.

More than 2.7 million youth are experiencing severe major depression.

55%

of adults with a mental illness receive no treatment – over 28 million individuals.

11%

(over 5.5 million) of adults with a mental illness are uninsured.

60%

of youth with major depression do not receive mental health treatment.

In the U.S., there are

350

individuals for every one mental health provider.

28%

of all adults with a mental illness reported that they were not able to receive the treatment they needed.

Up from 24.7%

Most reported they did not receive care because they could not afford it.

23%

of adults who report experiencing 14 or more mentally unhealthy days each month were not able to see a doctor due to costs.

1 in 10

youth with private insurance do not have coverage for mental or emotional difficulties – over 1.2 million youth.

Up from 8.1%

2023 The State of Mental Health in America

MHA (Mental Health America)

- Number of adults experiencing a mental illness: 1 in 5
- Adults with a mental illness not able to receive treatment due to costs: more than 1 in 4
- Youth with private insurance who do not have coverage for mental or emotional problems: 1 in 10



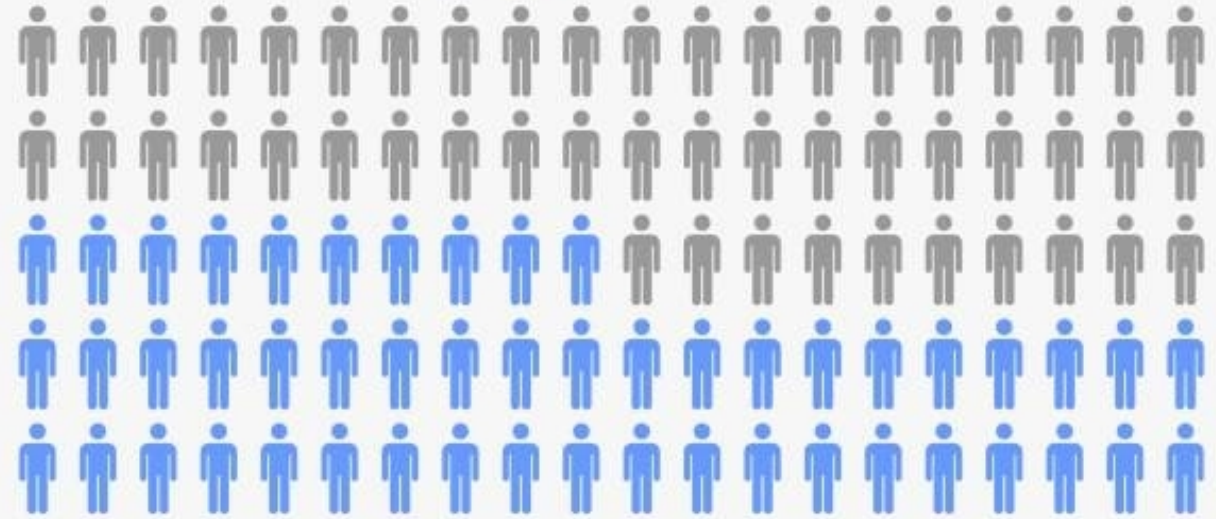
• [1 in 5](#) U.S. adults experience mental illness each year

• [1 in 6](#) U.S. youth aged 6-17 experience a mental health disorder each year



50% of all lifetime
mental illness begins
by age 14 ...

50/100



75/100



... and 75% by age 24.

What?

Supporting the Community

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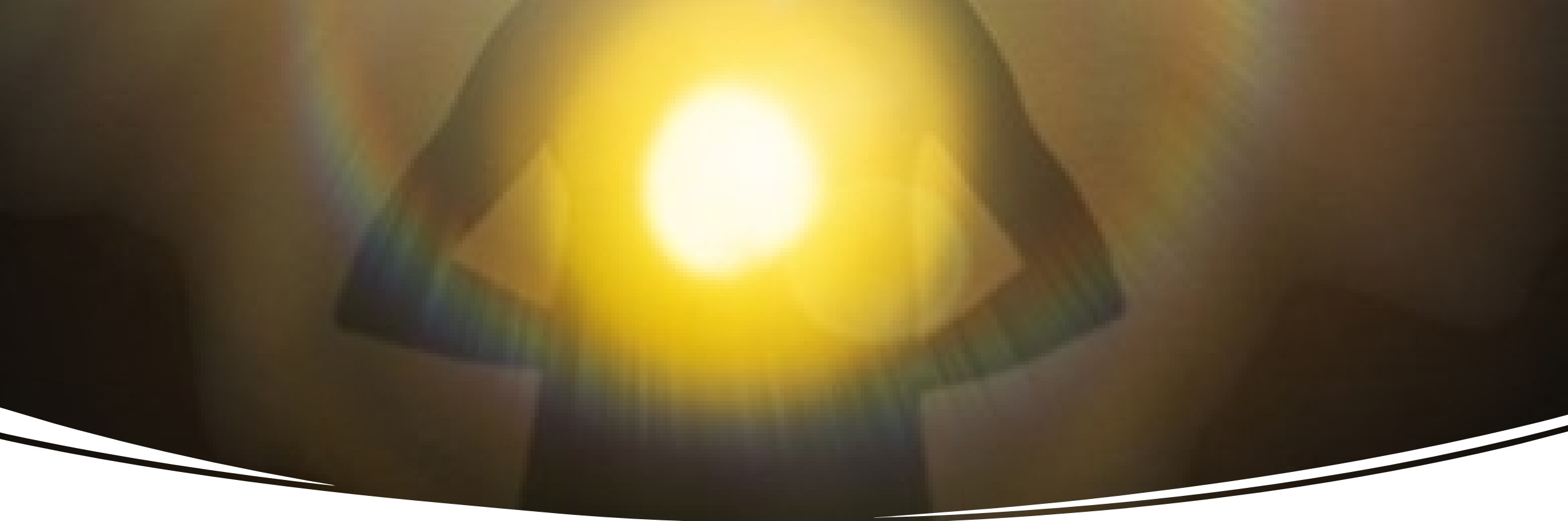
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Spiritually Integrated Care

**Fees for services, Community Investment
(Grants, Donations, Sponsorships)**





From the first brilliant rays of sunrise to the bright orb of the moon hanging in the night sky, light defines and helps living things grow and flourish. Light inspires us.

We were created and put on this Earth with a unique inner light that is designed to shine bright!
And this light is meant to be recognized, celebrated, and affirmed ALWAYS!

We respect, value and affirm the sacred dignity of each person.





Supporting the Community

Outpatient Mental health
Substance Abuse
SBMH Counseling
In English and Spanish
Training Program

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School Based Mental Health Services

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Direct service within 40 miles radius
Candid™ – licensing model

Faith communities
MHM – 3 tier model
Leadership Coaching
For Faith Communities and other Organizations



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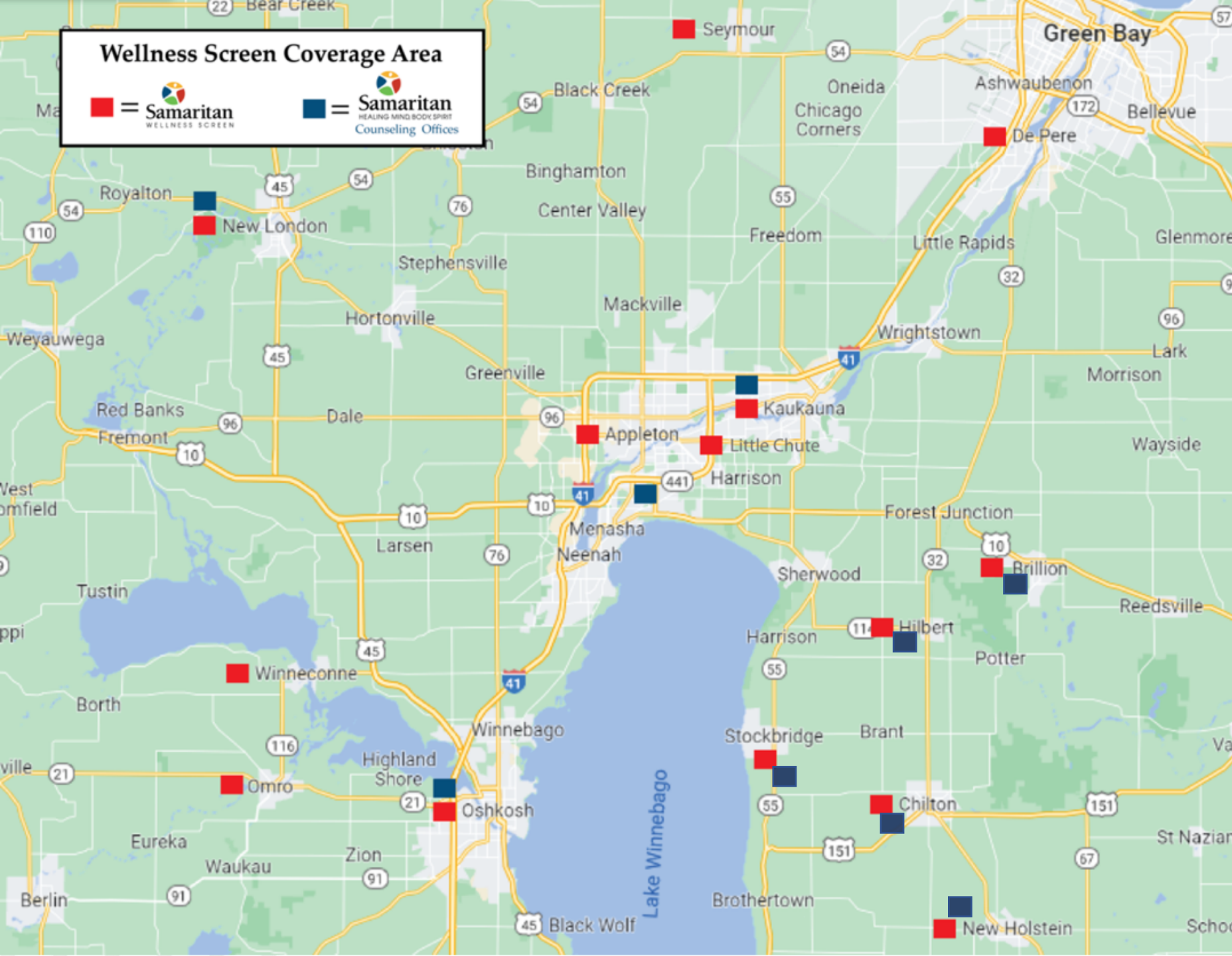


Spiritually Integrated Care

Fees for services, Community Investment
(Grants, Donations, Sponsorships)

Wellness Screen Coverage Area

 = Samaritan WELLNESS SCREEN
 = Samaritan HEALING MIND, BODY, SPIRIT Counseling Offices



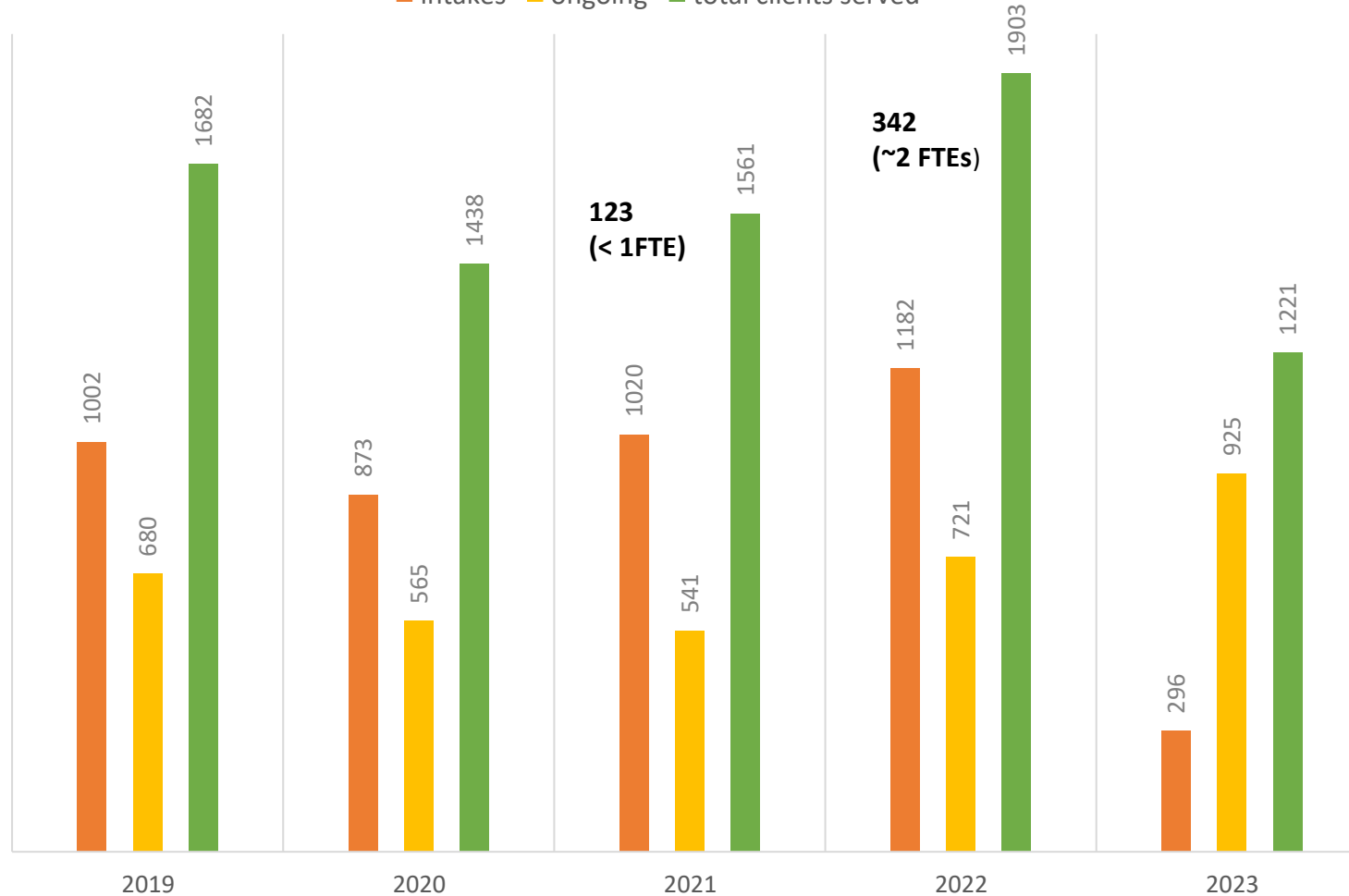
Samaritan
HEALING MIND, BODY, SPIRIT

IMPACT

2023

CLIENTS SERVED

intakes ongoing total clients served



1221
Clients in Care by
April 31

...

Average # of
intakes/mo
in 2022

98.5

In 2023

74

...

Average # of
clients/mo
in 2022

761

in 2023

826

By end of 2022

465 (32%)
more clients
compared to 2020

324 (22%)
more clients
compared to 2021

- ✓ 10-min. computer questionnaire
- ✓ Phone follow-up to refer for care
- ✓ Case/Referral Management
- ✓ Summary data for schools



Samaritan

WELLNESS SCREEN

School-Based Mental Health Check-Ups



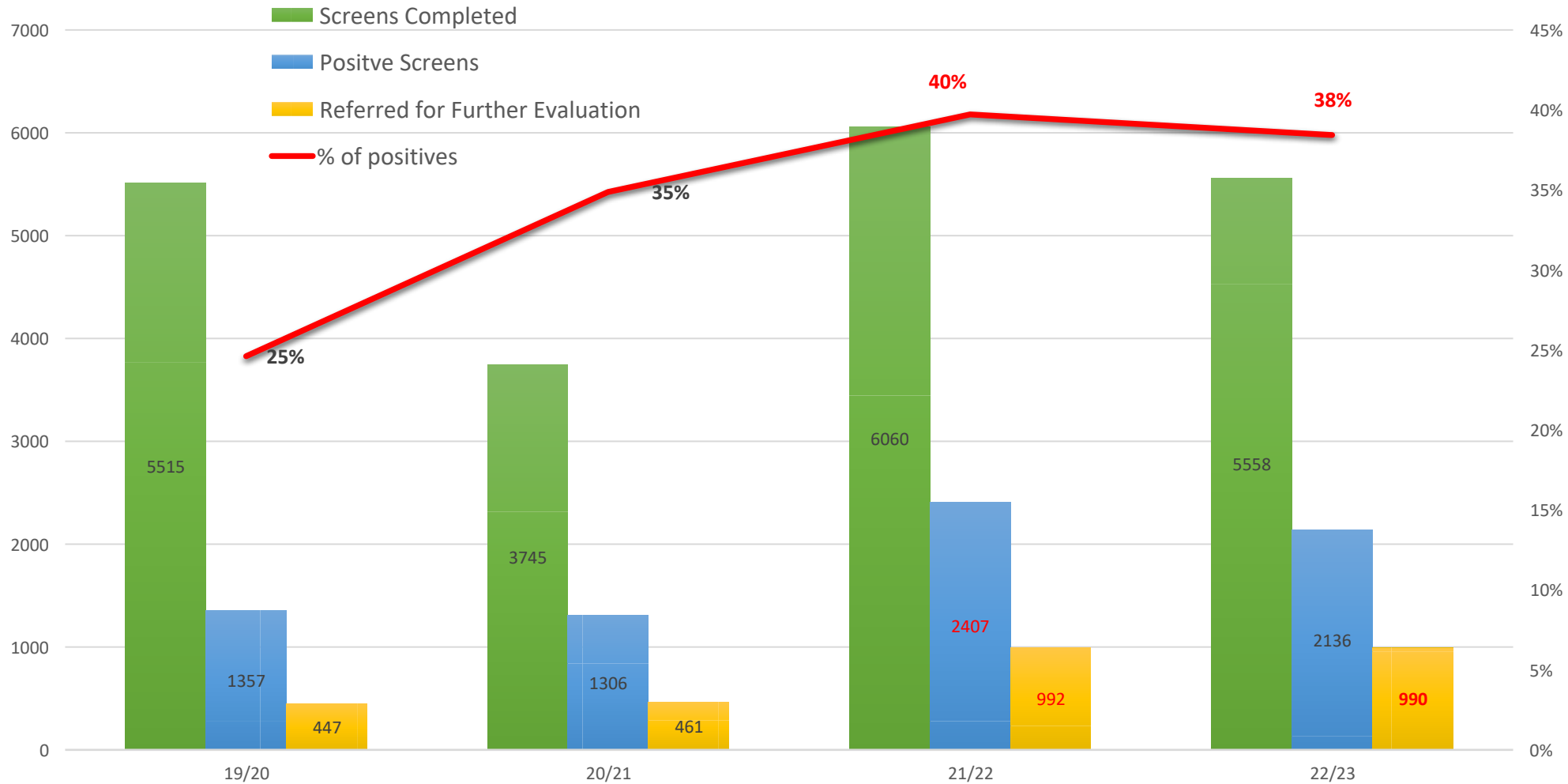
Photo courtesy Insight Publications

PSC-Y *
Please mark under the heading that best fits you:

	Never	Sometimes	Often
1. Complain of aches or pains	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Spend more time alone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Tire easily, little energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Fidgety, unable to sit still	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Have trouble with teacher	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Wellness Screen – Students Impacted

IMPACT



(September 2022 – April 2023)

2020-2021
35% required referral

2021-2022
41% required referral

2022-2023
46% required referral

Clergy & Congregation Care

Open to all faith traditions

Faith leaders are the front line, after health care workers, helping their congregants to deal with the aftermath of Covid and many other life struggles.

They in need of support to continue to recover from the stressors of the past few years and to continue to provide strong systems of support for communities.

Samaritan continues to support clergy and faith communities by offering:

- 1) Mental Health Training
- 2) Coaching
- 3) Support Groups
- 4) Pulpit Supply

New ideas coming up!



Samaritan

HEALING MIND, BODY, SPIRIT



Samaritan
HEALING MIND, BODY, SPIRIT

1205 Province Terrace, Menasha

www.samaritanfoxvalley.com



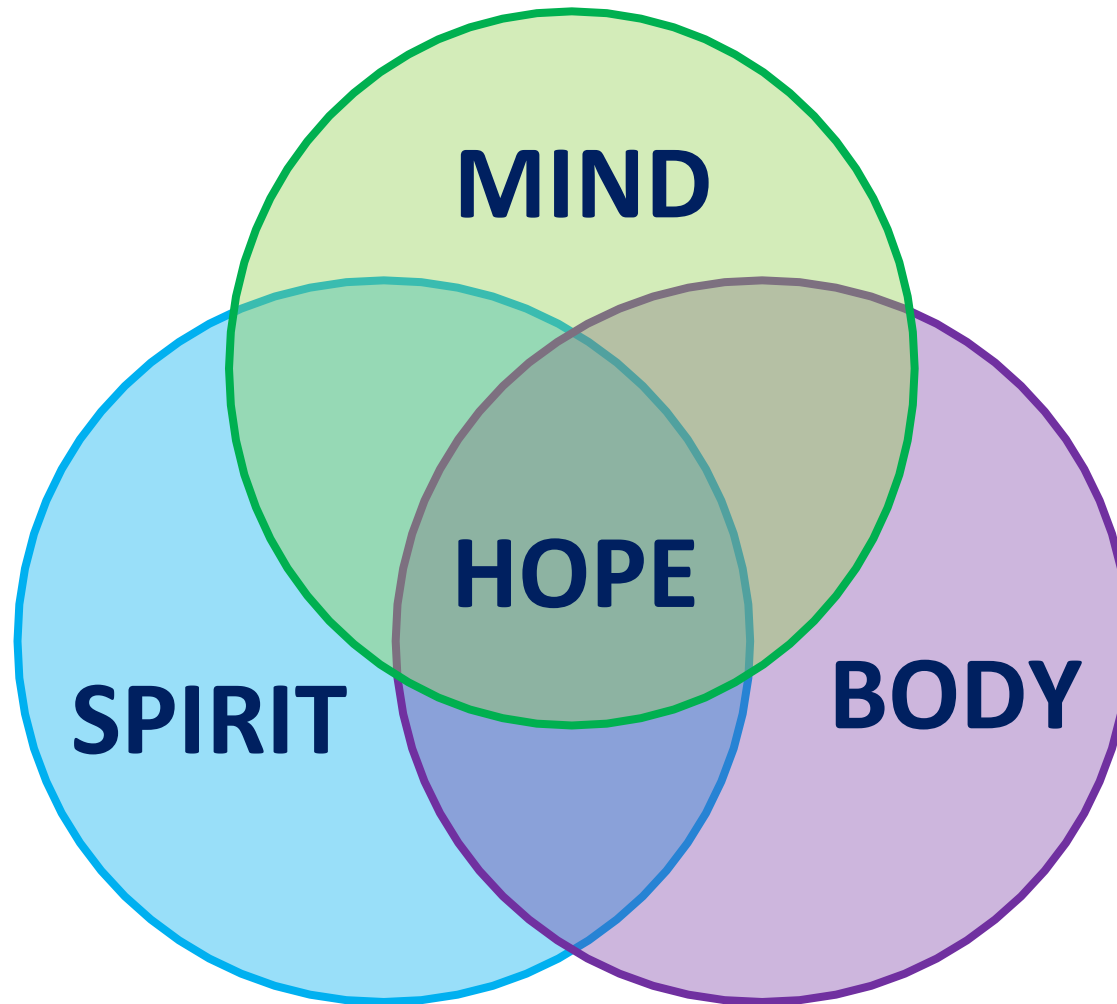
How?



CONNECTING
MIND, BODY, AND SPIRIT
SO
INDIVIDUALS, FAMILIES
AND
COMMUNITIES THRIVE

Spiritually Integrated Care

(inclusive of all faith traditions and spiritual beliefs)





Samaritan
HEALING MIND, BODY, SPIRIT

The Power of Spirituality In Mental Wellness

Overall objectives:

- **Consider the differences between spirituality, faith and religion**
- Explore the concept of Sacred Core and Sacred Journey
- Discuss ways a person experiences their spiritual or sacred journey and how it may impact their mental wellbeing
- Consider what you have to offer as Faith Community



Religion

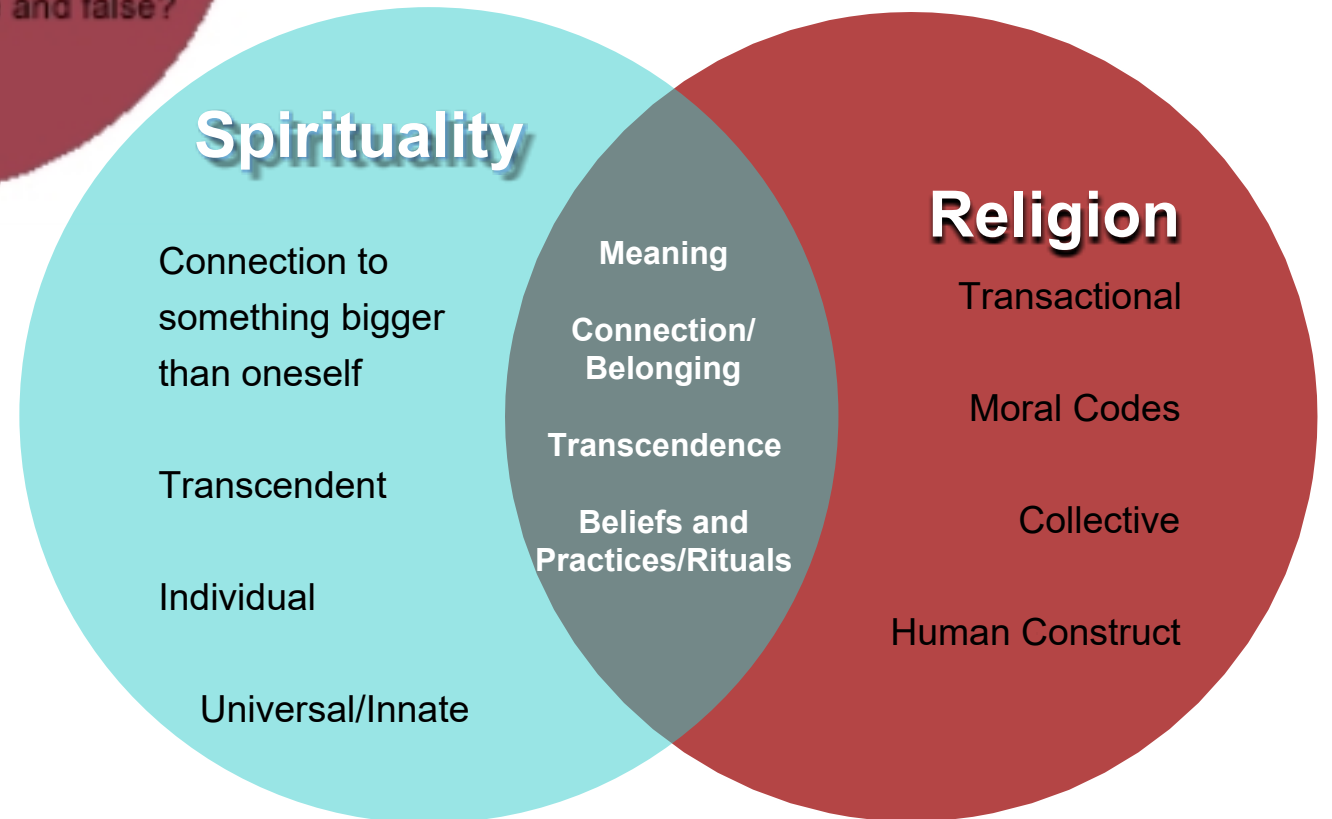
Spiritualit
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Faith





[What Is Spirituality? | Taking Charge of Your Health & Wellbeing \(umn.edu\)](http://www.umn.edu)





Faith...

... is seeing light with your heart
when all your eyes see is darkness.

- Barbara Johnson

HOPES

Overall objectives:

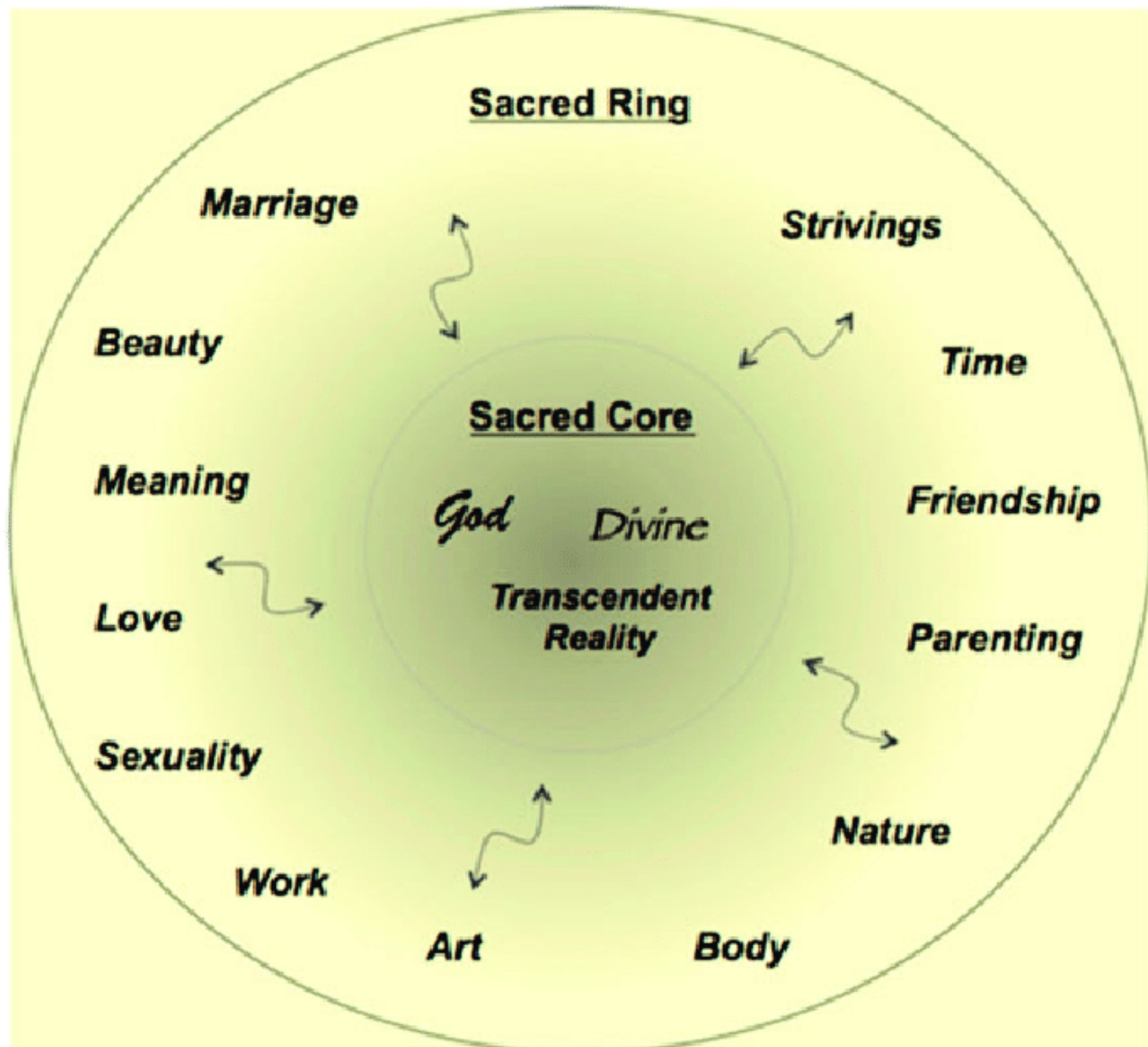
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Defining the Sacred

“By sacred things one must not understand simply those personal beings which are called Gods or spirits; a rock, a tree, a spring, a pebble, a piece of wood, a house, in a word, anything can be sacred.”

Sociologist Émile Durkheim,

The Elementary Forms of the Religious Life (1915)



Dr. Kenneth Pargament



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The Ways of the Sacred Core and Sacred Journey

(Dr. Pargament)

Ways of Knowing (intellectual, mind)

Ways of acting (behaviors, actions, what can be seen by others)

Way of Relating (connections, gives sense of belonging)

Ways of Experiencing: (deeply personal, connection with the transcendent)

Ways of Coping (combines cognitive and relational)



Connecting With Your Sacred Core

- From what sources do you draw the strength and courage to go on?
- Where do you find peace?
- Who truly understands your situation?
- When you are afraid or in pain, how do you find comfort and solace?
- For what are you deeply grateful?
- What sustains you amid your troubles?
- Who is your true self?
- When in your life have you experienced forgiveness?

The Intersection Between A Person's Sacred Journey And Mental Wellbeing

*“So, unless religion is leading to a deeper spiritual experience, it is likely not enhancing mental health. It is possible to be religious without being spiritual, but it is **not possible to be spiritual, truly spiritual, without enhancing one’s mental health**”.*

Andrea Mathews LPC, NCC *Religion vs Spirituality - Which one enhances your mental health? - Psychology Today, Dec 2019*

*I have an increasing sense that the most important crisis of our time is spiritual and that **we need places where people can grow stronger in the spirit and be able to integrate the emotional struggles in their spiritual journeys.***

It is into this deeply tired world of ours that God sends Jesus to speak the voice of love. Jesus says, 'Follow me. Don't keep running around. Follow me. Don't just sit there. Follow me.' The voice of love is the voice that can completely reshape our life from a wandering or just-sitting-there life to one that is focused and has a point to go to.

Following Jesus means to let go of the "I" and move toward the "other." Following Jesus means to dare to move out of ourselves and to slowly let go of building our "self" up.

Henri J.M. Nouwen

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*The basis of the mission of the twelve apostles was not their knowledge, training, or character, but their having lived with Jesus. Paul, who was not with Jesus while he was traveling with his disciples, encountered him on the road to Damascus. This experience was the foundation on which all his apostolic work was built. **There has never been a Christian witness whose influence has not been directly related to a personal and intimate experience of the Lord.** – Henri Nouwen*

Weaving God's message of hope and extravagant welcome with action for justice and peace. Together, we live out our faith in ways that effect change in our communities. – UCC

Why Should We Care?



The magnitude of mental illness in this country is staggering.

Nearly every person sitting in our congregations has been touched in some way by mental illness.



And yet individuals and families continue to suffer in silence or stop coming to worship because they are not receiving the support they so desperately need.

They become detached from their faith community and their spirituality, which can be an important source of healing, wholeness and hope in times of personal darkness.

Why Should We Care?

“Mental illness affects all aspects of our life including our spiritual well being. It strikes at the very soul of our being making us feel cut off or separated from God’s love and acceptance. It is like a thief in the night. It steals a person’s sense of self worth, their hopes and dreams for the future and it feels like it will always be this way. Mental illness challenges our core beliefs and values, and we often feel unworthy of God’s love and acceptance. We feel alienated from God. We feel alone, helpless and hopeless in the dark despair of our illness.”

- Mental Illness & Families of Faith – How congregations can respond, Rev Susan Gregg-Schroeder
(MentalHealthMinistries.net)

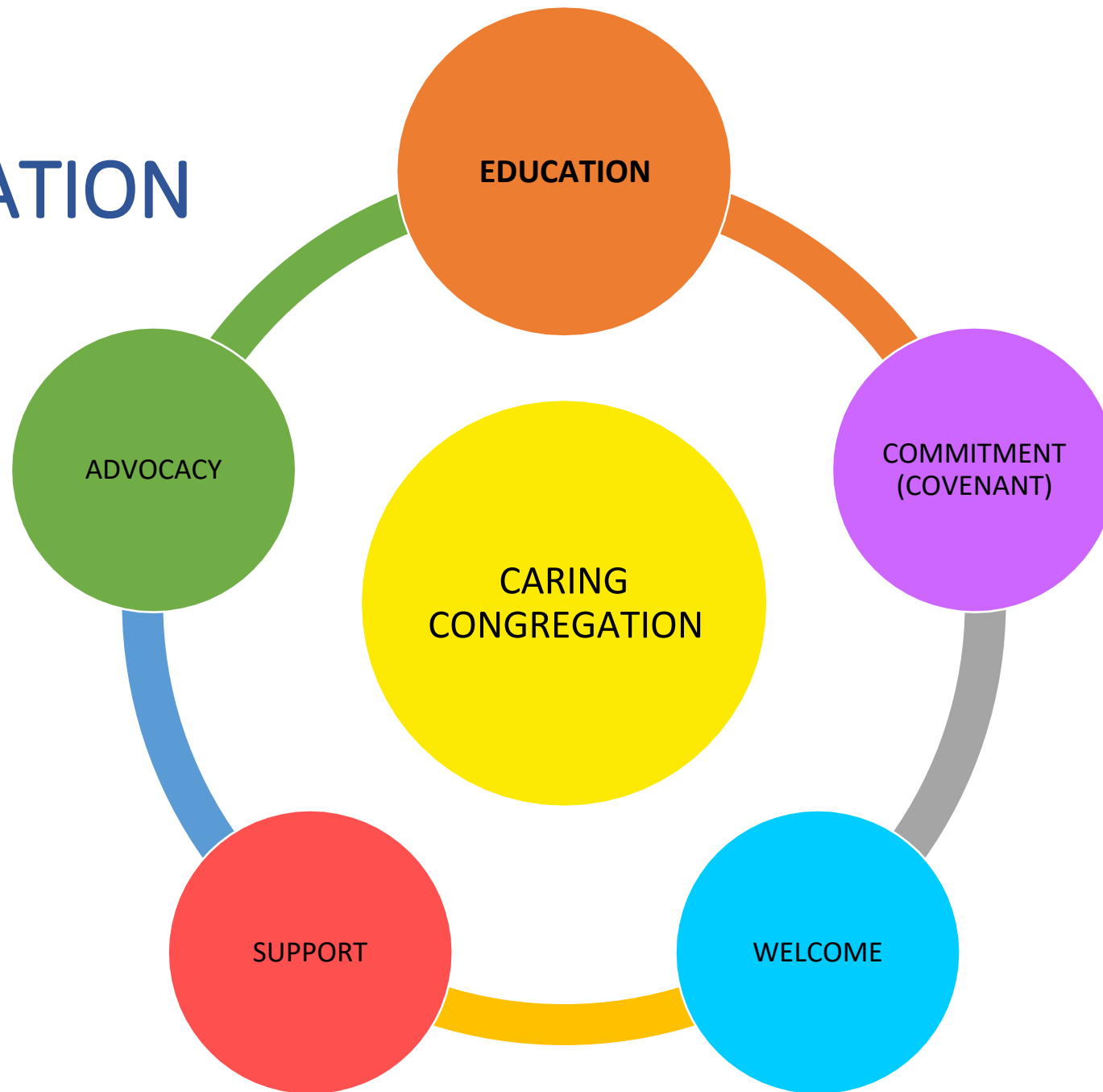
The unique Role of Faith Communities

Spiritual (Sacred) Imperative to Care for Those Who Suffer

Hospitality means primarily the creation of a free space where the stranger can enter and become a friend instead of an enemy. Hospitality is not to change people but to offer them space where change can take place. It is not to bring men and women over to our side, but to offer freedom not disturbed by dividing lines. . . . The paradox of hospitality is that it wants to create emptiness, not a fearful emptiness, but a friendly emptiness where strangers can enter and discover themselves as created free; free to sing their own songs, speak their own languages, dance their own dances; free also to leave and follow their own vocations. Hospitality is not a subtle invitation to adore the lifestyle of the host, but the gift of a chance for the guest to find his own.

- Henri Nouwen -

CARING CONGREGATION



Connecting Mind, Body and Spirit: a Path to Mental Wellbeing

- ▶ We attend to the spiritual component of every person, the place within one's sacred core where a person grounds his or her entire self.
- ▶ We believe each soul is unique but not isolated. Samaritan helps people strike the vital balance between their individual sense of purpose and their place in the universe.
- ▶ Samaritan helps people connect with that which transcends. Be it faith, religion, nature, or a connection to a special relative or artist, we know that humans seek connection and inspiration.
- ▶ Samaritan facilitates the learning of cognitive coping capabilities and other healthy patterns that raise clients' mind, body, and spirit to a new level of well-being.



Questions

What else do you
want to know?

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<https://samaritanfoxvalley.com>

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