



## FAQs

### Hope and Healing: Mental Health First Aid Training

Oct. 30 and Nov. 13, 2020, 9:00 a.m. – 12:00 p.m.  
Nov. 6, 2020, 8:30 a.m. – 5:00 p.m.

#### Where is the training?

All meetings will be online via Zoom. Our office will send links before each session.

#### Who is the training for?

Leaders of rural congregations of all Christian denominations (particularly those from Southwest PA, Southeast Ohio, and West Virginia).

#### What is it?

It is a three-part online series intended to empower rural faith leaders with the knowledge, practices, and grounding they need to respond with grace and effectiveness to mental health concerns and to build viable, strong support systems to advance this work in their churches.

#### How is the program structured?

One day/week for three weeks. Social workers with expertise in faith-based mental therapy will lead the two short sessions; certified professionals will lead the full-day session. The first and third sessions will have a modest amount of preparation for participants to complete; the second session, the MHFA training, has two hours of independent work to complete in advance of the training.

#### What will the program do?

The program's presenters will instruct participants on:

- How to differentiate spiritual care from mental health and clarify what faith leaders are equipped to provide;
- The theological rationale for why the church's mission includes understanding care for those with mental illness;
- Becoming familiar and developing relationships with local mental health resources; and
- Learning the triage basics offered through Mental Health First Aid, a skills-based course that teaches participants about mental health and substance-use issues.

#### Why should I take part in the training?

- To obtain a better understanding of providing spiritual care and referring those with mental illness to other resources.
- To help end the stigma often associated with mental illness in faith communities, thereby helping your church to extend hospitality to those who are ill and their loved ones.

#### After the training is completed, what next?

Short term: We plan to have a follow-up celebration with all participants in May 2021 – Mental Health Awareness Month – to share our stories of success, projects, and best practices.

Long term: This program is supported by a PC(USA) grant and is a pilot project for extending mental health training to faith leaders throughout the denomination.

#### How do I register?

Visit [www.pts.edu/hope-and-healing-2021](http://www.pts.edu/hope-and-healing-2021) for the link to the registration form. After we review your submitted form, we will email you regarding your participation in the program.

#### Who can I talk to if I have questions?

Call the Office of Continuing Education at 412-924-1345 or email [ConEd@pts.edu](mailto:ConEd@pts.edu).