Churches Care Online Course

18 hours of self-paced, online training over 6 weeks



MODULE 1	***Churches Care Introduction*** • Course Overview and Terminology • Presenter and Participant Introductions
MODULE 2	***Mental Illnesses*** • Everyone has Mental Health Struggles • Mental Illnesses (Definitions, Causes, Statistics, Four Areas of Need) • Depression • Bipolar Disorders and Borderline Personality Disorder • Psychotic Illnesses • Anxiety Disorders • Trauma
MODULE 3	***Addictions/Substance Use Disorder*** • Addiction/SUD and Recovery • Families and Addiction/SUD • Responding to Emergencies (Mental Illnesses and Addiction/SUD)
MODULE 4	***Self-care, Stigma, and Supporting Others*** • Self-Care and Avoiding Burnout • Stigma in the Church • Churchwide Change • Support Strategies • Setting Boundaries

MODULE 5	***Case Studies and Resources***
	• Apply Learnings through Case Studies
	• Churches Care Resources for Download
	  ○ Resources for Key Populations
	  ○ Course Presentation Slides
	  ○ National Mental Health & Addiction/SUD Resources

Course Information

Why Churches Care?	Since 2019, the Churches Care Program has been strengthening the ability of Church leaders and their congregations to provide effective support to individuals and families experiencing mental health or addiction struggles. One of the key components of this program is our 18-hour training for Church & Lay Leaders, and Health Professionals & Social Workers in churches. Broader and deeper than Mental Health First Aid, this training increases participant knowledge of mental illnesses, addictions/SUD, trauma, ways to support and assist others, connecting people to treatment and resources, emergency response tips, and strategies to educate, increase support, and reduce stigma throughout entire congregations.
Testimonials from previous participants:	"I would recommend this training because it covers topics we are hesitant to talk about and downright afraid to confront or deal with." - Pastor Yingst "A good introduction to the topics covered, for those who want to do a better job serving those in need, & equipping congregations to do so." - Pastor Davis "I knew the brush strokes of mental illness and addictions, but this helped me to understand better what I am seeing in those I am supporting, how to respond better in the future, and what church wide action might need to happen so we can all be more supportive." - Pastor House "You are all highly qualified individuals who teach relevant material in an engaging and informative way - THANKS!" - Pastor Stultz "I think everyone can benefit from this class and would highly recommend it to all pastors and church office staff, and away from church I honestly think that all police persons should take this class so they can recognize a mental illness or substance abuse issue." - K. Beaty, Church Admin "There was so much good information balanced between statistics, science, and personal experience." - E. Kauffman, Pastor & Hospital Chaplain "I definitely would recommend the training to others because a lot of people are battling mental health issues and people need to know how they can help." - R. Young, Community Healthcare Worker "Most assuredly would highly recommend this course for content and context. Excellent addition to learning tools for ministry." A. Painter, Ordained Minister
To learn more:	If interested in this faith-based, mental health & addiction/SUD training, visit churches care course or email coordinator@WeRiseInternational.org