



Faith Connections on Mental Illness

FCMI



SHINING LIGHT ON MENTAL ILLNESS

Mental illness is common:

- **~1 in 5 adults and teens**
- **~1 in 25 with severe illness**
- **~1.9 million North Carolinians**



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Impact extends to:

- **Family**
- **Friends**
- **Congregation**
- **Community**



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Roadblocks to seeking help:

- **Stigma**
- **Lack of information**
- **Lack of support**
- **Barriers to resources**



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Faithful Responders

Clergy are at front line
when anyone is suffering or in crisis

“WISE” Congregations* are

Welcoming

Inclusive

Supportive

Engaged

*(*Used by permission; see www.mhn-ucc.org)*



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MISSION:

To connect across faiths
in mental health ministry

FCMI Promotes...



Hope

Healing



Stigma-free Living

“WISE” Congregations

Welcoming, Inclusive, Supportive, Engaged
(see www.mhn-ucc.org)

For Those Affected by Mental Illness

FCMI Is...

- **Interfaith coalition (2008)**
- **Nonprofit organization (2014)**
- **Serving Triangle area & beyond**



www.fcmi-nc.org

PO Box 3502, Chapel Hill, NC 27515

FCMI Is...

Faith Congregations of All Traditions

35 sponsors since 2016:

Asbury United Methodist Church, Durham • Baha'i Community of Garner • Beth El Congregation, Durham • Binkley Baptist Church, Chapel Hill • Blacknall Memorial Presbyterian Church, Durham • Chapel Hill Bible Church • Chapel Hill Friends Meeting • Chapel in the Pines Presbyterian Church, Chapel Hill • Chapel of the Cross, Chapel Hill • Christ United Methodist Church, Chapel Hill • Church of God Tabernacle of Prayer, Durham • Church of Reconciliation, Chapel Hill • Church of the Holy Family, Chapel Hill • Community Church of Chapel Hill – UU • Duke University Chapel, Durham • Episcopal Diocese of NC • First Presbyterian Church, Durham • Holy Infant Catholic Church, Durham • Judea Reform Congregation, Durham • Kehillah Synagogue, Chapel Hill • Mt. Carmel Baptist Church, Chapel Hill • NC Conference, United Methodist Church • Orange United Methodist Church, Chapel Hill • Pilgrim United Church of Christ, Durham • Pullen Memorial Baptist Church, Raleigh • St. Matthew's Episcopal Church, Hillsborough • St. Michael the Archangel Roman Catholic Church, Cary • St. Philip's Episcopal Church, Durham • St. Thomas More Catholic Church, Chapel Hill • Union Missionary Baptist Church, Durham • United Church of Chapel Hill • University Presbyterian Church, Chapel Hill • University United Methodist Church, Chapel Hill • Watts St. Baptist Church, Durham • Westminster Presbyterian Church, Durham (through 3/4/20)



FCMI Is...

Mental Health Community Partners

34 sponsors/partners since 2016:

Abundant Joy Center for Women's Ministries • Alliance Behavioral Healthcare • American Endowment Fund • American Foundation for Suicide Prevention • Caramore Community, Inc. • Cardinal Innovations Healthcare • Carolina Outreach • Club Nova Community, Inc. • Fidelity Charity Gift Fund • Freedom House Recovery Center • Healthy Carolinians of Orange County • Holly Hill Hospital • HopeWay • Josh's Hope Foundation • Laura C. Kirby, LPA, PLLC • Mental Health America of the Triangle • Mental Health Community Connections • NAMI Alamance, Caswell, Rockingham County, Inc. • NAMI Durham • NAMI North Carolina • NAMI Orange County • Nasher Museum of Art at Duke University • NC Center for Resiliency, PLLC • Old Vineyard Behavioral Health Services • Our Brother Legion • Pfeiffer Institute Reach • Recovery International • Shared Visions Foundation • Stand By Me NC • Theology, Medicine, and Culture Initiative at Duke Divinity School • Threshold, Inc. • Triangle Coalition for Suicide Prevention • Triangle Survivors of Suicide • UNC Center for Excellence in Community Mental Health (through 3/4/20)





FCMI Is...



Caring People Like YOU!



MISSION PILLARS



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EDUCATION

For the person, congregation and community





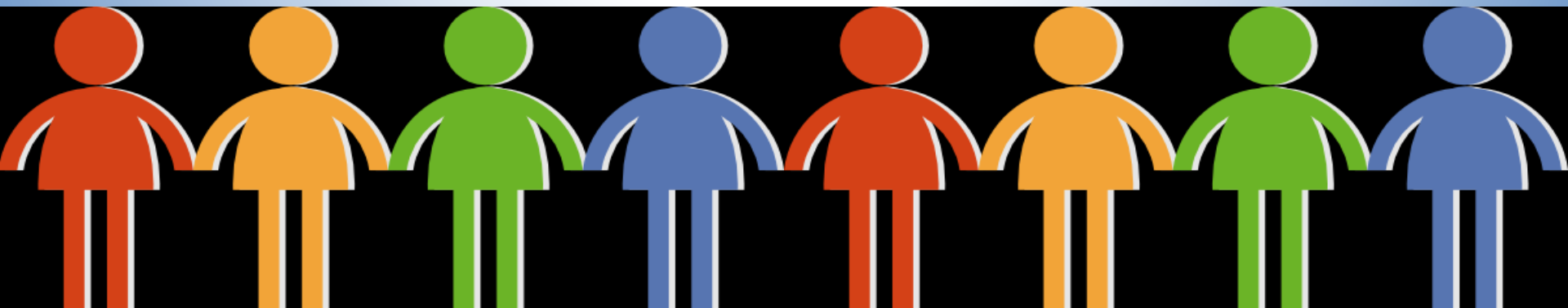
Monthly Connectors Meeting

2nd Mondays, 3:30–4:30 pm

Virtual or at St. Thomas More, Chapel Hill

Open to everyone

Connectors = congregation liaison



Connectors Meetings

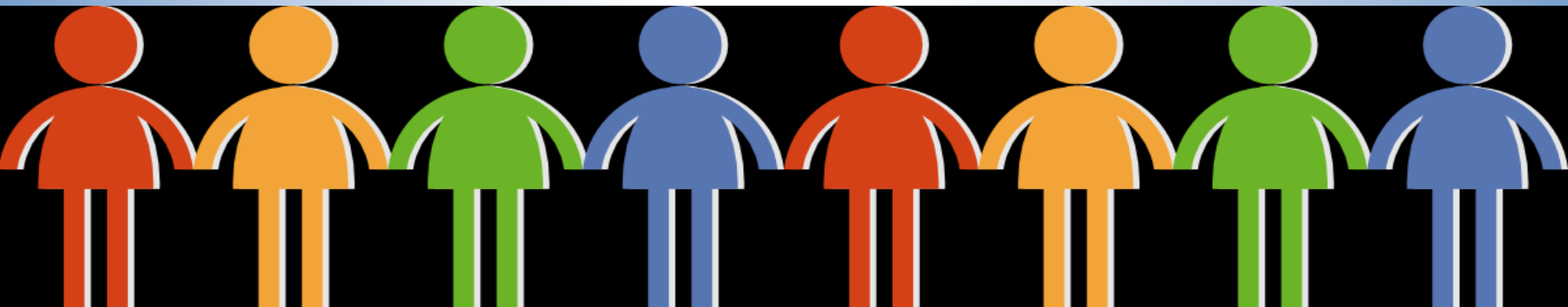
Knowledge



Connection

Action

Inspiration



What Are Connectors Learning?



How to Lead a Support Group

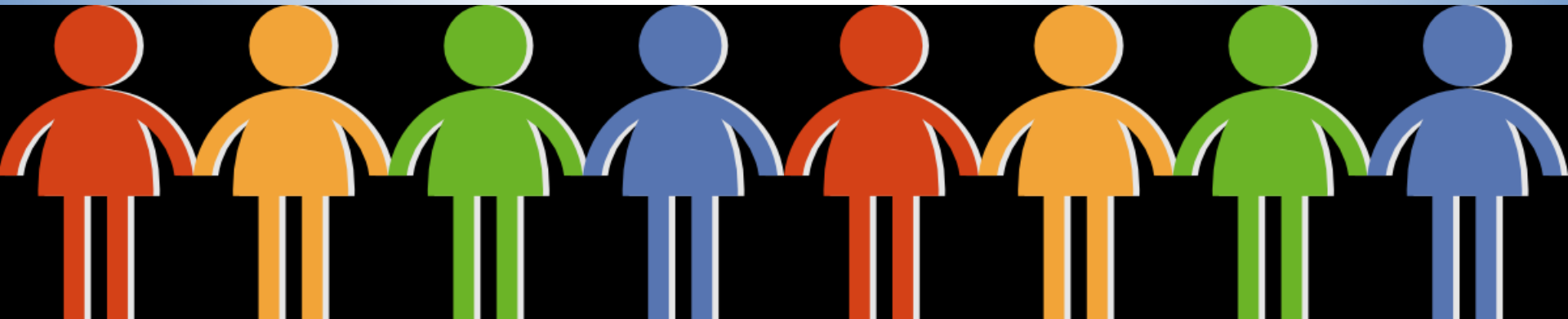
How Do I Tell My Story?

Dementia Care

Community Resources

Youth Mental Health First Aid

And Much More!





FCMI Hope & Healing Conference



- Full-day program
- Faith and mental illness theme
- Nationally recognized speakers
- Professional credits
- Exhibits and resources




May 6, 2021 (Virtual)

Faith Connections on Mental Illness:
HOPE & HEALING
CONFERENCE 2021
Faithfully Practicing Community Inclusion



Programs with Community Partners



**RAISING
Awareness
AROUND
Anxiety**

#TeenAnxiety: A Youth Mental Health Summit

Youth grades 6-12 with a separate track for adults
Christ United Methodist Church, Chapel Hill

Teens talking to Teens October 6, 2018



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standbymenc



SUPPORT

Walking with those affected by mental illness



Congregations Respond

- Support groups
- Sermon series
- Adult classes
- Youth programs
- Moment-in-pulpit talks





Congregations Respond



- Reading Across Our Communities
- Resource Centers
- Mental Health First Aid
- Discussion Panels
- Mental Illness Stations of the Cross



FCMI Website as Resource

www.fcmi-nc.org



The screenshot shows the AOL Desktop Gold browser window displaying the website for Faith Connections on Mental Illness. The browser's address bar shows the URL <http://www.faithconnectionsonmentalillness.org/>. The website's navigation menu includes links for HOME, MEETINGS/PROGRAMS, DONATE, ANNUAL CONFERENCE, EVENTS, RESOURCES, ABOUT US, and LOG IN. The main content area features the organization's logo, a search bar, and several announcements. A prominent announcement states: "Early Bird rates end March 26! Cultivating Mental Health: Hope and Healing is a day-long interfaith conference focusing on addiction, depression in the elderly, and mental health resources available in the community. Optional professional credits are available through Wake AHEC. This conference will be held at St. Thomas More Catholic Church in Chapel Hill on Friday, April 13 from 9 am to 4:15 pm. Click here for information/registration." Below this, the "Next Connectors Program*" is scheduled for Monday, April 9, 2018, from 3:30 - 5:00 pm at St. Thomas More Catholic Church. A list of upcoming events includes the 8th Annual Conference on April 13, 2018, and NAMI Walks NC on April 14, 2018. Other links provided include "Family to Family 2018 Schedule", "Information on Clinical Trials", and "Donate to FCoMI". The browser's taskbar at the bottom shows the system clock as 10:01 AM on 3/31/2018.

HOME MEETINGS/PROGRAMS DONATE ANNUAL CONFERENCE EVENTS RESOURCES ABOUT US LOG IN



Faith Connections on Mental Illness

Early Bird rates end March 26!
[Cultivating Mental Health: Hope and Healing](#) is a day-long interfaith conference focusing on addiction, depression in the elderly, and mental health resources available in the community. Optional professional credits are available through Wake AHEC. This conference will be held at St. Thomas More Catholic Church in Chapel Hill on Friday, April 13 from 9 am to 4:15 pm. Click [here](#) for information/registration.

Next Connectors Program*
Monday, April 9, 2018
3:30 - 5:00 pm
meeting at
**St. Thomas More
Catholic Church**

- [April 13, 2018 - 8th Annual Conference: Cultivating Mental Health: Hope and Healing](#)
- [April 14, 2018 - NAMI Walks NC: Join the Faith Connections Team](#)
- [Family to Family 2018 Schedule](#)
- [Information on Clinical Trials](#)
- [Donate to FCoMI](#)

Blocking Pop-Ups

10:01 AM
3/31/2018

www.fcmi-nc.org

Listings

- Events
- Support groups
- Sermons
- Books

Interactive

- Ask questions
- Request info
- Subscribe
- Submit events



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Also Available Upon Request

- Program mentoring
- Expert speakers
- Traveling table
- Resource guides



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ADVOCACY

Breaking barriers through presence



Addressing Mental Health Challenges



NC Annual Legislative
Breakfast on Mental Health



Theology, Medicine & Culture
Initiative, Duke Divinity School



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Prompting Conversation

Public Forums



Immigration and Trauma Panel,
Chapel Hill Public Library

Media

The Herald-Sun

facebook



Articles, Interviews, Posts



**Faith Connections
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Raising Mental Health Awareness



NAMIWalks NC, Raleigh
A Top Fundraising Team Since 2017





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Barbara & Gove Elder Community Servant Award

FCMI honors exemplary service that has significantly advanced the ability of people with mental illness to lead fulfilling, productive lives in our community

2020	Caramore Community, Inc.
2019	Donna Olsen
2018	Katherine and Douglas Kubel
2017	Barbara and Gove Elder
2016	Club Nova, and Active Minds at Carolina
2015	Josh's Hope Foundation
2014	El Futuro

External Recognition of FCMI Advocates



Geetha Galagopal

A Top Fundraiser

NAMIWalks NC

2017, 2018, 2019, 2020



Miriam Fahrer

2018 Hometown Hero
WCHL, Chapel Hill



Abby Roussin and Sophie Jinn

2017 NC Youth Voice Award
One Community in Recovery



FCMI Celebrates **10+ Years** of

- ♥ Connecting people, congregations, community
- ♥ Promoting hope, healing, stigma-free living
- ♥ Nurturing “wise” congregations
(welcoming, inclusive, supportive, engaged; www.mhn-ucc.org)
- ♥ Faithful ripples from education, support, advocacy





FCMI by the Numbers

For Year from July 2017 to June 2018

- 0** Full-time staff — all volunteers
- 1** FCMI Annual Conference with 249 attendees
- 11** Connectors Meetings with ~20 attendees at each
- 16** Community outreach events
- 55** Sponsoring partners, including 28 faith congregations
- 711** Subscribers regularly sent eblasts
- 1,676** Visitors to website monthly, on average
- \$19,633** Operating budget for 2017
- ~1,900,000** North Carolinians living with mental illness who can benefit from faithful support and love



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How Can You Help?

Be a Connector

- Interface with congregation
- Foster mental health ministry
- Network with partners



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How Can You Help?

Support FCMI

- Participate
- Donate (tax-deductible)
- Pray for those served



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**Thank You for Caring
and Helping!**



**www.fcmi-nc.org
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