



Lives Enriched Through Understanding & Spirituality



BEHAVIORAL HEALTH CHALLENGES INCLUDE:
ANXIETY DISORDERS * DEPRESSION
PSYCHOSIS * SUBSTANCE USE DISORDERS
EATING DISORDERS * ADHD * POSTTRAUMATIC
STRESS DISORDER AND MORE

Behavioral health challenges are more common than many people realize. Annually, nearly **1 in 5 adults** will suffer from mental illness and need support from faith community leaders and congregations

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People with behavioral health challenges report that the **rejection** they experience from family and friends, when they are first diagnosed with a mental illness, is **worse than the symptoms** of their illnesses.

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Negative attitudes and stigma can cause affected persons to deny symptoms, **delay treatment**, be **excluded from employment, housing** or **relationships** and interfere with recovery

“HEALING TAKES MANY FORMS AND A VARIETY OF VEHICLES. MEDICINE AND SURGERY ENHANCE HEALING, AS DOES TALK THERAPY. PRAYER ENHANCES HEALING... THE FORMS OF HEALING ARE VERY BROAD”
—PASTOR BILL VASWIG

When social service providers collaborate with faith communities and other programs, they are significantly more effective in providing mental health care. This improves quality of life and lowers the risk of crisis

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Individuals with behavioral health challenges express a desire for more support from their faith communities

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Mental Health First Aid — a groundbreaking public education program — can help clergy recognize the warning signs of mental illness, resolve crises, and connect community members to professional, peer, and other appropriate help.

“*Recovery is a personal journey... mental disorders CAN be treated and recovery is possible*”

Characteristics of Recovery

1. Focus on **“HOPE”**
2. **“NON-LINEAR”** process
3. **“STRENGTHS – BASED”** perspective
4. Using **“PEER SUPPORT”**
5. Allow **“SELF-DIRECTION”**
6. Assume **“RESPONSIBILITY”**
7. **“HOLISTIC”** perspective
8. **“INDIVIDUALIZED”** needs
9. Individual **“EMPOWERMENT”**
10. **“RESPECT”**

The Behavioral Health Inclusion Project is as project of the Allegheny County Department of Human Services, Office of Behavioral Health. For questions, comments and additional information, contact Mike Gruber at (412) 350-4271 or by email at michael.gruber@alleghenycounty.us