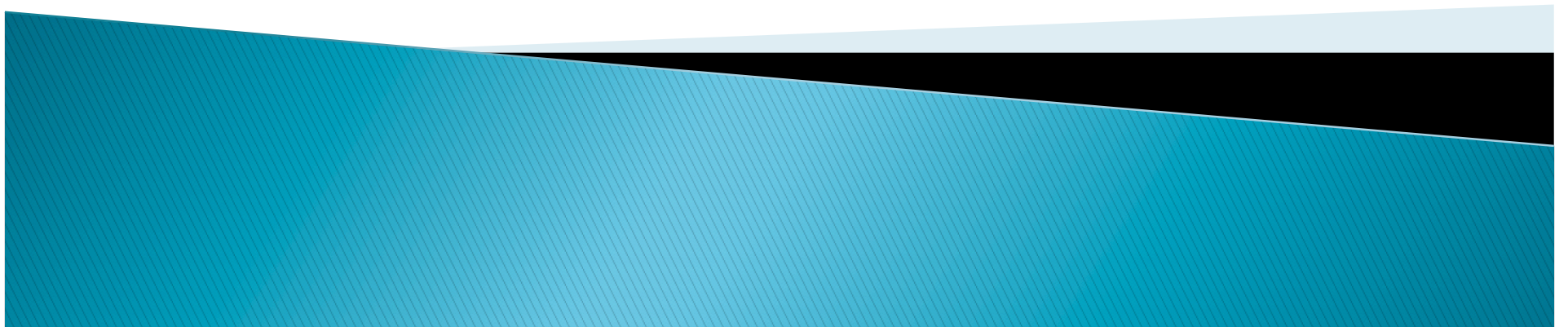


EMPOWERING YOURSELF AND YOUR COMMUNITY

Pastor Curtis & Carol Lowe





Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.

- 2 Corinthians 1:3-4 -



heartlight.org

Enlighten Mental Health Mission



SHINE JESUS' LIGHT ON MENTAL HEALTH to lighten the burden of those who face mental illnesses.



ENCOURAGE through empathy, friendship and support groups. We will do this in an environment of faith and hope, believing that God loves us.



EDUCATE by teaching about the causes and effects of brain diseases to help equip people to understand how to achieve mental health. We will also seek to remove the stigma of mental illness, its myths and misunderstandings.



EMPOWER individuals and churches with resources so that they can take action to care for the mental health needs of others and/or themselves.



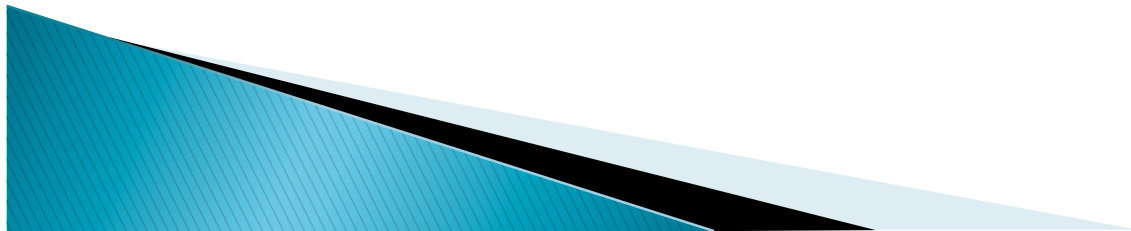
BUILDING BLOCKS



CARE

ENCOURAGEMENT

LEARNING



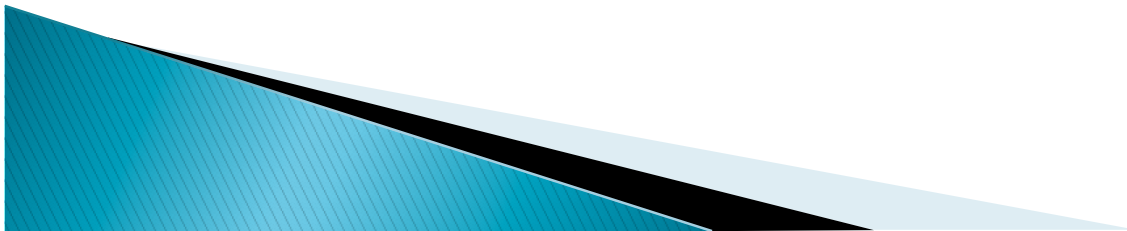
BUILDING BLOCKS



CAROL

ESTHER

LOWE



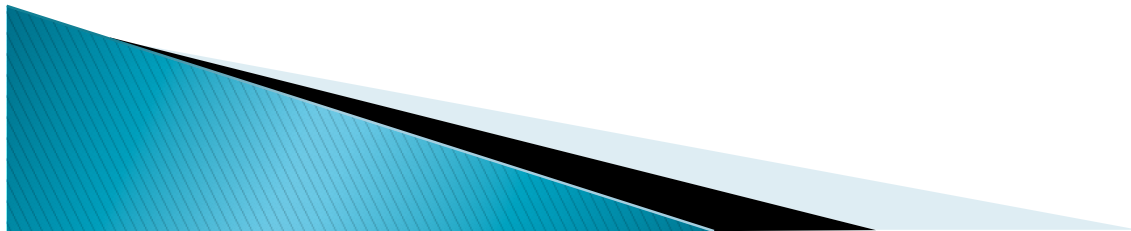
BUILDING BLOCKS



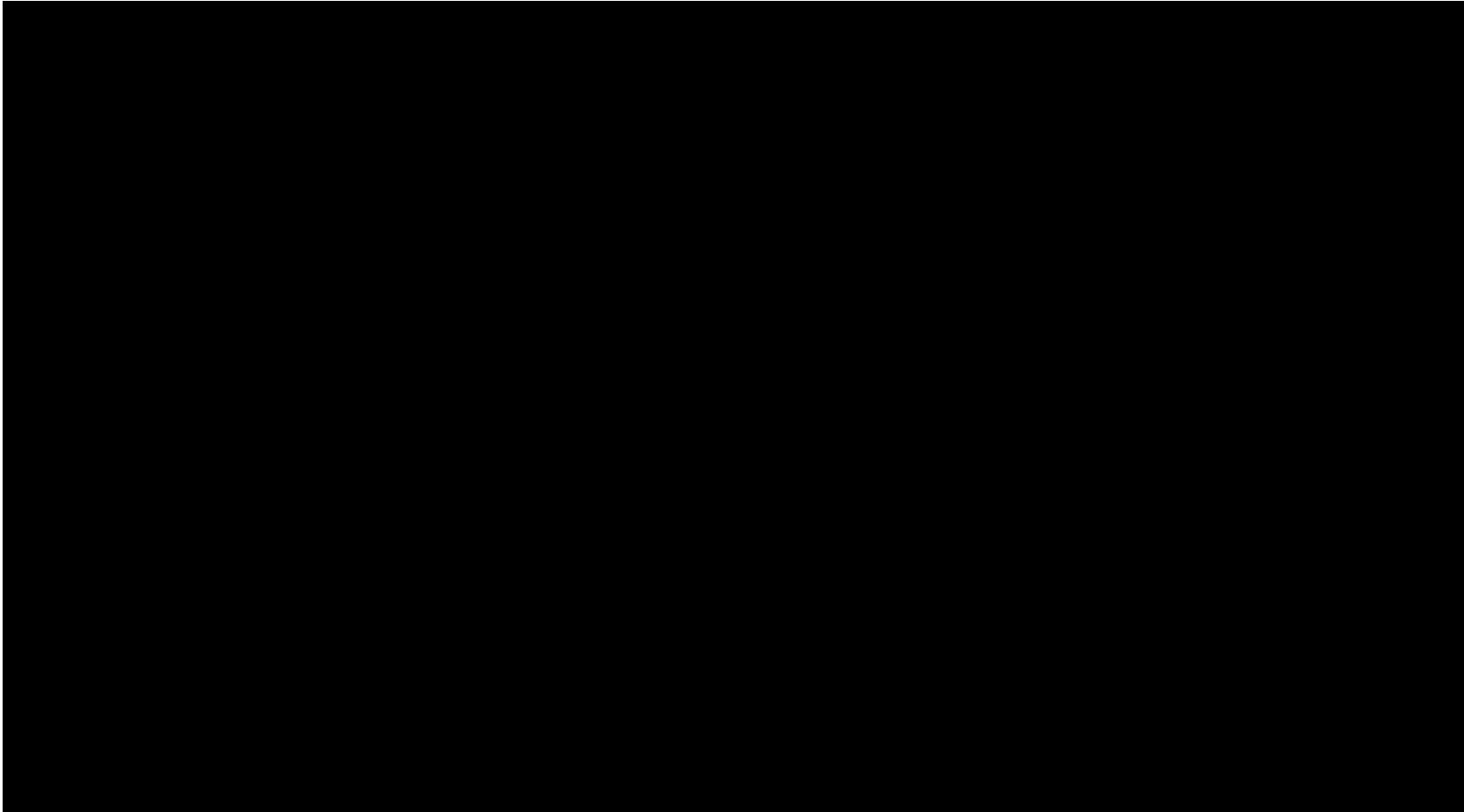
COMPASSION

EMPATHY

LOVE





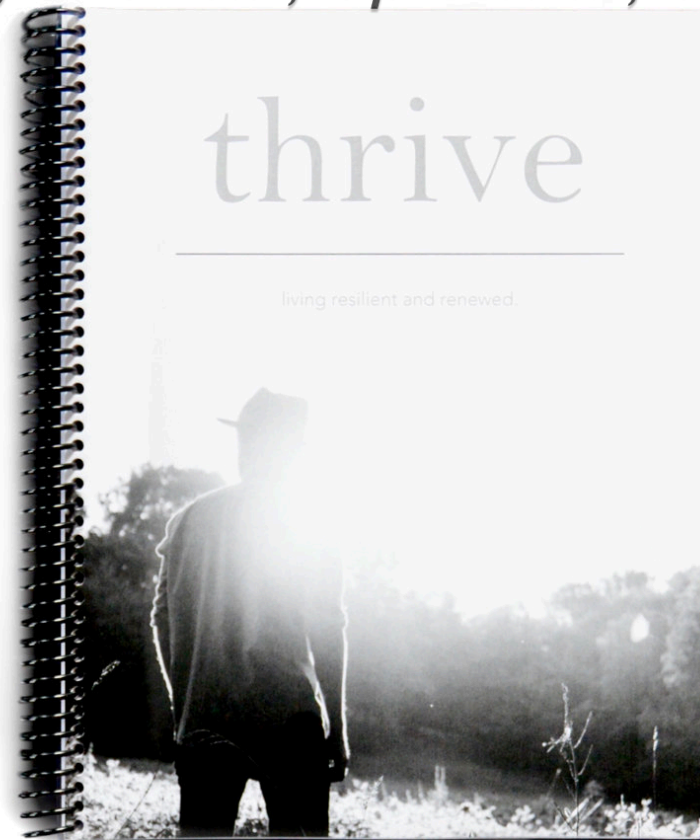


www.mentalhealthgracealliance.org

The screenshot shows a web browser window with the URL mentalhealthgracealliance.org/home in the address bar. The website header features the logo for Grace Alliance (Healthy Solutions for Your Mind) and a navigation menu with the following items: ABOUT, GROUPS, THRIVE, FREE, BLOG, SHOP, and GIVE. A dropdown menu is open under 'ABOUT', listing: WHO ARE WE?, REVIEWS, EVENTS, FRIENDS WHO CAN HELP, and FAQ. The main banner image shows a woman in a hat looking down, with the text: "Are mental health difficulties disrupting your faith and everyday life? WE'RE HERE TO HELP." The browser's address bar shows the URL <https://mentalhealthgracealliance.org/about-us>. The Windows taskbar at the bottom shows the time as 3:18 PM on 10/16/2019.

Holistic guide for mental health wellness and recovery

Physical; mental; spiritual; and social



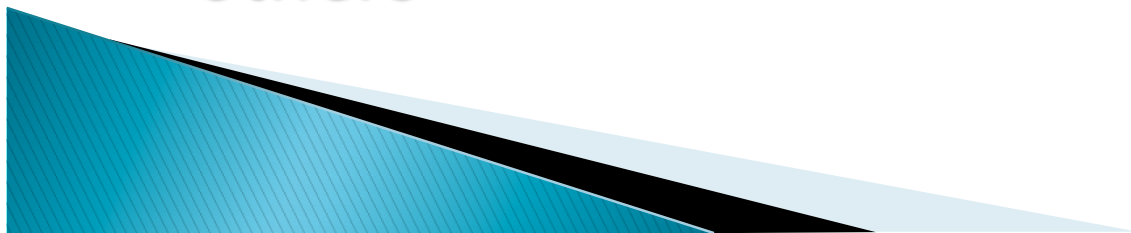
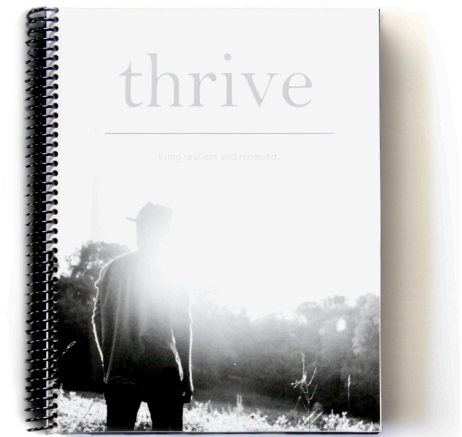
www.mentalhealthgracealliance.org

1. **HEALTHY LIFESTYLE – Physical**
*Sleeping well ■ Eating healthier ■
Learning to relax*

2. **HEALTHY MINDS – Mental**
Renewing your mind ■ Managing stressors

3. **HEALTHY FAITH – Spiritual**
*Knowing a Good God ■ Discovering hope ■
Life-Giving Community*

4. **HEALTHY RELATIONSHIPS – Relational**
*Getting through conflict ■ Refreshing
others*



Those living with mental illness

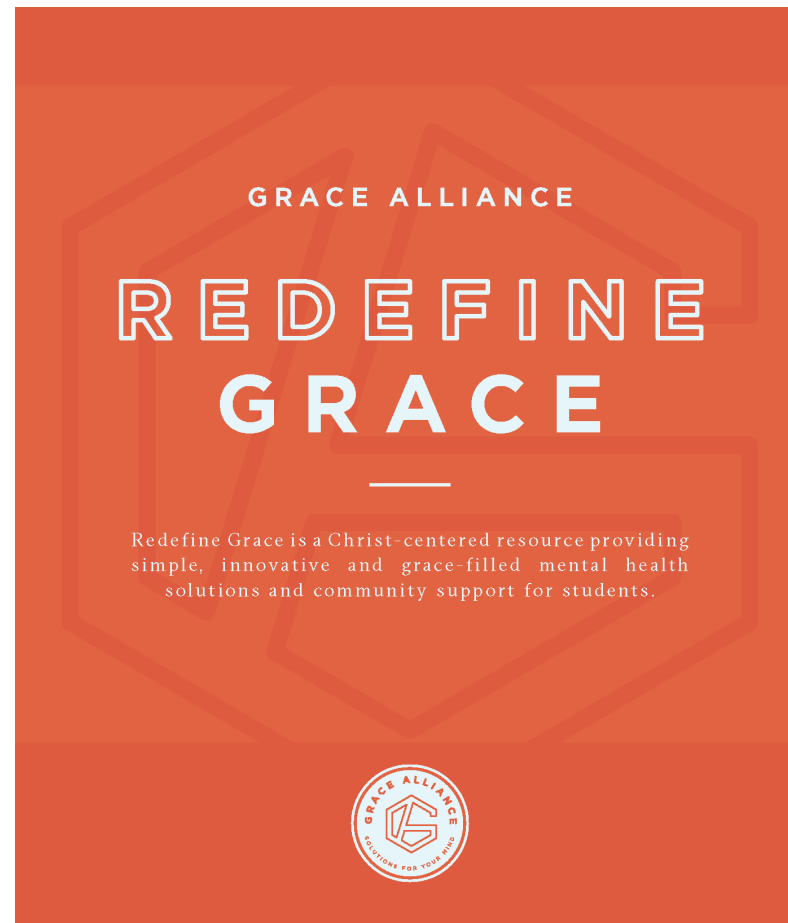
Living Grace

healthy solutions for your mind.



www.mentalhealthgracealliance.org

Youth facing mental illness



Redefine Grace is a Christ-centered resource providing simple, innovative and grace-filled mental health solutions and community support for students.



www.mentalhealthgracealliance.org

*Family members walking with
those facing mentally illness*

Family Grace

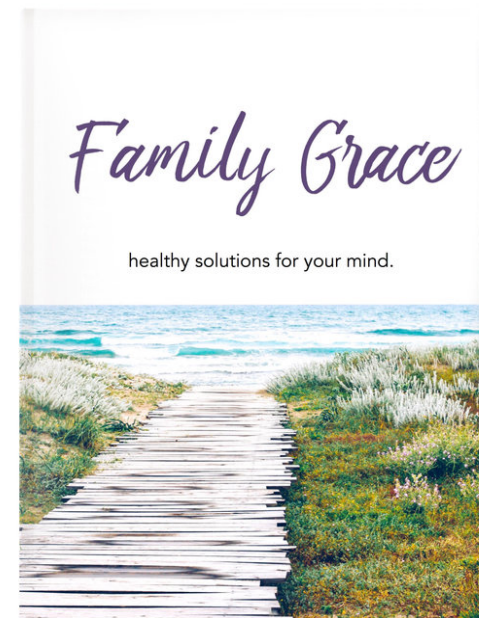
healthy solutions for your mind.



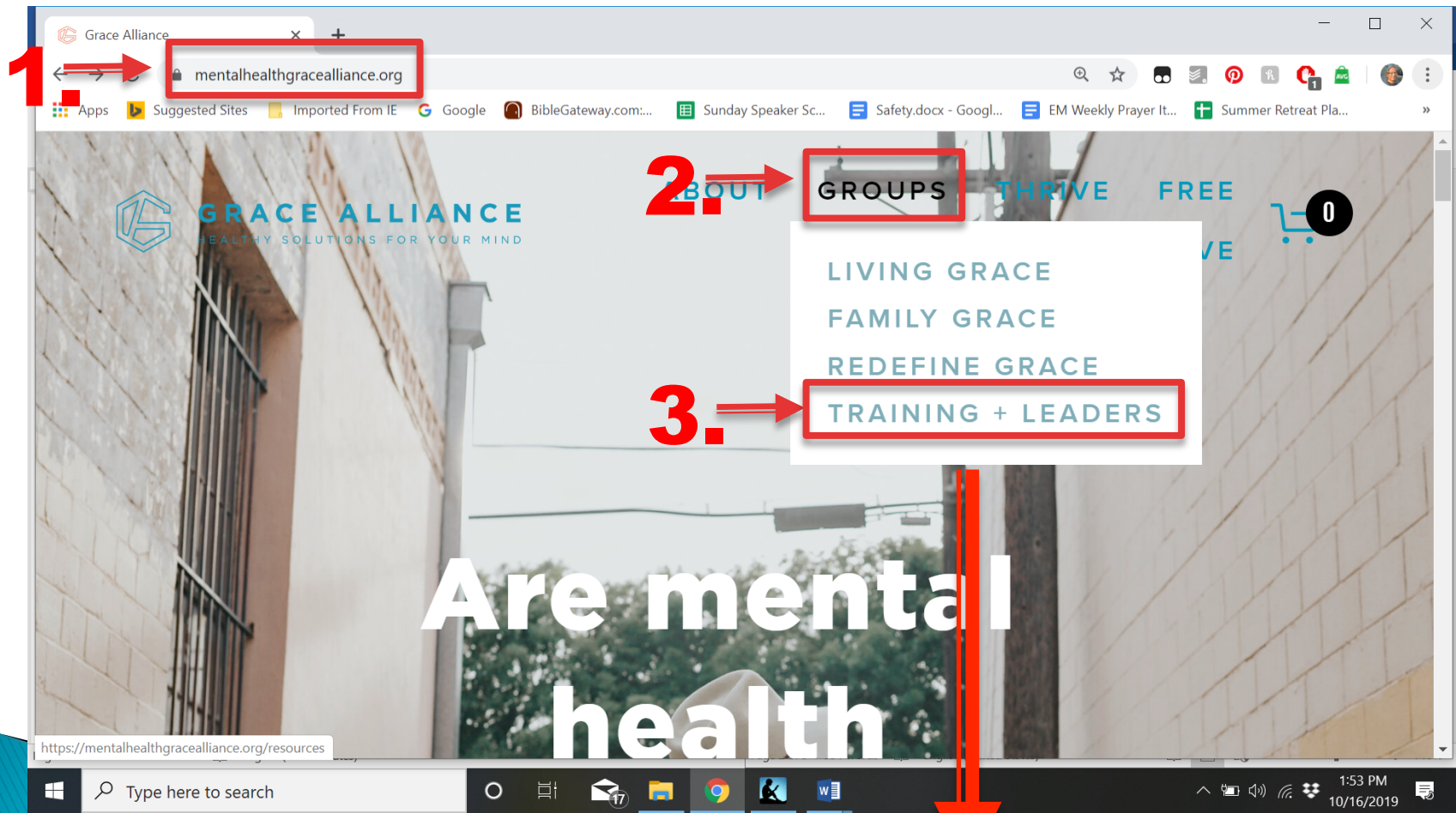
www.mentalhealthgracealliance.org

16 Small Group Sessions including:

- Building Your Faith
- Mental Health Recovery
- God Is Bigger Than Our Weaknesses
- Communication Skills
- Boundaries To Rebuild



1. Go to www.mentalhealthgracealliance.org
2. Choose **“GROUPS”**
3. Dropdown to & click **“TRAINING + LEADERS”**



4. Enter **Name and Email Address**
5. Click **“Access the Free Training**

START A GRACE GROUP IN LESS THAN 2 HOURS!

AND SAVE THOUSANDS WITH NO TRAINING COST BARRIERS!

THE GRACE ACADEMY

Your **FREE** Grace Academy Training includes...

1. **Free online training video course** integrated with quality biblical and neuroscience insights, tools, and simple direction to start a Grace Group in any church or community.
2. **Free downloadable leader materials** with all the details and training slides!
3. **Free ongoing support** through webinars, videos, access to Grace Group Leader Network, and access to the Grace Alliance team for your specific group questions.

Only purchase the workbooks you need (free shipping on 10 or more)!

ACCESS GRACE ACADEMY TRAINING

Name

4.
Curtis

First Name

Lowe

Last Name

Email Address *

Enlightenmh@gmail

5. → ACCESS THE FREE TRAINING



6. Click “Step 1” Download Free Guides

You're Ready to Get Started!

6.



STEP 1

Download Free
Guides

STEP 2

Watch the E-Course
Videos

STEP 3

Register Your Group

STEP 4

Buy Group
Workbooks

STEP 5

Start Your Group!



STEP 1: DOWNLOAD FREE GUIDES

Download your free Grace Academy Training Slides & Facilitator's Guide for guidance through videos and additional information for facilitating groups.



6.



Who Can Attend the Family Grace Group?

Who Can Facilitate the Group?

What the Family Grace Group is Not. [p8, Facilitators Guide]

The screenshot shows a Microsoft Word document titled "Facilitators Guide.docx" on page 8 of 45. The document is displayed in a browser window with the URL static1.squarespace.com/static/5a9d8fb47c9327e01e4b3451/t/5b43decc562fa7fde6ea79f1/1531174608236/Facilitators+Guid.... The document content is as follows:

Who Can Attend the Family Grace Group?

The Family Grace Group does not focus on any specific mental health difficulty but instead addresses common topics that are helpful for spouses, parents (of adult or adolescent children), siblings, adult children or friends supporting a loved one through their mental health journey.

It is recommended that attendees should be over the age of 18.

Who Can Facilitate the Living Grace Group?

You do not have to be a professional to facilitate a Grace Group! The Family Grace Group is designed to be lay-led by family members, friends or individuals living with a mental health difficulty or disorder who are in a healthy place to facilitate and support others. The information covered in the Grace Academy training videos and this guide will equip you to understand the basic principles of each group as well as helpful facilitation and communication techniques. YOU are just the right person to facilitate this group!

What the Family Grace Group Is Not

This is not a place to bring your loved one living with a mental health difficulty. Although there are groups that include both the family members/friends and their loved one experiencing a mental health difficulty, the Family Grace Group is designed to be a safe, supportive environment for the spouses, parents, siblings, children or friends to come to discuss their experience and gain education, awareness, hope and encouragement.

The Family Grace Group is not a place to come and vent about your loved one. The experience of living with a mental health difficulty and supporting a loved one living with a mental health difficulty without a doubt brings hurt, frustration, hardship and a multitude of other emotions and experiences. It can be tempting to use a group space merely for venting about these things. Research shows that venting produces further rumination and

7. Click “Step 2” Watch the E-Course Videos

You’re Ready to Get Started!

7.



STEP 1

Download Free Guides



STEP 2

Watch the E-Course Videos



STEP 3

Register Your Group



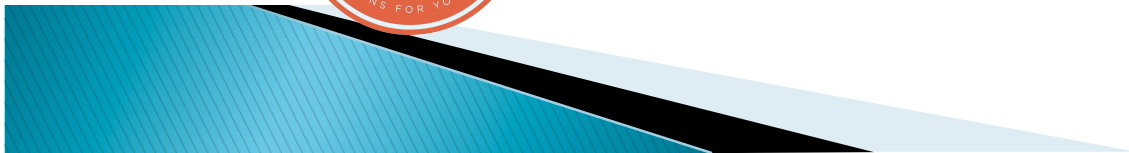
STEP 4

Buy Group Workbooks



STEP 5

Start Your Group!



STEP 2: WATCH THE E-COURSE VIDEOS

FAMILY GRACE GROUP

Watch Videos 1, 3, 5-6

LIVING GRACE GROUP

Watch Videos 1-2, 5-6

REDEFINE GRACE GROUP

Watch Videos 1, 4-6

ALL GRACE GROUPS

Watch all videos

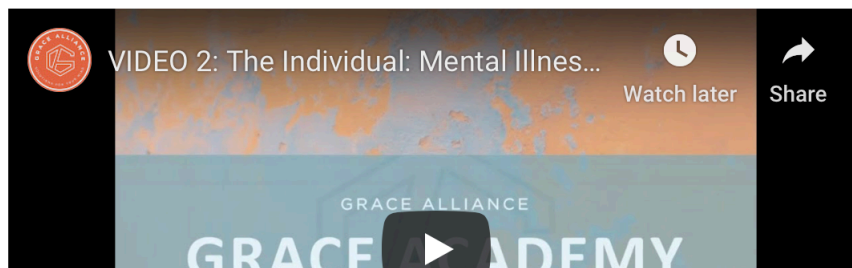


7. Video #1: Grace Group Training Introduction

An introduction to the Grace Groups and a clinical and biblical view of mental illness.

Materials Referenced:

- Training Slides
- Facilitator's Guide



Video #2: The Individual: Mental Illness & Faith

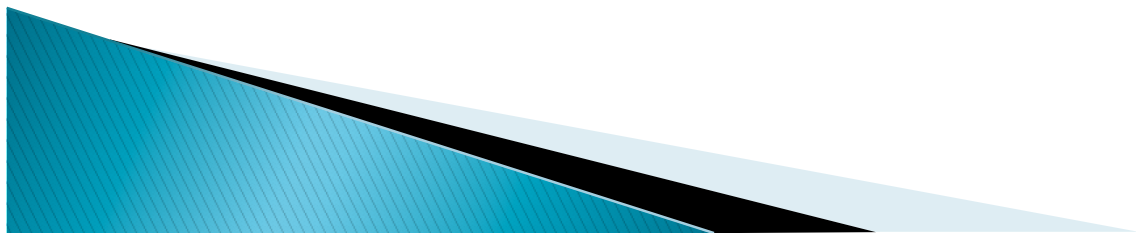
A look into what an individual with mental illness is experiencing and how it impacts his or her faith. This video will give helpful insights and instruction

Hope For Mental Health



Community





Hope for Mental Health Community Vision

The Hope for Mental Health Community is a monthly upstream effort to address the need for **social connection, meaningful interactions, and accurate psychoeducation** for people living with mental illness and their families. These gatherings are led by **non-professionals and volunteers** with lived experience who **extend the radical friendship of Jesus by providing transforming love, support, and hope.**

Hope for Mental Health Community Vision

A place to **BELONG**

HOPE4MENTALHEALTH.COM

“Now you are no longer strangers to God and foreigners to heaven, but you are members of God’s very own family... and you belong in God’s household with every other Christian.”

Ephesians 2:19

The Living Bible

Hope for Mental Health Community Vision

A place to LEARN

HOPE4MENTALHEALTH.COM

“Blessed is the person who finds wisdom, and who gains understanding...”

Proverbs 3:13-18

New International Version

Hope for Mental Health Community Vision

A place for HOPE

HOPE4MENTALHEALTH.COM

“Yet hope returns when I remember this one thing: The Lord’s unfailing love and mercy still continues, fresh as the morning, as sure as the sunrise. The Lord is all I have, so in him I put my hope.”

Lamentations 3:21-24

Good News Translation

HOPE4MENTALHEALTH.COM

For once a month live feeds (4th Sun):

1. Login: **Facebook.com/**

2. Enter: **Kay Warren** in search bar

The screenshot shows the Facebook interface for the page 'Kay Warren' (@KayWarrensPage). The search bar at the top is highlighted with a red circle and contains the text 'Kay Warren'. The page header includes navigation options like 'Home', 'Create', and 'Carol'. The main content area displays a post from Kay Warren, dated 'Yesterday at 12:47 PM', with the text: 'Join us for our monthly Hope for Mental Health Community, Sunday, Oct 27th 1-3pm (PDT) at Saddleback Church, Lake Forest, Plaza View room, as we discuss kids and mental health with guest speaker Heather Huszti, PhD, Chief Psychologist @CHOCChildrens. Hope to see you there! Register here: <https://bit.ly/33xl3yZ> *Please note the location change, we are meeting in the Plaza View room this month.... [See More](#)'. Below the post is a large graphic for the 'Hope for Mental Health Community' event, scheduled for 'SUNDAY, OCTOBER 27 | 1:00-3:00PM (PDT) SADDLEBACK CHURCH, LAKE FOREST'. The right sidebar shows community statistics, including '942,760 people like this' and '944,323 people follow this', along with 'About' and 'Page Transparency' sections. The bottom of the page includes a 'Chat (42)' button and a 'Facebook © 2019' footer.

For website access:

1. Enter: **kaywarren.com/community**

Mental Health Community | Kay Warren

Not Secure kaywarren.com/community/

SEARCH

Kay Warren

MENU

Hope for Mental Health Community

SHARE

- Facebook
- Twitter
- Email
- +

HOPE FOR MENTAL HEALTH COMMUNITY

The Hope for Mental Health Community at Saddleback Church is a monthly upstream effort to address the need for social connection, meaningful interactions, and psychoeducation for people living with mental illness and their families.

If you can't make it in person, please watch live the fourth Sunday of the month at 1:00pm PT on Facebook.com/KayWarrensPage. We have included videos below to previous Hope for Mental Health Community videos and downloads to help you host your own gathering.

Hope for Mental Health Community | Starter Kit

2. Download: Mental Health Community Starter Kit

Kay Warren

SEARCH

MENU

HOPE FOR MENTAL HEALTH COMMUNITY

The Hope for Mental Health Community at Saddleback Church is a monthly upstream effort to address the need for social connection, meaningful interactions, and psychoeducation for people living with mental illness and their families.

If you can't make it in person, please watch live the fourth Sunday of the month at 1:00pm PT on Facebook.com/KayWarrensPage. We have included videos below to previous Hope for Mental Health Community videos and downloads to help you host your own gathering.

SHARE



Hope for Mental Health Community | Starter Kit

[SIC]

If your church is interested in starting a Hope for Mental Health Community, please click the button below to download a starter kit.

DOWNLOAD

3. Play desired **video** (also on

YouTube)

4. Download any handouts

The screenshot shows a web browser at kaywarren.com/community/. The page features a search bar and a menu on the left. Two video presentations are listed:

- Living with Mental Illness with Alia Joy**
May 26, 2019
Handouts: TABLE DISCUSSION QUESTIONS, PRACTICE OF LAMENT WORKSHEET
- Managing Depression & Anxiety | Hope f...**
April 28, 2019
Handouts: TABLE DISCUSSION QUESTIONS, POWERPOINT SLIDES, IMPROVING SELF-TALK WORKSHEET

Red arrows and circles highlight the video thumbnails and the handout buttons, respectively.

5. **Watch video** and participate in **Table discussions**

Table Discussion

To our online audience: During this time there will be no sound. We will return momentarily.

1. How might lament offer you the following: A sense of relief? A sense of being heard? A sense of giving you a voice? A sense of validation?
2. What is the difference between being “negative” or “complaining” vs. being fully expressive, honest, known, and loved?
3. What struggles might you have when sharing your grief, asking for help, or declaring your praise in this practice of lament?



COMI SUPPORT GROUP



Meet twice a month on Mondays at
Chinese Christian Church of
Thousand Oaks



COMI SUPPORT GROUP

Sample Agenda:

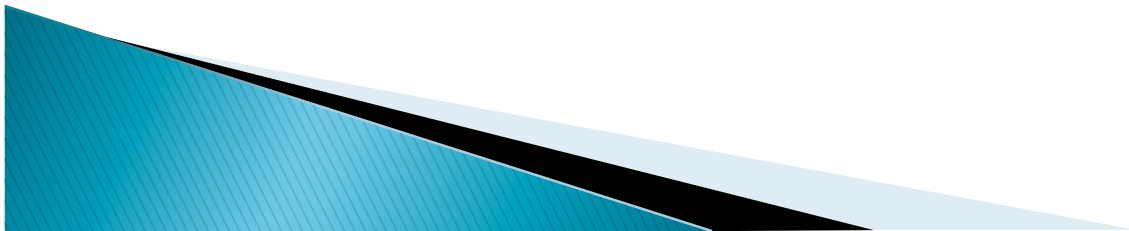
1. Welcome & Prayer
2. Group Guidelines
3. NAMI Principles of Support
4. Time of education or devotional
5. Most time spent in sharing about how loved is and we are doing (~1 hour)





OTHER RESOURCES

1. The moment you've all been waiting for: FLASH Drive ;)





OTHER RESOURCES

a) Grace Alliance



b) Hope for Mental Health



c) Clergy Folder



d) My Quiet Cave



My Quiet Cave

e) Misc



File Home Share View

Clipboard: Pin to Quick access, Copy, Paste, Copy path, Paste shortcut

Organize: Move to, Copy to, Delete, Rename

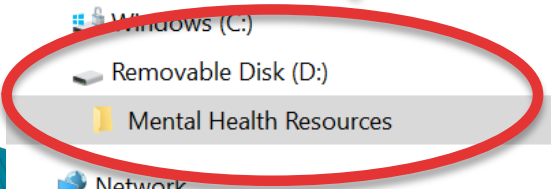
New: New folder, New item, Easy access

Open: Properties, Open, Edit, History

Select: Select all, Select none, Invert selection

This PC > Removable Disk (D:) > Mental Health Resources >

Name	Date modified	Type	Size
CLERGY	10/18/2019 1:39 PM	File folder	
Empowering Yourself and Your Community Wor...	10/18/2019 1:40 PM	File folder	
Grace Alliance	10/18/2019 1:39 PM	File folder	
Hope for Mental Health	10/18/2019 1:39 PM	File folder	
My Quiet Cave	10/18/2019 1:39 PM	File folder	
Alive_to_Thrive_eBook (Focus on Family)	6/16/2019 10:02 PM	PDF File	4,2
faith-mentalhealth-bibliography	4/23/2019 12:35 PM	PDF File	1
Fresh Hope Brochure2	4/23/2019 12:42 PM	PDF File	12,5
Pathway to Promise children-family-notebook	4/23/2019 12:56 PM	PDF File	5
README	10/8/2019 4:09 PM	PDF File	1
Suicide Prevention Resource Center - Creating a...	8/15/2019 1:29 PM	PDF File	

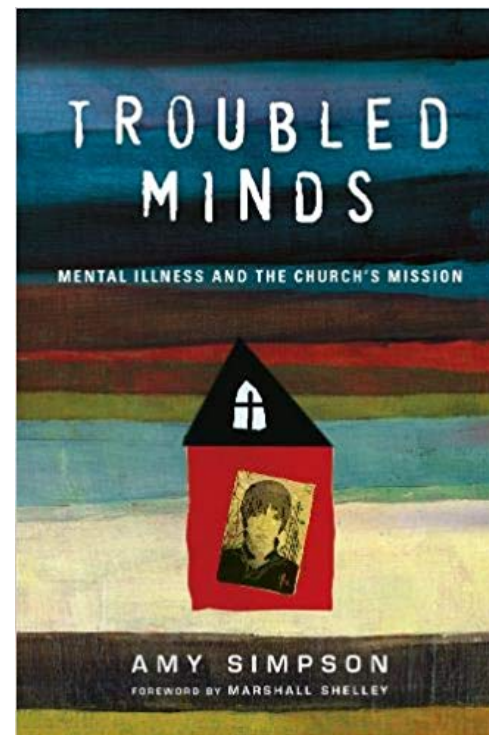
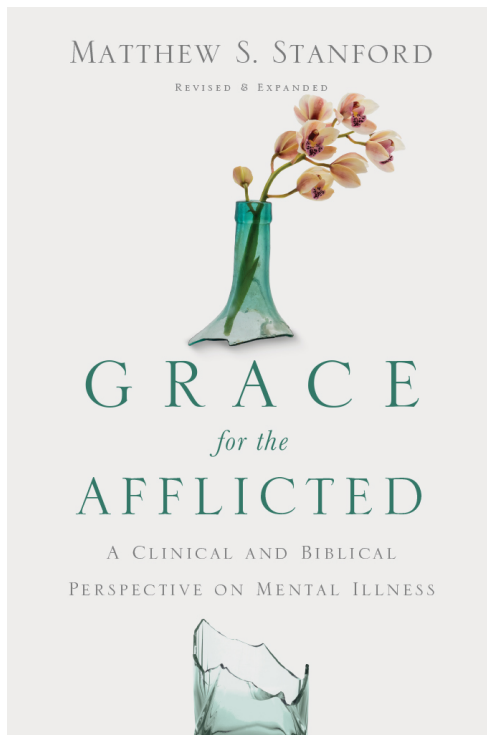
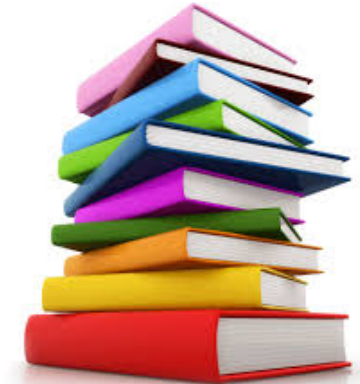


11 items



OTHER RESOURCES

2. Books (see page 28 of booklet)





OTHER RESOURCES

Why Do Christians Shoot Their Wounded?

HELPING (NOT HURTING) THOSE
WITH EMOTIONAL DIFFICULTIES



Dwight L. Carlson, M.D.

*Author of *Overcoming Hurts and Anger*
Over 500,000 copies sold*



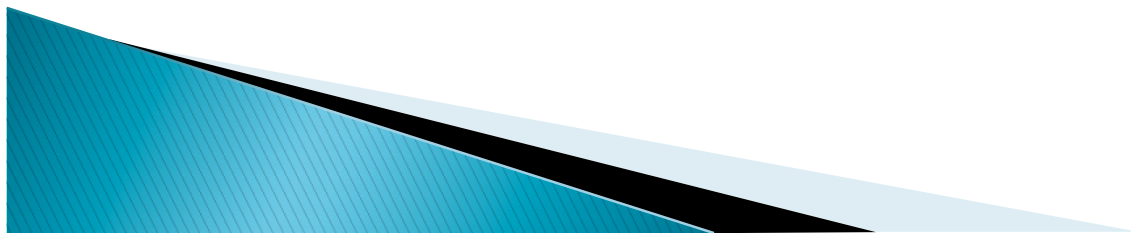
OTHER RESOURCES

3. Handouts in Folder

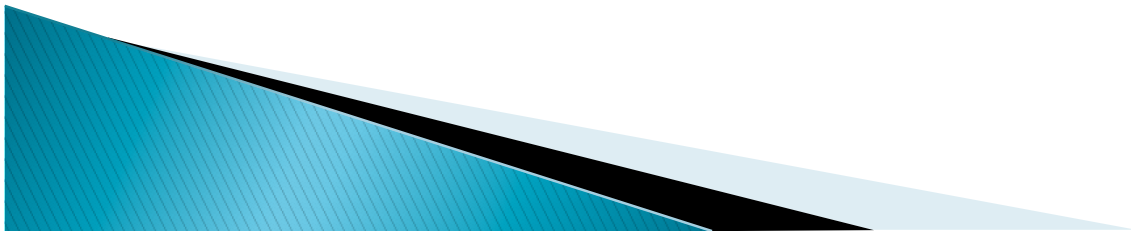


Quick Reference on Mental Health
for Faith Leaders

www.psychiatry.org/faith



God can do this
through you!



QUESTIONS?

Pastor Curtis & Carol Lowe

