

## Healing and Wholeness Ministry Annual Report 2022

Current members: Lona Jose, Julie Wischmann, Lisa Hemmer, Sue Fink, Lisa Spencer (Council Rep). Pastor Bruce and Tim Johnson help with collaboration and planning. Thanks to Cat Borman for her service on our team.

This ministry remains committed to continue to bring awareness and education to reduce stigma and encourage treatment and support of people struggling with mental illness, loneliness, grief, and brokenness. We hope to reflect Christ's compassion and love in our church family and surrounding community.

Our ministry accomplishments for this past year include:

- Bimonthly Caring Corner articles posted in the Beacon, on Facebook and on the LOC website, *Mental Health* page. This year's topics included What Is Healing and Wholeness, OCD, grief, peripartum mental health, mental health awareness and general treatment, gratitude, coping through the holidays, screening for mental illness, and depression in youth.
- Starting in November 2022 we are sharing a monthly Caring Corner article with the Delano community by posting it in the Delano Herald Journal.
- Maintaining and adding to our Support/Mental Health webpage to add resources for support and education.
- Working with other committees to collaborate on ideas and events that bring us closer together and make each member feel they are a special part of our Light of Christ family.
- Tithing through donations to Delano Elementary School toward mental health curriculum, *My Quiet Cave* and *Interfaith Network on Mental Illness*, both of which provide us with many resources.
- Second Annual Walk-a-Mile in My Shoes event on May 22 during Mental Health Awareness month. Over 40 people joined our walk, gathered resources, and donated to NAMI (National Alliance on Mental Illness).
- Now that we're back in person following the pandemic distancing, we hope to once again move toward developing support groups as we are made aware of needs in our congregation.
- Our plan for 2023 includes more classes or speaker events through NAMI and Mental Health First Aid training with outreach to the community.



*Submitted by Sue Fink*