

# Message

**From:** Pastor

**To:** Health & Wellness Ministry

**Subject:** Mental Wellness Ministry

**Need.** The need for health and wellness in the body of Christ has already been well established. Included in that is the need for mental wellness. Unfortunately, our society is such that there is a lot of stigma, ignorance and mis-education around issues of mental health and wellness. Worse, the church has often been silent on these issues – the black church in particular. As a result, we have unaddressed and unmet mental health needs in the church and broader community. For example, in my short time as Pastor, I have already seen people struggling with depression, suicidal thoughts, addiction and post traumatic stress syndrome.

**Purpose/Vision.** I would like to see our church play its part in decreasing the unaddressed and unmet needs in our community. First, to the extent there is an unmet need for mental health ministry at Progressive, I envision us finding ways in which a mental health ministry could raise awareness and knowledge of (1) mental health issues and (2) available mental resources. Second, I envision being a leader in facilitating increased awareness and knowledge of mental health issues and available resources among other churches in urban Milwaukee.

**Some Preliminary Parameters.** Many of the resources for this project already exist. I have been in contact with several service providers and institutions in the mental health community - they are excited about the possibilities. I do not expect the Health and Wellness Ministry (or PBC) to do all the work of building a new ministry. Instead, I envision us working in collaboration with other stakeholders with existing resources and programs.

**Key Next Steps.** I want the Health and Wellness Ministry to work with me to facilitate/coordinate at least two meetings during 2012. I would like the first meeting to occur in the first two months of the year and preferably in the 3rd or 4th week of January. I am attaching a partial of people/resources interested in meeting and working with us.

I would like to ensure that we recognize May as mental health month and utilize it as an additional opportunity to promote mental wellness. I would presume to do some preaching and/or teaching around this subject.

Please share my vision with the members of your ministry and get back to me within a week if possible.

Copies to Ministries: Deacon, Deaconess and Trustee

December 30, 2011

**Partial List of Interested Collaborators/Laborers**

Heidi Asztalos, Progressive Baptist Church

Pastor Roxanne Cardenas, MDIV, Tangible Word Ministries

Rachel Forman, Grand Avenue Club

Shirley Gladney, Progressive Baptist Church

Diane McSwain, Progressive Baptist Church

Rev. Annette Madison, MDIV, Counselor

Clarene Mitchell, Medical College of Wisconsin

Pastor Terrance Moore, Sr., Kairos International Church

Rev. Delois Taylor, Metropolitan Missionary Baptist Church

Amy Waldman, Milwaukee Area Technical College

Valecia Watson, Progressive Baptist Church

Brenda Wesley, National Alliance on Mental Illness

