WISE

Congregation for Mental Wellness

Welcoming | Inclusive
Supportive | Engaged

Important Phone Numbers

National Alliance on Mental Illness Help Line

1-800-950-6264 https://www.nami.org/help

Suicide Prevention Lifeline 800.273.TALK

TRANSLIFELINE 877.565.8860

Pastoral Care—Pastor Jim Alexander 623.792.5295

https://thepalms.org/Tools2Thrive

Brett Beckerson has over twelve years of experience working at the intersection of public health and public safety policy at local, state, and federal levels. At the National Council for Mental Wellbeing, Brett leads their efforts on Certified Community Behavioral Health Clinics (CCBHCs) to ensure high-quality, integrated services for primary care with mental health and substance use needs. This is one of the few national models for whole-person care that requires peer services. Below is his most recent article and resources in recognition of Pride Month 2021.

June 2021 marks 20 years of celebrating Pride Month for me. In reflecting on these two decades, I — and our society — have grown in understanding the complexities of our lesbian, gay, bisexual, transgender and queer (LGBTQ+) communities. Personally, I have grown to not only recognize my identities, but to embrace where they intersect and share that with my family and communities. I am also able to bring my identities into my profession, as well.

At the National Council for Mental Wellbeing, I direct policy and advocacy for our federal and state efforts on Certified Community Behavioral Health Clinics (CCBHCs). I am also leading our internal and external efforts to ensure LGBTQ+ perspectives are reflected in all areas of the National Council's work. This additional component of my job feels like my career has "gone full circle."

The COVID-19 pandemic is affecting the mental wellbeing of all Americans. The Centers for Disease Control and Prevention (CDC) has estimated at least a 36% increase in the demand for treatment of mental health conditions (anxiety and depression), resulting in increased substance use and other harms. Moreover, suicidal ideation doubled from 2018 (10.7% in 2020 from 4.3% in 2018).

The National Council is working alongside policymakers, organizations and clinical providers to better link our systems – public health, education and beyond – to adapt to these constantly growing needs for mental health and substance use care for LGBTQ+ children, youth and adults. Here are three programs to accomplish these growing demands:

CCBHC: A national model for mental health and substance use care delivery with a funding mechanism that allows CCBHCs to adapt to their communities' needs in a nimbler way than other provider types. Not only does the model seek to increase the quality of care within the clinics, but it can deliver and coordinate care outside the clinic, as well, including within schools. The State of New York identified a 24% increase in care for children and youth through embedding CCBHC staff into schools.

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9-8-8: The mental health and substance use alternative to 9-1-1 is 9-8-8. This recently passed federal program, which converts the National Suicide Hotline to the three-digit number, seeks to ensure that all states have a statewide 9-8-8 infrastructure by July 2022 to reduce the burden on law enforcement and more quickly connect people to mental health and substance use services. A May 2021 Congressional Briefing on 9-8-8 identified multiple locations that are providing telehealth care, including crisis care, for children and youth. This includes texting for youth who may not be able to verbalize their needs at home or school.

Mental Health First Aid (MHFA): MHFA is a training and education program offered through the National Council that is designed to help identify, and usher to care, people who may have a mental health or substance use need. The Church of the Palms is a participant and is listed as a WISE Congregation for Mental Wellness.

Want to examine new interventions for – and drive conversations that will improve care within – the LGBTQ+ population? Join our free Interest Group for resources, conversations and networking at www.thenationalcouncil.org/national-council-interest-groups/

SUMMER DEVOTIONS

(at www.thepalms.org on left side of screen)

"Exploring New Meditations for Lazy Hazy Summer Days: Lectio Divina, Visual & Musica."

Weekly video updates on Lectio Divina for June to explore God's word and world. Have paper/pen or a journal to capture your discoveries. Kay Klinkenborg will guide you through the process and return as often as you wish during the week. Each week in June will be a new devotion using Lectio Divina. Lectio Visual (July) and Lectio Musica (August) will guide you through two more additional ways to do sacred observations/learnings about yourself and the Divine.