

Faith, Spirituality, & Peer Support

Monty Burks, PhD

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Southeast (HHS Region 4)

MHTTC

Mental Health Technology Transfer Center Network

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The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED AND
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS



Learn More

Our Vision:

Widespread access to evidence-based mental health services for those in need.



Southeast MHTTC

The Southeast Mental Health Technology Transfer Center (Southeast MHTTC) is located in Atlanta, GA and is housed in the Rollins School of Public Health at Emory University. We are proud to serve the eight states in HHS Region IV: Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, and Tennessee.

404-387-8515 | southeast@mhttcnetwork.org

NEWS



UPCOMING EVENTS

- AUG 05** 🏢 **Suicide Risk Assessment Training - Raleigh, NC**
Suicide Risk Assessment is an interactive training targeted to Master's level and licensed mental...
- AUG 07** 🏫 **Financing School-Based Mental Health Services in Medicaid Managed Care**
This webinar will provide an enhanced understanding of how school-based mental health (SBMH)...

Please visit our website for a complete list of training opportunities and resources!

Important Notes for Today's Event:

- **This event is being recorded** and will be posted to our website for on-demand viewing, typically in 3 days.
- **Chat Feature:** We encourage you to share your thoughts using the Chat feature at the bottom of your screen. Please remember to select “Chat with all Attendees” to share your comments with everyone in attendance.
- **Question & Answer:** We will devote time at the end for our Presenter to answer questions. Please submit your question using the Q&A feature at the bottom of your screen.
- **Certificate of Attendance:** Attendees who are interested may download a Certificate of Attendance upon completion of our evaluation surveys.



Questions? Contact us at info@southeastmhttc.org

Our Presenter:



Monty Burks, PhD



Department of
**Mental Health &
Substance Abuse Services**

Faith, Spirituality, & Peer Support

Let's Talk About It...



Department of
**Mental Health &
Substance Abuse Services**

Monty Burks, CPRS,
Ph.D.

Director of Faith
Based Initiatives

monty.burks@tn.gov

Office: 615-770-1783



Current Committees and Appointments

- Co-Chair of Tennessee Supreme Court: Access to Justice Commission
- International RX Drug Abuse and Heroin Summit Board Member
- Community Anti-Drug Coalitions of America (CADCA) Advisory Board Member

Group Rules of Conduct:

- No cross talk (in comments)
- Respect each other's traditions
- Ask respectful questions
- Understand we are not here to preach
- Respect time



First Things First:

- Write Down Your Favorite Four Songs
- Keep Them Handy



My Role Today:

1. Navigate the sensitivity of Faith, Spirituality, & Peer Support
2. Help understand how stigma associated with Faith & Spirituality can cause people not to ask for help when they need it
3. To help us recognize how important effective communication is for service delivery

Love People In Pain Back to Life.....

- Give someone the opportunity to tell their story...
- Give someone the opportunity to raise a family...
- Give someone the opportunity to be...
- Give someone the opportunity to belong...
- Give someone the opportunity to believe...
- Give someone the opportunity to become...



What is Stigma?

- Stigma is defined in the dictionary as “a mark of disgrace or infamy.”
- The stigma of addiction and mental health stems from behavioral symptoms.
- Incarceration, job loss, family loss, depression, anxiety, inpatient and outpatient program, etc.
- The public may judge the outward symptom not realizing that it may be a situational adjustment to a disease or lack of resources!



Different Types of Stigma:

- **Public stigma** involves the negative or discriminatory attitudes that others have about mental illness.
- **Self-stigma** refers to the negative attitudes, including internalized shame, that people with mental illness have about their own condition.
- **Institutional stigma**, is more systemic, involving policies that intentionally or unintentionally limit opportunities for people with mental illness.

Stigma Trigger... Language!!!

- **Person-first language (PFL)**, also called **people-first language**, is a type of language approach which puts a person before a diagnosis, describing what a person "has" rather than asserting what a person "is".
- It is intended to avoid marginalization or dehumanization (either consciously or subconsciously) when discussing people with a chronic illness, disability, or possible life controlling issue.
- **HOW WE LOOK AT SOMEONE IS HOW WE TREAT THEM!**

Why Is Language Important

- Language is a storehouse of culture, lifeways, and knowledge.
- Language has the ability to change the culture of a community
- Language that utilizes Cultural Humility is the bridge between hurt to help



What is Faith? Hope?

- Faith is a term interconnected to spirituality and religion, although faith is not just believing in a Higher Power.
- Faith Fosters Forgiveness
- One does not have to experience religion for faith to play a role in recovery
- Hope is that part of faith that focuses on the future
- Hope is to cherish a desire with anticipation



Hope in Religious Text

- 1. A feeling of expectation and desire for a certain thing to happen.**
- 2. Biblical-Hope is the confident expectation of what God has promised and its strength is in His faithfulness!**
- 3. Quran-Hope is that element in our lives, that we need, that energizes us, that propels us forward, so that we can achieve great things!**
- 4. Buddhism-Hope is the one thing stronger than fear!**



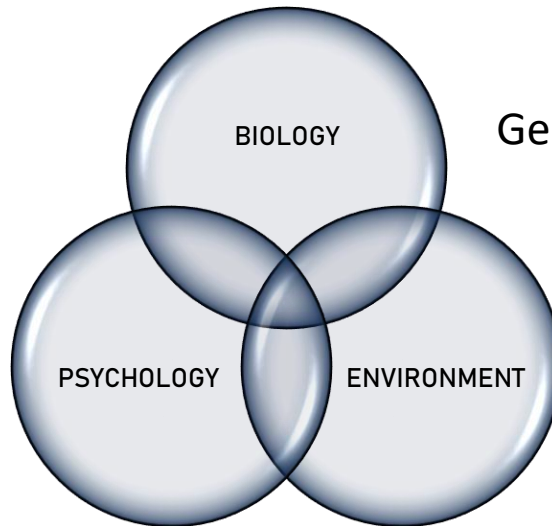
Effective Response of the Faith Community

- **Beauty of the Faith Community**

- Mental illness and substance use (like all other human behaving and thinking) are impacted by biology, environment, and psychology.

How We Interpret Our
Circumstances

- Self-Esteem (i.e. I AM...)
- Self-Efficacy (i.e. I CAN...)



Genetics & Brain Function

Culture, Family, Long-term
and Immediate Situations

***Faith communities can shape I AM & I CAN statements in ways that lead to lifelong recovery.**

What is Spirituality?

- Seeking a meaningful connection with something bigger than yourself
- The broad concept of a belief in something beyond the self
- Traditionally, spirituality referred to a religious process of reformation which "aims to recover the original shape of a person"
- Finding one's self!



The Power of Spirituality and Meditation

- Spiritual practices can disarm fear and uncertainty while helping you to be present and sustain hope
- Practices include:
 - Active Listening
 - Finding Hidden Strength
 - Embracing Solitude
 - Valuing Repetition and Routine



Find more at this link: <https://www.spiritualityandpractice.com/practices/features/view/28880/spiritual-resources-for-the-covid-19-pandemic>

Two Minute Music Break...

1. Choose a song of your choice
2. Listen to that song and focus on you
3. Drop one word or phrase describing how you feel in the chat box!
4. My playlist looks about like this:
 - *Maverick City Music- Jireh*
 - *Guns N' Roses - November Rain*
 - *Sade- No Ordinary Love*
 - *Dr. Dre- Still Dre*

Peer Support

- Encompasses a range of activities and interactions between people who share similar experiences of being diagnosed with mental health concerns, substance use disorders, or both.
- Through shared understanding, respect, and mutual empowerment, peer support workers help others become and stay engaged in the recovery process and reduce the likelihood of relapse.

Peer Support and Trauma: Important Note

- Individual trauma results from an **event**, a series of events, or set of circumstances **experienced** by an individual that are physically or emotionally harmful or life threatening and that have lasting adverse **effects** on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.

Peer Support

- Our goal of peer support isn't to imprint our tradition on anyone
 - Our Faith is important as a part of us, but other people may have other issues associated with faith, religion, and spirituality in the form of triggers, traumas, etc.
 - It should not be a challenge to our identity to listen
 - When traditions conflict, you don't have to comprise. Simply, be prepared with other resources to introduce someone to!

Peer Support

- Our role is “point to the open door”
 - May be the one we walked through
 - May be the one we learned about on our journey
 - May be the one they discovered but were afraid to walk through
 - To help others FIGHT STIGMA



Peer Support: Understanding the Process

- **Underlying Question** “What happened to someone?” NOT “What was wrong with someone?”
- **Symptoms** = Adaptations to trauma
- **Healing Happens...**In kind and empathetic relationships



Be the MODEL Peer

- Share personal experiences.
- Share personal pain and emotions.
- Remember, we all have a wealth of experience!



HEAR: Listen to what is said

- Pay attention to the depth of share
- Look for commonality in the share
- Use the commonality in the affirmation



Acknowledge

- Allow everyone to know they are being heard
- Respect others thoughts and opinions
- Remember that you too will
have a turn to express!



Reflect

- What I heard you say is...
- So, you talked about...
- Everyone mentioned...



Understand Our Purpose

- So, others overcome their private shame and seek help!
- To encourage more people in the throes of active addiction and crisis to reach out for help!
- On a larger scale, we can ultimately shape public perceptions about the problem of addiction and lack of understanding mental health!!

PURPOSE

You are a Hope Dealer....

As a peer...

- We choose purpose
- We choose vision
- We choose mission
- We choose freedom



Connection to Service Delivery:

- Culturally Competent service delivery requires respect
 - Be the adult in the room
 - Know your own limitations
- Successful service delivery isn't an exact science
 - Some people need treatment
 - Some need housing
 - Some might just need a hug
- Warm hand offs may be the most powerful peer tool
 - You don't have to have the answer
 - Know others who may
 - Familiarize yourself with ALL TOOLS

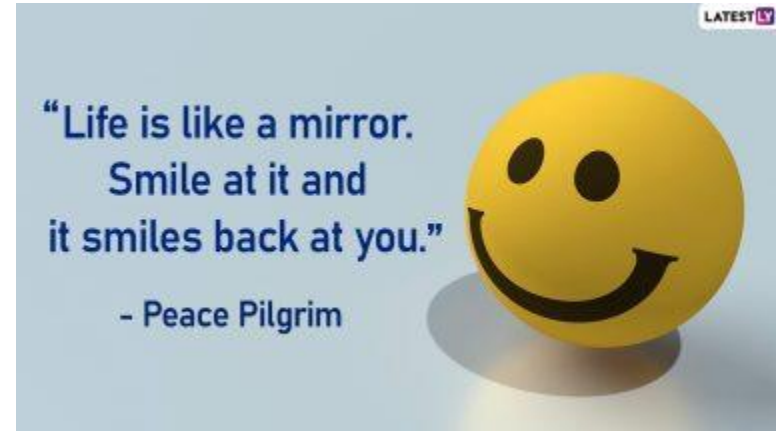
Remember



- How we choose to “see people” is how we treat them...
- How people “see themselves” could be directly related to how we treat them...

Lastly...

- Start with self-care.
- Ask for help when you need it.
- Ask others, "How are you?"
- Look for the positive and say it aloud.



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QUESTIONS?

Please use the Q&A feature at the bottom of your screen to submit questions to the presenter.



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