



Central East (HHS Region 3)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Guiding the Shepherd and Shepherding the Flock in the Wake of the COVID-19 Pandemic, Part 1

Presenters:

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Black Psychiatrists of America, Council of Elders

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May 26, 2020

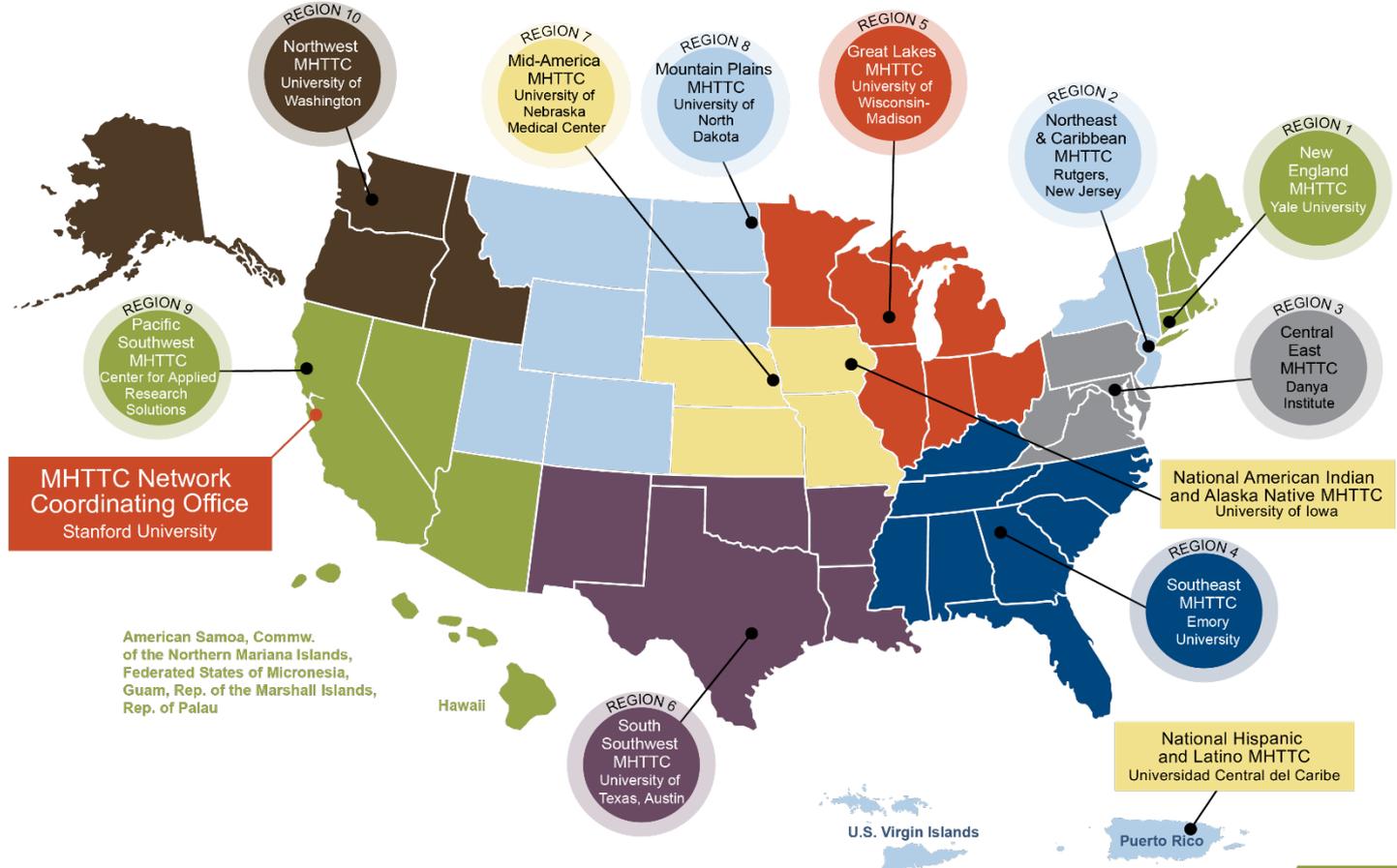
MHTTC Network



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MHTTC Purpose

The MHTTC Network vision is to unify science, education and service to transform lives through evidence-based and promising treatment and recovery practices in a recovery-oriented system of care.



Central East MHTTC Goals

Funded by SAMHSA to:

- **Accelerate** the adoption and implementation of mental health related evidence-based practices
- **Heighten** the awareness, knowledge, and skills of the behavioral health workforce
- **Foster** alliances among culturally diverse practitioners, researchers, policy makers, family members, and consumers
- **Ensure** the availability and delivery of publicly available, free of charge, training and technical assistance

Central East Region

HHS REGION 3

Delaware

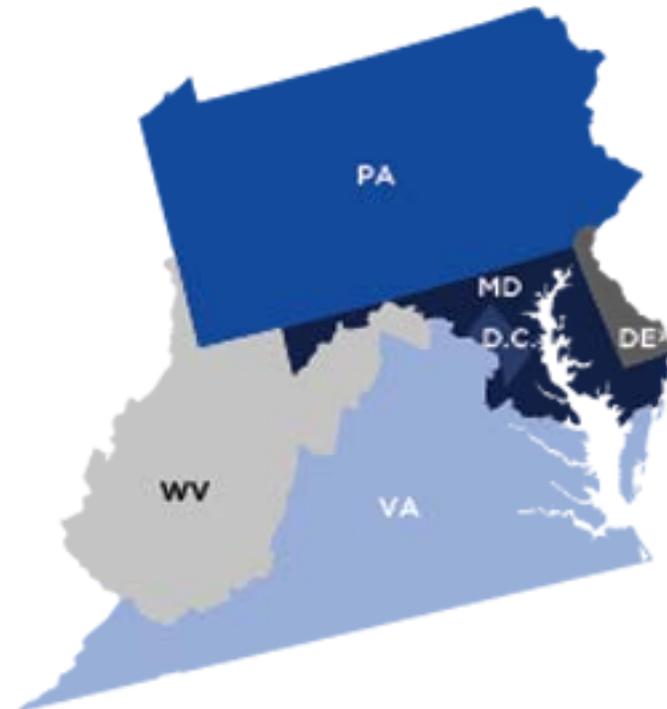
District of Columbia

Maryland

Pennsylvania

Virginia

West Virginia



Mental Health and Faith-based Leaders

- Commonality of mental health concerns in the general population
- Benefits of regularly attending religious services
- Faith-based leaders in their role of shepherding the flock
- Gatekeeper and “go-to”
- Importance of mental health and faith community collaboration

COVID-19: Unprecedented Disaster

- Disaster of massive proportions
- Catastrophic impact on marginalized communities with disparate levels of illness, death, and economic fallout
- Superimposed on layers upon layers of inequities in social determinants of health

COVID-19 and the Faith Community

- Impact on mental health of “social” distancing
- Inability to gather in a traditional way
- Barriers to visitation of the sick and shut in
- Interfere with the performance of rituals such as funerals and provision of other services

COVID-19 Faith Community Adaptations

- Use of technology to engage congregations virtual since in-person not possible
- Conversion of rituals such as drive-by funerals and virtual services for deceased loved ones
- Some of these adjustments are painful only adding more to the stress of carrying out the duties of a faith based leader

Faith-based Leaders Functioning Optimally During the COVID-19 Pandemic

- During times like this, support is needed to “care for the caregiver”
- Prevent burnout and maximize well-being and self-care

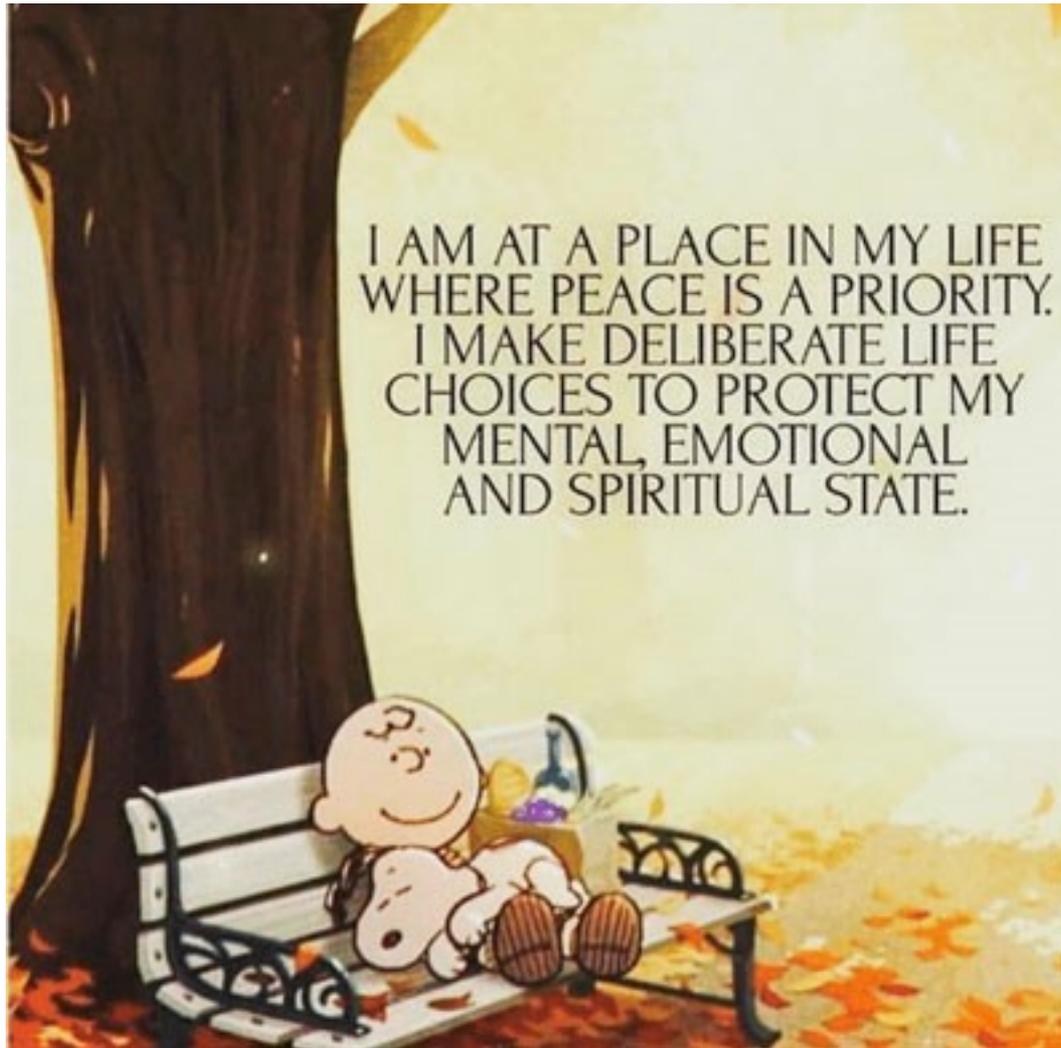
The University of Tennessee Health Science Center

PRESERVING THE TEMPLE: Preventing Burn Out & Promoting Clergy Emotional Self Healing

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Associate Professor and Chief, Social and Community Psychiatry
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Christian Culture

(standards for pastors)

- Stressful and high profile
- Unable/unwilling to ask for help
- No outlet for feelings of failure and despair
- High bar to live up to (when they compare themselves to the 'giants')



THE ETHICS & RELIGIOUS
LIBERTY COMMISSION
OF THE SOUTHERN BAPTIST CONVENTION

Why do pastors die by suicide? A look at the high-pressure pastoral life
BY ERICKA ANDERSEN - Oct 8, 2019

[THE MILLENIAL PASTOR](#)
WHY PASTORS SUCK AT SELF-CARE
[SEPTEMBER 5, 2014](#) - [REV. ERIK PARKER](#)

Clergy Burnout

1. The 24/7 mentality. Many pastors can't "turn off" work in their mind. Even on their days off, they are waiting for that next telephone call or next crisis. Thus, they never relax.
2. Conflict. Conflict is not the problem but how conflict is handled. If congregational conflict and criticisms are ongoing, pastors wear down. They eventually burn out.
3. Expectations. No pastor can meet all the expectations of church members. But many try and they burn out as a result.

Clergy Burnout (cont.d)

4. Unwillingness to let go. Many clergy are reluctant to ask others to help.

5. No friends. Many pastors fail to develop meaningful friendships, people with whom they can "let their hair down." Without such outlets, burnout is more likely.

6. Not suited for some tasks. This issue is similar to trying to meet everyone's expectations. First, such attempts are physically impossible. Second, pastors are not equipped to do everything well. But many try and many fail.

7. No life outside the church. A large number of pastors have no meaningful hobbies or recreational activities outside the church.



Clergy Self-Care

How Clergy Can Prevent Burnout

How to Help



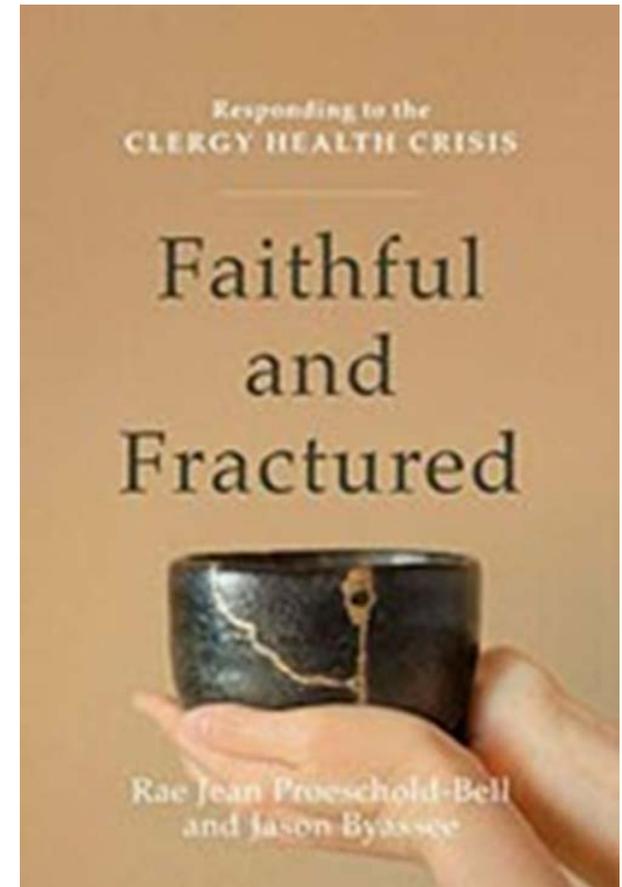
COVID-19 and the Clergy



How Clergy Can Help Prevent Spread of Coronavirus and Support Healthy Congregations

Mental Health Resources for Clergy

- [Mental Health Ministries](#)
- [SELAH](#)
(START AT 8:34)



Contact Information

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Evaluation

[Evaluation Link](#)

Once you complete the evaluation, you will be directed to the resource page and certificate request form.

Appreciation



Contact Us



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a program managed by



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