



Spirituality, Faith, and Religion: Creating a Time and Space for Connection, Wellness, and Hope

Spiritual Resources During a Time of Crisis



In times of crisis, spirituality, faith, and religion can serve as powerful coping tools that help to reduce stress, promote community engagement and inclusion, and support overall wellness. "Religion and belief are now seen by many researchers and clinicians as an important way to cope with trauma and distress thanks to research over the last three decades" (APA, 2013).

The New England Mental Health Technology Center (New England MHTTC) has been engaged in a series of activities exploring the various ways personal and collective connections with spiritual, faith, and religious resources supported the mental health and well-being of individuals, families, and communities, particularly during the COVID-19 pandemic.

Access the online resources we have compiled for those looking to express their faith, foster a sense of connectedness, or re-frame the tragedy and collective trauma of the COVID-19 pandemic, or any other crisis, through a hopeful lens.

**Faith-based Communities in
New England and COVID-19
Response Resources by State**

Page 1

**Articles: Faith and Spirituality
During COVID-19**

Page 4

**Webinars: Faith and Spirituality;
Cultural Competence; Strength
and Resilience**

Page 5

Tribal Health Resources

Page 5

Guidelines for Pastoral Care

Page 5

Faith-based Communities in New England

Learn more about faith-based communities in the six states that comprise the region. As you review, remember, our list was developed to provide diverse options supporting faith and spirituality within the context of recovery-oriented care. It is by no means a seminal listing or endorsement of any religious belief or tenet. In fact, we invite you to offer options for inclusion in our growing list!

To recommend a faith-based community for inclusion in our Spirituality, Faith, and Religion Resource List, email the Yale Program for Recovery and Community Health Site Coordinator **Graziela Reis**.



Connecticut > [COVID-19 Response Resources](#)

Congregations Organized for a New Connecticut
Connecticut Directory of Churches
Connecticut Faith-based Initiative
Conference of Churches
Urban Alliance Network

Maine > [COVID-19 Response Resources](#)

Changing Maine Directory
Jewish Community Alliance of Southern Maine
Maine Directory of Churches
Maine Council of Churches



Massachusetts > [COVID-19 Response Resources](#)

Agape Community
Coming Home Directory
Massachusetts Directory of Churches
Multicultural Community Services of the Pioneer Valley



New Hampshire > [COVID-19 Response Resources](#)

Directory New Hampshire
Granite State Organizing Project
New Hampshire Directory of Churches



Rhode Island > [COVID-19 Response Resources](#)

10-4 God
Kent Hospital Spiritual Care
Rhode Island Church Directory
Rhode Island New Thought Directory



Vermont > [COVID-19 Response Resources](#)

Impact Vermont
Vermont Department of Health: Faith
Communities and Service Organizations
Vermont Directory of Churches
Vermont Interfaith Action
Vermont Interfaith Power and Light



The following regional and national resources are also available to support the mental health and well-being of New Englanders:

Southern New England Ministry Network
National Alliance for Mental Illness (NAMI) Faith and Spirituality

Articles: Faith and Spirituality During COVID-19

- A Culturally Specific Mental Health and Spirituality Approach for African Americans Facing the COVID-19 Pandemic
- The Role of Spirituality in the COVID-19 Pandemic: A Spiritual Hotline Project
- Spirituality, Religiosity and the Mental Health Consequences of Social Isolation During COVID-19 Pandemic
- COVID-19 Epidemic and Spirituality: A Review of the Benefits of Religion in Times of Crisis
- The Mental Health Consequences of COVID-19 and Physical Distancing
- Health, Spirituality and COVID-19: Themes and Insights



- Impact of Spirituality on Resilience and Coping During the COVID-19 Crisis: A Mixed-method Approach Investigating the Impact on Women
- Risk and Resilience in Family Well-being During the COVID-19 Pandemic
- Spiritual care – ‘A deeper immunity’ – A Response to COVID-19 Pandemic
- ChurchInAction: The Role of Religious Interventions in Times of COVID-19
- “There is a Balm in Gilead”: Black Social Workers’ Spiritual Counterstory on the COVID-19 Crisis
- Maintaining Health and Well-Being by Putting Faith into Action During the COVID-19 Pandemic
- Strengthening Digital Health Technology Capacity in Navajo Communities to Help Counter the COVID-19 Pandemic
- Susceptibility of Southwestern American Indian Tribes to COVID-19

Additional Readings

- American Indians and Spiritual Needs During Hospitalization: Developing a Model of Spiritual Care
- Psychological Distress, Coping Behaviors, and Preferences for Support Among New York Healthcare Workers During the COVID-19 Pandemic
- Community Calls: Lessons and Insights Gained from a Medical–Religious Community Engagement During the COVID-19 Pandemic
- COVID-19, Mental Health and Religion: An Agenda for Future Research

Webinars: Faith and Spirituality During COVID-19



Featured Webinar Series:
*Spirituality, Faith, and Religion:
Creating a Time and Space for Connection,
Wellness, and Hope for Health Care Providers*

[Session 1](#) | [Session 2](#) | [Session 3](#)

- Exploring Culture in CLAS: Religion and Spirituality
- Responding to COVID-19 and Racism: Learning From Faith Communities
- 2021 Inter-religious Message
- Moral Resilience for Spiritual Leaders During COVID-19
- COVID-19 and the World's Religions: How spiritual traditions can help us cope with the pandemic
- Strengthening Faith Community Connectedness During the COVID-19 Pandemic
- Resilience for Spiritual Caregivers

Tribal Health Resources

- **The Healing Power of Heritage**
- **National Indian Health Board: COVID-19 Tribal Resource Center**
- **Indian Country and COVID-19: Past Policy, Current Responses, and Future Implications**
- **Indian Country ECHO Collective**
- **Native Spirituality: Creating Time and Space for Trauma Recovery and Wellness**



Guidelines for Pastoral Care

- 10 Guidelines for Pastoral Care During the Coronavirus Outbreak
- Spiritual Resources During the COVID-19 Pandemic
- Practical Considerations and Recommendations for Religious Leaders and Faith-based Communities in the Context of COVID-19

I pray to the birds. I pray to the birds because I believe they will carry the messages of my heart upward.

I pray to them because I believe in their existence, the way their songs begin and end each day—the invocations and benedictions of Earth.



I pray to the birds because they remind me of what I love rather than what I fear. And at the end of my prayers, they teach me how to listen."

*From When Women Were Birds
by Terry Tempest Williams Provostial
Scholar, Dartmouth College*

Williams, T. T. (2013). *When women were birds: Fifty-four variations on voice*. Picador.



New England (HHS Region 1)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

About Us

New England MHTTC serves Health and Human Services (HHS) Region 1, which includes the states of Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont.

New England MHTTC offers support at local, regional, and national levels on recovery-oriented practices, including recovery supports, within the context of recovery-oriented systems of care. These include, but are not limited to, person-and family-centered care planning and shared decision-making, peer support, supported employment, education, parenting, and spirituality and other strategies to promote the community inclusion of children, youth, and adults with serious mental illnesses and their loved ones.



Disclaimer

This publication was prepared by the New England Mental Health Technology Transfer Center under a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMHSA). All material appearing in this publication, except that taken directly from copyrighted sources, is in the public domain and may be reproduced or copied without permission from SAMHSA or the authors. Citation of the source is appreciated. Do not reproduce or distribute this presentation for a fee without specific, written authorization from New England Mental Health Technology Transfer Center.

At the time of this release, Dr Miriam Delphin-Rittmon served as Assistant Secretary for Mental Health and Substance Use at SAMHSA. The opinions expressed herein are the views of the speakers, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred. This work is supported by grant #1H79SM081775 from the DHHS, SAMHSA.