

HEALTH MINISTRY PROGRAM ESSENTIALS

This series of educational classes serve to introduce or provide review of the knowledge, skills and issues necessary for beginning, building or maintaining health ministries (HM) within the context of faith communities or community outreach programs. Beginners should plan to attend all classes. Persons with previous experience/education in health ministry or currently involved in health ministry/faith community nursing may attend according to topic preference.

Participants will be encouraged to build their skills based upon existing professional and personal assets. A peer system of support will be promoted and participation in concurrent network meetings is strongly encouraged. Participants will nurture their own personal relationship with God as a basis from which to minister to others.

The nurse or health minister participating in the entire series of classes will be able to:

- * Actively minister to the whole person: body, mind, and spirit.
- * Draw on a variety of skills to contribute to individual, family, and congregational wellness.
- * Identify components of the faith community nurse/ health minister role.
- * Develop a plan to implement, build or continue a health ministry program within their faith community or community outreach program.

Free consultative appointments and/or informational presentations about Health Ministry are available upon request.

Who: Persons that are committed to building and/or participating in a health ministry program within their faith community or a community outreach program.

Where: Redlands Community Hospital, Weisser Educational Pavillion

When: All classes are Sunday afternoon, 2:00pm- 5:00pm

February 3, 2008- Creating a strong foundation for the HM program

March 2, 2008 - Addressing Legal and Liability Issues in HM

April 6, 2008- Assessing Your Congregation or Community

May 4, 2008- The First Six Months: What to Expect

(Break for summer)

September 7, 2008- HM Service: Health Education

October 5, 2008- HM Service: Utilizing Community Resources

November 2, 2008- HM Service: Advocacy & Personal Health Counseling

December 7, 2008- Special Considerations in HM

Cost: \$20 per class.
(BRN approval pending)
Free attendance to those from RCH partnering churches.

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1. Building the Foundation for a strong program (working with others, mission & vision,
Spiritual Practice (SP)- Exodus reading, Moses' call
Discuss call vs volunteering
Complete personal spiritual timeline- 'God's imprint'
2. Legal and Liability Issues (insurance, faith community nurse S & S, documentation,
SP- Breath prayer (several times during session)- use music
3. Congregational Assessment
SP- Lord's Prayer in color (using candles)
Spiritual Assessment- INTRO- (incl spiritual pain/distress)
Spiritual Assessment tool- HOPE
4. The first six months (BP screening, partnering,
SP- the art of journaling
SA tool- Koenig's
'A Strong Woman' poem
5. Health Education
SP- Fasting
SA tool- HELPP
6. Community and National resources
SP- Lectio Devina
SA tool- Ingleside
7. Advocacy- personal health counseling, understanding insurance systems,
SP- Walk labyrinth at U of R
SA tool- SPIRITual history
'Preparing for a difficult conversation'
8. Special considerations (grief, alcohol, mental health,
SP- Barnabus bag, staying connected, attending networking meetings,
SA tool- spiritual assessment guide
'Elephant in the room'

Each session:

Hr #1- spiritual assessment/ spiritual care/ or self-care

Hr #2- Presentation piece

Hr #3- Activity, discussion etc.