

COMPILED AND PRESENTED BY:

Great Plains Conference Health and Wellness Committee
www.greatplainsumc.org

GREAT PLAINS
**Health &
Wellness**
COMMITTEE
United Methodist Church



AND

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UNITED METHODIST HEALTH MINISTRY FUND



If you have suggestions for other state and local community resources that might be noted in subsequent editions of this toolkit, please email them to katie@healthfund.org

TOOLKIT FOR HEALTH MINISTRY

*in local congregations
of the
Great Plains
Conference*



Compiled and presented by
Great Plains Conference Health and Wellness Committee
& United Methodist Health Ministry Fund

The Church of Jesus Christ has had a long-term role in health and health care.

Beginning with the model of Christ healing the sick and acting out of concern for persons with all manners of limitations, Christians have long recognized that securing abundant life is a wholistic endeavor, requiring the marshaling of physical, mental, social, spiritual, and even financial resources.

John Wesley paid special attention to the physical health needs of his early flock. The United Methodist Church and its predecessor denominations built hospitals across America and the globe with a commitment to care which embodied concern for the totality of human existence. Recent years have witnessed a decline in direct United Methodist commitment to health care in some areas, but there has been a resurgence of interest in health as a wholistic endeavor of which health care is only one element.

Taking care of one's self, taking care of the congregation, taking care of the nearby community, and taking care of persons around the globe have been the motives for ministries

as diverse as a single volunteer parish nurse in a rural setting to Imagine No Malaria, spanning the globe. All have been based on the vision of a Kingdom of God where health and healing overcome maladies of human existence to permit fuller realization of human potential on this Earth in expectation of God's wholistic, eternal home.

The Great Plains Conference, through the Great Plains Health and Wellness Committee, and United Methodist Health Ministry Fund have been working for years to encourage and support local United Methodist congregations as places where environments of wholistic health infuse congregational members, clergy, and the community surrounding the congregation.

These efforts have supported and encouraged lay and clergy leadership to engage in fruitful health ministry where lives are changed and barriers to health are broken down.

This toolkit is a compendium of the resources available

in the Great Plains Conference for you and your local congregation as you move into or expand your health ministry work. We hope your work will flourish -- "saving lives" in all senses of that term. We hope to journey with you in this work, learning together, encouraging each other, and thanking God for the opportunities He gives to serve.

**Great Plains Health and Wellness Committee
United Methodist Health Ministry Fund**

The Health Liaison -- An Opportunity to Serve

Each United Methodist congregation in the Great Plains Conference is encouraged to select a person to serve as health liaison. The term *liaison* was selected because much of this

person's role is to be a connector for the local congregation with conference-level resources and opportunities to advance the health of the congregation and the community.

The liaison will receive communications from the Great Plains Health and Wellness Committee which will alert the liaison to resources and offer occasional training. In the congregation, the health liaison may be the sole congregational member specifically working on health (hopefully you can recruit others) or may be related to the congregation's existing health ministry team or committee.

In a congregation where there is no existing healthy ministry team or committee, the liaison will serve as the catalyst for health ministry work. In a congregation with an existing health ministry team or committee, the liaison will work with that committee and its leadership to further health ministry.

Subject to assignment of others to these roles by the health ministry team, the liaison will share health resources with the congregation, encourage participation in programs such as the *Healthy Congregations Retreat*, provide opportunities for others to learn and serve in health ministry and report regularly to the church council and charge conference.

Note: The position of health liaison is not provided for in The Discipline



CHURCH RESOURCES

Retiring and Retired Clergy Workshops

Provided through the Health Ministry Fund, *Self-Care for Retirees* is a single day workshop designed for clergy approaching retirement, clergy in retirement and spouses of such clergy. It explores the physical, emotional, social and spiritual health opportunities and adjustments for abundant living in the third stage of life.

The workshop will be offered once or twice a year for Great Plains participants in 2014-2016 and is led by Rev. Tom Mattick, author of the workbook for the session. Check with the Health Ministry Fund for dates.



Clergy Health -- Our Ministry Together

This DVD, designed for use by Staff/Pastor Parish Relations Committees, describes the unique health challenges facing United Methodist clergy in local congregations. In three short sessions, the series encourages local churches and pastors to engage in a new, shared ministry of health benefitting congregations and clergy through creation of a supportive environment for good health practices.

A specific discussion guide is available in print or at healthierclergy.org where other resources can be found. This DVD is available free of charge to United Methodist Churches in the Great Plains Conference from the Health Ministry Fund.

Self-Care Servant Leadership Workshops

Developed by the Health Ministry Fund, this workshop is a 6- to 8-hour event providing information and personal decision-making guidance for improvements in health -- physical, emotional, spiritual and social. A comprehensive workbook is provided to each participant as a continuing resource and as a tool for development of a personal health covenant.

Groups interested in scheduling a workshop for their members or community should contact the Health Ministry Fund, which will cover costs of the presenter and provide workbooks free of charge (minimum group size of 20). The workshop is suitable for all adult audiences.

Healthy Congregations program of the Health Ministry Fund

www.healthfund.org/churches

Dozens of local United Methodist Churches throughout the Great Plains Conference participate in the *Healthy Congregations* program. The program seeks to nurture intentional, effective ministries of health and wholeness -- addressing congregational and community well-being in a wholistic health framework.

The first step is creation in the local church of a health ministry team with at least three persons (not counting the pastor). That team participates in 15



hours of basic health ministry training provided on-line, in occasional face-to-face offerings, or at the annual *Healthy Congregations* Retreat. Each team develops an annual plan and files a report for review by the Health Ministry Fund. An assessment of the opportunities for health ministry in the

congregation and community is completed during each three year period.

The Health Ministry Fund provides \$1,000 a year in grant support for each team as well as training and technical assistance. Some additional grant opportunities related to specific program interests of the Health Ministry Fund are open only to *Healthy Congregations* churches. Interested congregations should contact the Health Ministry Fund

Annual Healthy Congregations Retreat

Each year in April, persons interested in congregational health ministry through local Great Plains congregations are invited to attend the *Healthy Congregations* Retreat, currently located at Rock Springs 4-H Center near Junction City (Kansas). The Retreat features a keynote speaker, many workshop opportunities to learn about programs for health ministry, complete *Healthy Congregations* program training, group worship, and lots of networking.

Dates for this event are posted on the Health Ministry Fund website along with registration instructions. There is a \$25 *refundable* deposit to hold a spot at the Retreat.



Health Through Faith and Community study resource

This 218-page softbound book is a study resource for Christian faith communities to promote personal and social wellbeing. The materials explore how Christians as individuals and congregations can build their health and the wellness of their members and related communities.

Designed to be used in Christian study groups such as adult Sunday School classes, Lenten studies or on-going adult discussion groups, the materials encompass the

interactions of faith and physical, mental, spiritual, and social health. The workbook, designed for eight sessions but easily expandable to 16, contains hand-outs for use with the group, permitting a single workbook

to serve as the resource for the entire group.

Some additional materials related to the study can be found at www.healthfaithstudy.info/. Copies of the study can be obtained by United Methodist Churches at no cost from the Health Ministry Fund.



Bulletin Inserts on Health Topics

A selection of 19 downloadable health messages ready for your Sunday bulletin is available on the Conference website: www.greatplainsumc.org/healthandwellnessinserts. These are prepared by the Health and Wellness Committee.

Healthy Living Resource List

www.greatplainsumc.org/healthyliving has a list of web-based resources on physical health, social health, health insurance, and medical conditions.



Health Ministry for United Methodist Clergy and Congregations: *Concepts of Health, Healing & Wholeness*

www.gbophb.org/assets/1/7/4380.pdf

This resource booklet, created by the United Methodist Church Health Ministry Network, provides a foundation for the practice of health ministry and wellness-focused programs within a local congregation. It offers Christian and denominational definitions of health, healing and wholeness; perspectives on parish/faith community nurses and health advocates who act as health promoters; suggestions for healing services; perspectives on clergy health; guidelines for health committees; and resources for health-related materials and education.

Frequently Asked Questions about Health Ministry

www.gbophb.org/assets/1/7/UMCHMN_FAQ.pdf

This five-page document from the UMC Health Ministry Center for Health in collaboration with UMCOR provides a question-and-answer format dealing with basic definitional, operational, and legal questions regarding health ministry.

MARKETING & COMMUNICATIONS MATERIALS



United Methodist Church Health Ministry Network

www.gbophb.org/cfh/umchmn/

To help build and sustain ministry efforts, the Center for Health has partnered with the United Methodist Committee on Relief (UMCOR Health) to establish the UMC Health Ministry Network. This unique initiative connects, educates, and provides resources to individuals with existing health ministries or those interested in creating health ministries in congregations across the United States.

The UMCHMN has a quarterly newsletter. Anyone interested can sign up at list.gbpm-umc.org/read/all_forums/subscribe?name=parishnurses. Several archived newsletters are accessible from the UMCHMN homepage.

Healthy Congregations Promotional Materials

www.healthfund.org/hcpromo

These materials are designed for local utilization with the easy addition of local information. The messages are compelling and will effectively communicate both with the local congregation (bulletin inserts and newsletter drop-ins) as well as with the local community in general (newspaper and radio). Items available include:

newspaper ads, radio spots, postcards for direct mail, door hangers, posters, church bulletin inserts, newsletter drop-ins, stickers, name tags, and music.



An example of one of the four thought-provoking messages around which the communications materials are designed.

STATE & LOCAL COMMUNITY RESOURCES

National Alliance on Mental Illness (NAMI) - Kansas

www.nami.org/MSTemplate.cfm?Site=NAMI_Kansas

The NAMI web site has been prepared to help provide access to services and support for persons affected by mental illness, including the consumer of mental health services and family members and others who serve as caregivers.

National Alliance on Mental Illness (NAMI) - Nebraska

www.naminebraska.org/

NAMI Nebraska is a nonprofit, grassroots organization dedicated to education, support, and advocacy with anyone whose life has been touched by mental illness. NAMI Nebraska helps unite parents, spouses, siblings, friends, and people who have a mental illness together with mental health professionals to fight for improved treatment, a better quality of life, and recovery.

K-State Research & Extension

www.ksre.k-state.edu

K-State Research and Extension conducts research throughout Kansas that is shared by Extension agents and others on their websites and through numerous conferences, workshops, field days, publications, and newsletters.

They focus efforts on expanding human capacity by delivering educational programs and technical information through their local extension agencies and professionals. Each agency varies in what programs are offered based on their staffing. For more information about your local agency, visit:

www.ksre.ksu.edu/Map.aspx

Kansas Master Food Volunteer Program

www.ksre.ksu.edu/mfv/

The Extension Master Food Volunteer Program allows people with interests in food, cooking, and nutrition to take their expertise to a higher level while developing new avenues for helping in the community.



Nebraska Research & Extension

www.extension.unl.edu/home

Nebraska Research and Extension offers unbiased, research-based knowledge and resources of the University of Nebraska-Lincoln. They provide learning resources delivered across a statewide network of Extension professionals. To find out more about what your county office has to offer, visit

www.extension.unl.edu/officeslist

County Health Rankings & Roadmaps

www.countyhealthrankings.org

Counties are ranked relative to the health of other counties in the same state, using eight composite scores. The rankings can be used with roadmaps to determine the best practices for each community. The County Health Roadmaps -- www.countyhealthrankings.org/roadmaps -- provides guidance and tools to help in community efforts to create a healthier place to live, learn, work, and play.

Kansas Health Institute (KHI)

www.khi.org

KHI provides non-partisan, actionable, and evidence-based resources for state and local communities. They conduct research and provide policy analysis, convene conversations and sponsor educational forums, and provide in-depth coverage of urgent and emerging issues through the KHI News Service www.khi.org/newsservice.



Kansas Health Matters

kansashealthmatters.org

Kansas Health Matters is a source of non-biased data and information about community health in Kansas. It is intended to help people learn about county and state issues, identify improvements, and collaborate for positive change. One key feature is the *Community Health Needs Assessment Toolbox* that provides useful community level tools and resources.

Local Health Departments

www.naccho.org/about/lhd/

This website directs people to their local/county health department. State and local health agencies have a role in developing public health programs in collaboration with community members and stakeholders and in coordinating these efforts to directly address community health concerns.

Kansas Governor's Council on Fitness (GCOF)

www.getactivekansas.org/

GCOF is working to promote physical activity by launching *Get Active Kansas!* to help improve fitness and address the rising rates of obesity in Kansas. This new initiative is designed to promote a healthier and more vigorous Kansas through local efforts coordinated through school, government, business, and health sectors and engaging all ages of Kansans.



Physical Activity Champions

www.getactivekansas.org/PhyActCamp.asp

Physical Activity Champions, being recruited from each Kansas county, serve as advocates for a more active, healthy life and are empowered by the initiative to promote physical activity and its benefits to community groups, businesses, schools, and churches.

Partners N Health

partnersnhealth.org

A statewide partnership formed around the implementation and evaluation of the Nebraska Physical Activity and Nutrition State Plan. The plan focuses on policy and environmental changes at both the state and local level that support and promote healthy eating, active living, and breastfeeding.

It is a comprehensive, consistent effort to promote evidence-based strategies framed around the six priority goals of the Centers for Disease Control and Prevention Division of Nutrition, Physical Activity and Obesity within five settings: *childcare, schools, workplaces, healthcare, and communities*.

Protect Your Body, Protect Your Temple Toolkit

www.scdhec.gov/administration/library/CR-009934.pdf

Developed by the South Carolina Department of Health and Environmental Control, Office of Minority Health, this 36-page toolkit is designed to provide African-American faith-based organizations with ideas and



resources to help plan, develop, and implement health related programs and activities. The resources emphasize nutrition, physical activity, and tobacco reduction/cessation. There are helpful forms and lists of other useful resources .

Let's learn together, encourage each other, and thank God for the opportunities He gives to serve.