

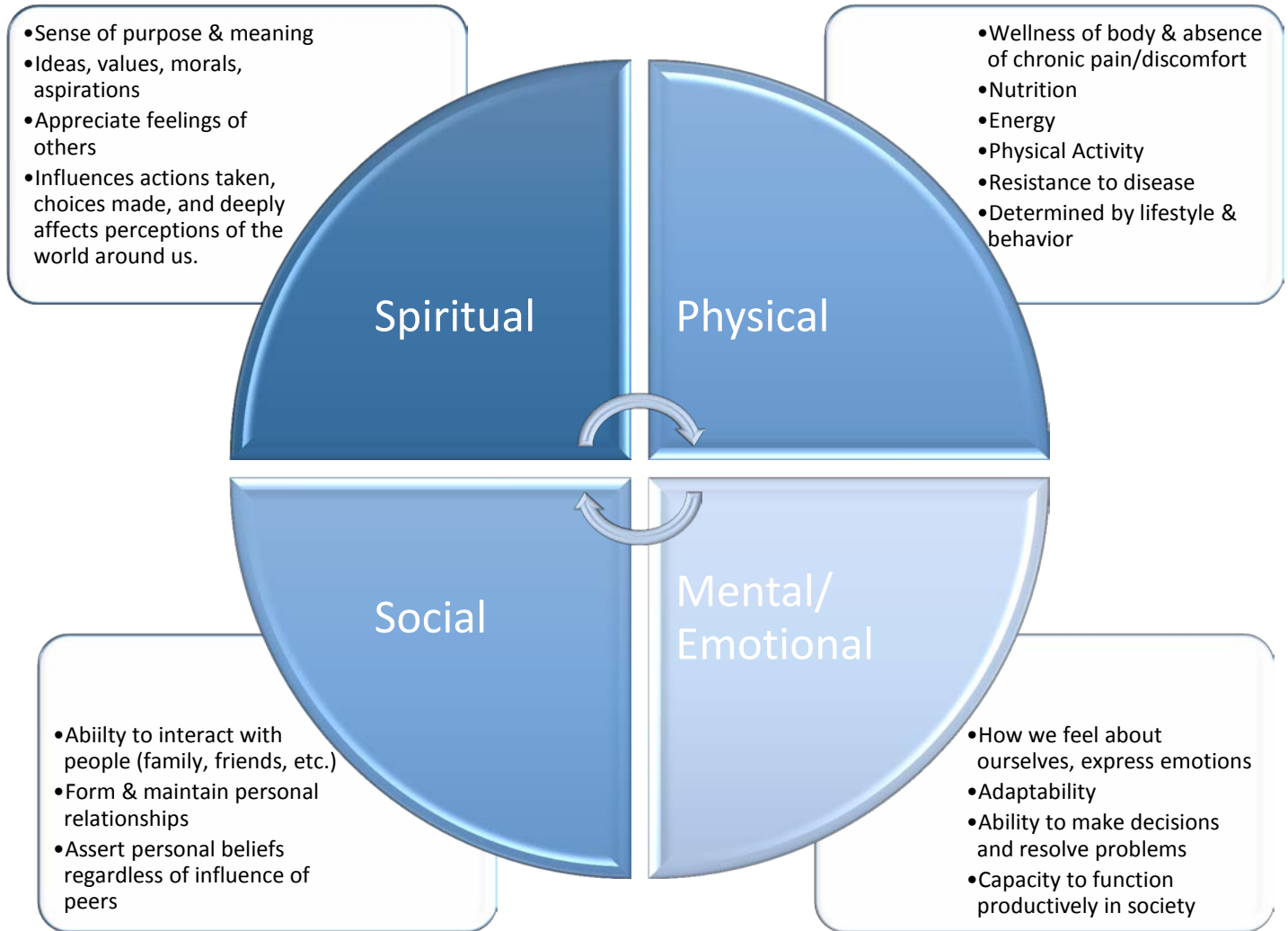
Healthy Congregations Program

Supporting intentional, effective congregational and community health ministry in Great Plains UMCs



Health is more than mere absence of disease and illness. Health is “abundant life” as promised by Jesus in John 10:10 “I came that they may have life, and have it abundantly.”

The **Healthy Congregations** Program was developed by the United Methodist Health Ministry Fund to promote health and sharing ministries in Great Plains United Methodist Churches. The program reflects the connection between the health ministries of local United Methodist churches and the four dimensions of holistic health:



“May God himself, the God who makes everything holy and whole, make you holy and whole, put you together—spirit, soul, and body—and keep you fit for the coming of our Master, Jesus Christ.”

1 Thessalonians 5:23

Purpose of Healthy Congregations: To facilitate and nurture intentional health ministries promoting spiritual, physical, mental/emotional, and social well-being in and through all Great Plains United Methodist Churches.



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Resources and support for local health ministry

Most congregations are blessed with people passionate about the health of fellow parishioners and neighbors, but solutions aren't always simple and it can be difficult for one person working alone to make a difference.

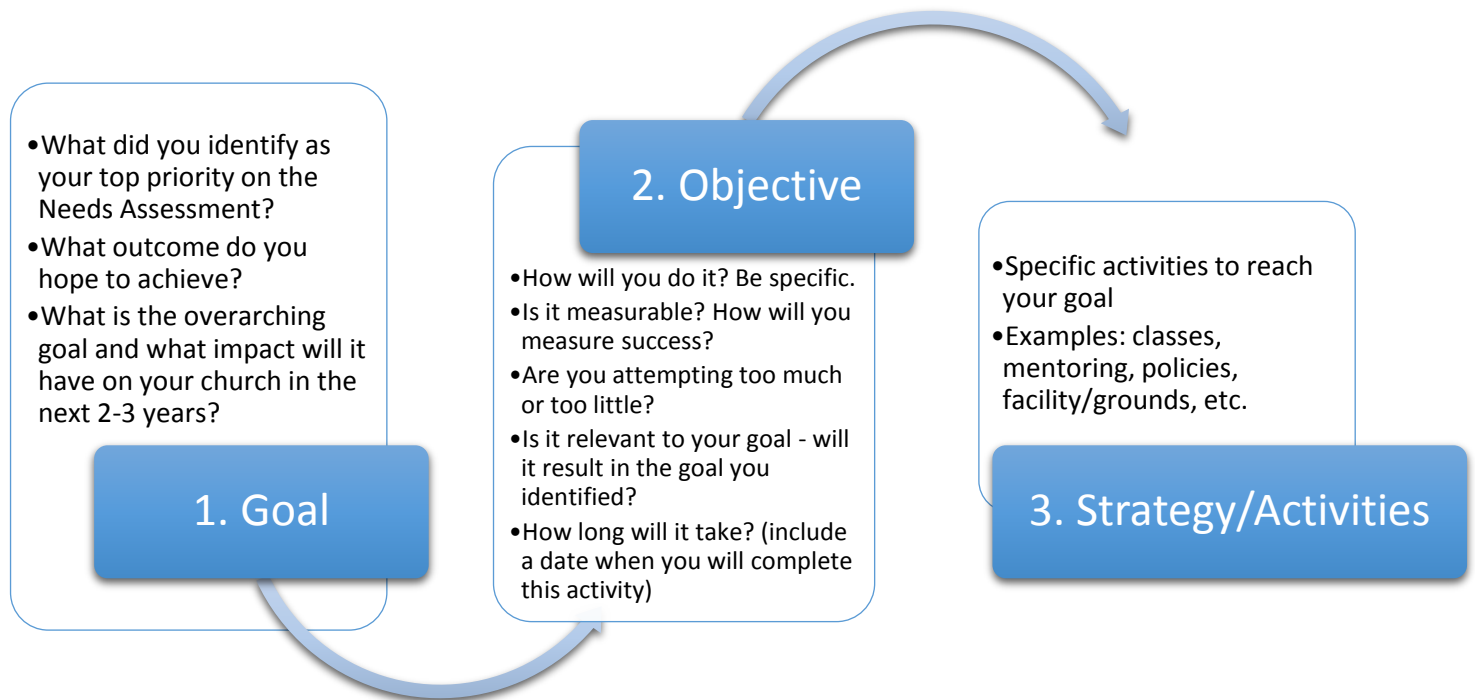
Healthy Congregations is designed to pair the energy and passion of local church members with resources, funding, training, and a support network – providing a strong foundation for success.

Building strong teams

Teams of three or more are key to the program. We provide a **three-course training series** that builds strong, energized teams equipped for success. No experience required – we start with Health Ministry 101 (but experienced professionals will also benefit).

Identifying needs, planning the work, recognizing success

Every church and community is different and faces a unique mix of health needs. The simple **Healthy Congregations Needs Assessment** tool will help you **identify** your congregation's greatest areas of need in the four dimensions of health, **plan** how your team will address the chosen dimension, and **recognize** what success will look like in the chosen area. Our staff will be happy to help you **develop your annual work plan**, and will provide referrals to resources that may be helpful. To complete the annual cycle, a simple **report on your team's achievements** is entered.



United Methodist Health Ministry Fund

PO Box 1384, Hutchinson, KS 67504-1384

620.662.8586 | 620.662.8597(fax) | healthfund@healthfund.org



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Healthy Congregations program benefits

Healthy Congregations provides:

- **\$1,000 grant** on signup, renewable annually
- **Training** to build strong, energized teams
- **Support** for identifying needs and developing annual work plans
- **Programming** ideas, resources, and consultation support
- **Communications** resources to promote your team's programs
- **Special grant and program opportunities** reserved exclusively for Healthy Congregations churches
- **Learning Community webinars** to hear from program experts, share successes, and learn about special opportunities.

Healthy Congregations program requirements and expectations

- **Commit** to participating in Healthy Congregations and completing program requirements in good faith.
- **Form** a Healthy Congregations Team – led by a lay member, and with a total of at least three active members.
- **Complete** certification - the three course (seven hours total) Core training (available online and in person)
- Annually, **identify** health needs, **develop** a plan for carrying out the team's chosen work, and **report** on the results of the year's efforts.
- The Needs Assessment Tool, Plan, and Report forms are all available online at healthfund.org/churches.

Healthy Congregations annual cycle:

Assess Needs -> Plan Programs -> Implement Programs -> Report Results -> Repeat for Next Year

How do we get started?

- Select one representative (team leader) who will be responsible for leading the team's planning and work.
- Determine additional team members (minimum team size is a leader and two other active members).
- Complete and return the Healthy Congregations program signup form (sign up any time during the year).
- Begin team training.
- Using the needs assessment tool as a starting point, develop a plan to address a chosen health need in the upcoming year. Your plan must be completed online by **June 30th for each year**.
- Carry out your planned programs and adjust your plan as needed through the year.
- Complete a report on your health ministry programs promoting physical health, mental/emotional health or social health (generally, the Health Fund expects 3-5 programs to address your specific goal) by **June 30th for each year**.

Other notes:

- All reported health ministry activities will be included in a searchable database on the Health Fund website to facilitate sharing of information and provide ideas for other congregations to build on.
- Your \$1,000 Healthy Congregations grant funding may be used for any purpose in support of your planned programs, at the team's discretion. Additional special opportunity funding may be restricted to specific purposes related to those offerings.

Questions? Need help? Contact Katie Schoenhoff, Program Officer, by e-mail (katie@healthfund.org) or phone (620-662-8586). We'll be happy to help.

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Healthy Congregations Program Initial Signup Form

INSTRUCTIONS

- Complete the **Team Roster** section and read the **Program Agreement** below
- Gather **all** required signatures (Team Leader, Pastor, Administrative Council Representative)
- **Mail or scan/email completed form** to United Methodist Health Ministry Fund (see footer)
- Visit www.healthfund.org/churches to register for training, review forms, and keep up with program news

HEALTHY CONGREGATIONS TEAM ROSTER

Church Information

Church Name:			
Mailing Address:			
District:			
County:			
Phone:			
Email:			
Pastor:			
Membership(#):			
Does your church have a Health & Wellness Committee?	Yes	No	Our HC Team will serve this role
Does your church have a Health & Wellness Liaison with the Great Plains Conference?	Yes	No	Not Sure
If yes, who is the Liaison? Name:			Email:

Healthy Congregations Team Leader

Name:			
Mailing Address:			
Occupation:			
Phone:			
Email:			

Healthy Congregations Team Initial Members

Name:			
Phone:			
Email:			
Name:			
Phone:			
Email:			
Name:			
Phone:			
Email:			
Name:			
Phone:			
Email:			

(copy as needed for additional team members)

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PROGRAM AGREEMENT

As Pastor, I agree to:

- Support the health ministry program in worship, in meetings and in person whenever possible
- Strive to become a health ministry role model in all four dimensions of health
- Encourage consideration of a health ministry line item in the church budget
- Provide direction and support for the Healthy Congregations Team
- Ensure oversight of health ministry funds

As Healthy Congregations Team Leader, I agree to:

- Strive to become a health ministry role model in all four dimensions of health.
- Submit an annual health ministry line item budget for consideration by our congregation.
- Be responsible for use and tracking of health ministry funds.
- Recruit at least two other members to form a Healthy Congregations team and help them achieve certified status.
- Complete the online Healthy Congregations Plan and Healthy Congregations Report annually.
- Participate in, or view recordings of, at least two Healthy Congregations Learning Community webinars annually.

The United Methodist Health Ministry Fund agrees to:

1. Host an annual Healthy Congregations Retreat for Great Plains United Methodists.
2. Sponsor several online and/or face-to-face Healthy Congregations core training opportunities annually.
3. Provide one-time initial funding of \$1,000 to churches that, through this agreement, commit in good faith to:
 - a. Build and maintain a team of at least three members* who complete the Healthy Congregations Core Training curriculum (three courses / seven hours total) within 24 months of signing this agreement
 - b. Once training is complete, file an annual Healthy Congregations Plan for health ministry work, based at least in part on needs identified through the Healthy Congregations Needs Assessment tool.
 - c. File an annual Healthy Congregations Report illustrating results achieved through previous year work
4. Provide an annually-renewable grant of \$1,000 for participant churches that:
 - a. Earn Healthy Congregations Team Certification (by completing the Core Training curriculum)
 - b. Maintain a team of at least three active members* who have completed certification
 - c. File an annual Healthy Congregations Plan for health ministry work, based at least in part on needs identified through the Healthy Congregations Needs Assessment tool
 - d. Complete an annual Healthy Congregations Report
5. Maintain supporting Healthy Congregations website content, which may include items such as: resource library, best practices, forms and documents, links to external resources, and marketing/communications materials.
6. Periodically develop and/or provide other health ministry materials that are appropriate for use by congregations.
7. Periodically offer special program and/or grant opportunities reserved for Healthy Congregations churches.

We agree to fully participate in the Healthy Congregations Program as defined in this document

Pastor Signature	_____	Date	_____
Team Leader Signature	_____	Date	_____
Church Ad. Council rep.	_____	Date	_____
Health Fund Signature	_____	Date	_____

*Pastors are welcome to be team members, but do not count toward the minimum membership requirement

**An individual congregation will qualify for only one grant per year of those described in item 3 or 4 above

***Special rule about parishes: generally, parishes will be treated as a single entity for purposes of the ability to make a program agreement.

However, if separate churches in a parish are able to form distinct teams, they will be eligible to individually participate upon approval.