



Healthy Congregations

Supporting intentional, effective congregational and community health ministry in Great Plains United Methodist Churches

Health is more than health care. Our health is strongly influenced by a combination of biological, social, and environmental factors which are beyond our individual control: the conditions in our communities; the schools in our neighborhoods; the availability of healthy food and good jobs; and how close we are to hospitals and clinics.

However, by working together we can address these factors. The United Methodist Health Ministry Fund sees great potential for local United Methodist congregations to build partnerships and provide leadership to improve health for all, continuing the Wesleyan tradition. Our **Healthy Congregations** Program was developed to engage Great Plains United Methodist churches in intentional health and wellness ministries improving spiritual, physical, social, and emotional health in their congregations and communities.



The program provides team training, resources, and financial support to help churches plan and implement successful health ministry projects, and also provides access to a variety of special programs and opportunities for learning and sharing.

“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.

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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Resources and support for local health ministry

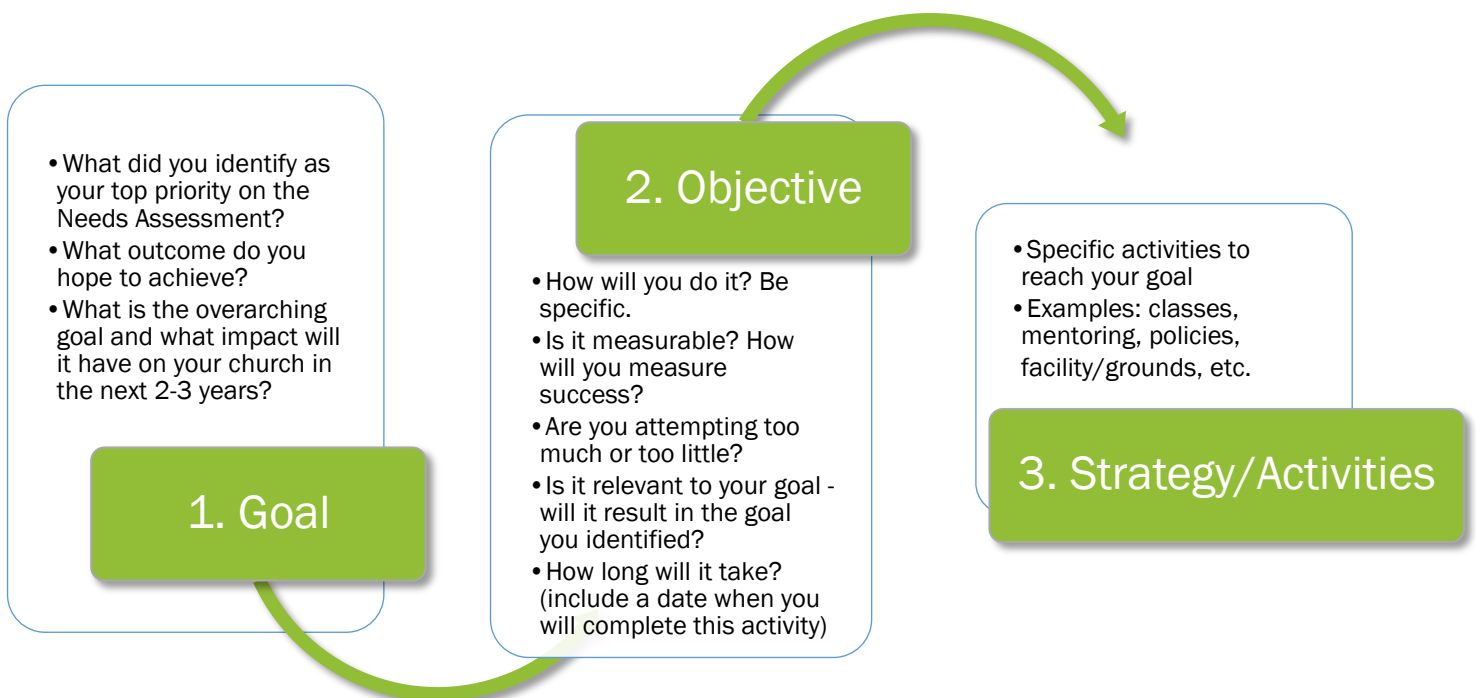
Our congregations are blessed with people who care deeply about the health of their fellow parishioners, neighbors, and communities. Healthy Congregations is designed to pair the energy and passion of local church members with resources, funding, training, and a support network to help bring your team's vision of health to life.

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.

Identifying needs, planning the work, recognizing success

We recognize that each 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 each of the four dimensions of health, **plan** how your team will address the chosen needs, and **recognize** what success will look like in the chosen areas. Our staff is available to help you **develop your annual work plan**, and can often provide referrals to helpful resources and tools. To complete the annual cycle, a simple **report on your team's achievements** is entered.



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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.

Healthy Congregations annual cycle:

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

Getting 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 lay 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?

Please contact Katie Schoenhoff, Director of Programs, by e-mail (katie@healthfund.org) or phone (620-662-8586).

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Healthy Congregations Program Initial Signup Form

INSTRUCTIONS

- Complete the **Basic Information** 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 to register for training, review forms, and keep up with program news

BASIC INFORMATION

Church Information

| | | | |
|--|--|---------|------|
| Church Name: | | | |
| Mailing Address: | | | |
| City: | | State: | Zip: |
| 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: | | | |
| City: | | State: | Zip: |
| Occupation: | | | |
| Phone: | | | |
| Email: | | | |

Healthy Congregations Team Initial Members

| | | | |
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| Name: | | | |
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Healthy Congregations Team Initial Members (cont.)

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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
- 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 provide leadership 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.
- Complete Healthy Congregations training and maintain a team of at least two more active, trained members.
- Complete the online Healthy Congregations Needs Assessment, Plan and Report annually.
- Participate in, or view recordings of, at least two HC 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 (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.