

Faith and Wellness Resource Guide

Your Faith Community's MAPP2Health

This *Faith and Wellness Resource Guide* is designed to help you, as faith leaders, to easily identify recommendations that support better health and well-being for your congregation and community. Each recommendation includes examples, resources, and connections to local organizations and coalitions that will support your congregation's journey to better health.

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” Galatians 6:9

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MAPP2HEALTH FAITH AND WELLNESS RESOURCE GUIDE

INTRODUCTION

In the fall of 2015, over 105 different community organizations, nonprofits, hospitals, governmental agencies, pastors, and members of the community as well as ten area coalitions came together to look at data and discuss the health of our community in the counties of Albemarle, Fluvanna, Greene, Louisa, and Nelson and the City of Charlottesville. After over a year of meeting for review and discussion, this process—known locally as MAPP2Health or MAPP—resulted in the selection of four priority areas that participants agreed needed further action to improve the health and well-being of our community. These **MAPP2Health** priorities are:



Promote healthy eating and active living



Address mental health and substance use



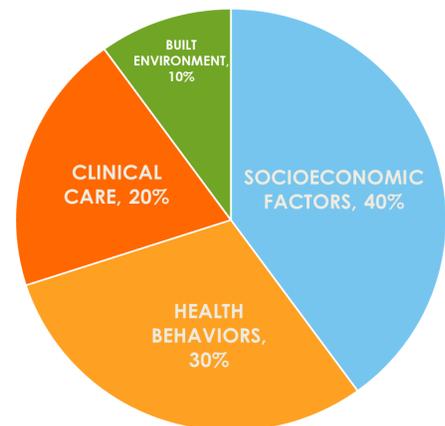
Reduce health disparities and increase access to health care



Foster a healthy and connected community for all ages

Traditionally, health has been viewed as the product of an individual's health behaviors and lifestyle, their family history and genes, and the care that they receive from their doctor(s). However, health professionals increasingly recognize that where we live, work, play, and pray have an equally important impact on our health and well-being¹ as you can see in the graphic showing different factors that affect health.² Basically, your housing, transportation, job, education, and the environment around you affect your health just as much as your choices, your genes, and the care you receive.

Factors that Affect Health



As centers of spiritual wellness, churches, synagogues, temples, monasteries, mosques, other houses of worship, and faith-based organizations are also natural centers for emotional and physical wellness.³ In this guide, you will find recommendations that faith-based organizations can implement for each of the four MAPP2Health priorities. These recommendations are scientifically supported best or promising practices, specifically tailored to the faith community, and represent ideas and activities that could have the greatest overall impact on your congregation. The focus is on policies, systems, and environments that make healthy decisions the default—instead of the more difficult choice—and ideas that support long-term changes over a one-time event or activity in order to achieve lasting positive change.

While no one congregation could possibly implement all of the recommendations outlined in this guide, if you feel called to support one of the four priorities above, turn to that section of the guide and review the four suggested recommendations for that priority. Consider implementing the recommendation that would make the most sense for your congregation in order to support better health and well-being for your congregation and community.

“Dear friend, I know that you are spiritually well. I pray that you’re doing well in every other way and that you’re healthy.” 3 John 1:2

HOW TO USE THIS GUIDE

Within this guide, you will find a section for each **MAPP2Health** priority. Each section is easily identified by color as well as by the icon representing that priority:



Promote healthy eating and active living



Address mental health and substance use



Reduce health disparities and increasing access to health care



Foster a healthy and connected community for all ages

FOUR SECTIONS: each section contains a brief introduction to the MAPP2Health priority—*Why is it important? How is it relevant to your faith community?*—and suggests four recommendations that faith-based organizations could implement to make an impact and work toward positive change within that priority.

FOUR RECOMMENDATIONS PER SECTION: on the first page of each recommendation, there is a brief introduction to the recommendation, a relevant passage from scripture, and an estimate of time and cost.

COST ESTIMATE *(may cost more or less if implemented by your organization)*



No cost (\$0)



Low cost (\$0-100)



Moderate cost (\$100-500)



High cost (\$500+)

TIME ESTIMATE *(may take more or less time if implemented by your organization)*



Minimal time (a minimal amount of time initially, and little ongoing support, e.g. connecting to an existing resource or program)



Some/one-time (some time or a one-time effort initially, but little ongoing support, e.g. coordinating a one-time event or putting in place a policy)



Moderate time (a moderate amount of time initially as well as moderate ongoing support for activities, e.g. a weekly group activity)



Significant time (significant time initially as well as significant ongoing support for activities, e.g. an ongoing health ministry)

If your organization or congregation is interested in moving ahead with one of the recommendations, use the table on the second page to get started and access resources to support your work.

Getting Started

Get a sense of potential steps needed to implement this recommendation.

Resources

Review examples and helpful resources such as sample policies, flyer templates, and step-by-step guides. You'll also find contact information for local agencies and coalitions with expertise as well as further resources for that particular recommendation or topic area.



PROMOTE HEALTHY EATING AND ACTIVE LIVING

DID YOU KNOW?

Promoting healthy eating and active living is one of the MAPP2Health priorities because “following a healthy diet and living actively have long-term health benefits. Maintaining a healthy weight is associated with improved quality of life and reduced risk of cardiovascular disease, diabetes, dementia, cancer, liver disease, and arthritis.”⁴



Based on a review of outpatient records at University of Virginia clinics, an estimated 36.2% of adults and 18.1% of children in the Thomas Jefferson Health District were obese in 2016.⁵ The Thomas Jefferson Health District includes the City of Charlottesville and the counties of Albemarle, Greene, Fluvanna, Louisa, and Nelson. In the 2010–2011 school year, among fifth graders in Nelson County public schools, 31.2% were obese.⁶ In 2014, among fifth graders in Charlottesville and Albemarle public schools, an estimated 15.0% were obese.⁷

Eating well and getting enough physical activity is important for both physical and emotional health and brings health benefits to people of all ages. There are many things related to our health that we cannot control such as age, gender, race, ethnicity, or family history. However, diet and nutrition are risk factors for conditions such as diabetes, heart disease, and stroke so healthy eating and active living is an area where congregations can have an impact. As a faith leader, you can lead by example and consider how your organization can best support healthy eating and active living.

Below you will find recommendations, resources, and ideas that have been proven to work to help your faith community eat more healthily and live more actively.

RECOMMENDATIONS

- Craft a Healthy Eating Policy
- Plant a Garden
- Host a Walking Group or Exercise Class
- Start or Expand Your Health Ministry



RECOMMENDATION #1: CRAFT A HEALTHY EATING POLICY

“Brothers and sisters, in view of all we have just shared about God’s compassion, I encourage you to offer your bodies as living sacrifices, dedicated to God and pleasing to him. This kind of worship is appropriate for you. Don’t become like the people of this world. Instead, change the way you think. Then you will always be able to determine what God really wants—what is good, pleasing, and perfect.”

Romans 12:1-2

Fellowship often involves food, whether it is a refreshing drink and snack after the service or a full meal to celebrate a special event, anniversary, or visitors. For individual members, choosing a healthier option in the face of sweet tea or Kool-aid, their favorite delicious home-cooked Southern staples prepared with love by a friend, or birthday cake hand-delivered to their table, can be quite difficult.

Most faith-based organizations do not have the resources to provide a nutritionist or health coach to counsel and support members one-on-one about their nutrition and levels of physical activity. However, faith-based organizations can help support what is right and pleasing by having a thoughtful food and wellness policy that makes healthier choices the default or easier choice (or, at least an option) instead of the more difficult choice. The intention is *not* to take away or ban individual choice and tasty treats, but to encourage and make healthier options available for your congregation.

Cost: This is a no cost change. While some healthier foods such as fresh fruits and veggies may be more expensive than sodas and junk food, check out the resources on the following page for tips on how to offer food that is both healthy and budget-friendly.

Time: You will need to put together a one-time committee to discuss ideas and put together a healthy eating policy. But, by thoughtfully considering how your organization approaches food and working to shape a healthier environment around food, your entire congregation will reap the benefit.



RECOMMENDATION #1: CRAFT A HEALTHY EATING POLICY

GETTING STARTED

With support from leadership, form a committee to discuss what a healthy eating policy would look like for your organization.

This is a great opportunity to start a conversation, to think about how you currently provide food to your congregation, and discuss ways to encourage healthier options.

Consider the specifics of what to include in your policy and any changes you'd like to make in how you usually provide food such as:

- Always serving water or other non-sweetened beverages ... or only offering water.
- With every dessert offered, have at least one fruit/vegetable option.
- Serving appropriate portion sizes by cutting items in half or using smaller cups and plates.

For members that will be buying food, provide a training and a checklist or guidelines on what types of food to purchase such as foods low in fat, salt, and sugar; whole grain foods; and smaller plates and cups to encourage appropriate portion sizes.

Once you have decided on what to include in your policy, write up the policy and have your leadership and the members of the committee sign it.

Make sure you hold each other accountable to following what you decided on in the policy. Post a copy of your healthy eating policy in your kitchen or prep area. As a committee, check-in from time to time on how it's going, and update your policy if any revisions are needed.

RESOURCES

Use sections IV and V of the *Faith Community Health Assessment Survey* to talk about what you're already doing or might want to include in your policy: <https://www.eatsmartmovemorenc.com/FaithPlanningGuide/Texts/Faith%20Comm%20Health%20Assessment%20Survey.pdf>.

The local Move2Health Coalition offers an overview of *Tips for Healthy Events*: <http://www.move2healthcentralva.com/wp-content/uploads/2017/06/Tips-for-Healthy-Events.pdf>.

Eat Smart, Move More North Carolina provides additional guidelines for healthy events: <https://www.eatsmartmovemorenc.com/HealthyMeetingGuide/HealthyMeetingGuide.html>.

Move2Health has a one-page *Healthy Events Checklist*: <http://www.move2healthcentralva.com/wp-content/uploads/2017/06/Healthy-Events-Checklist.pdf>.

Eat Smart, Move More North Carolina also offers guidelines for celebrations and events that include "instead of" items for popular snacks and treats and a script for asking for healthier donations from area restaurants and grocery stores: <http://www.eatsmartmovemorenc.com/HealthyCelebrations/HealthyCelebrations.html>.

See p. 7 for a policy template you can use for your organization: <https://www.eatsmartmovemorenc.com/HealthyMeetingGuide/HealthyMeetingGuide.html>.



RECOMMENDATION #2: PLANT A GARDEN

"It is a gift from God to be able to eat and drink and experience the good that comes from every kind of hard work."

Ecclesiastes 3:13

It is hard work to plant and tend a garden, but growing your own food provides a much greater appreciation for God's gifts and provides real resources for healthier eating. Church or community gardens are a great opportunity to grow your own fresh, local produce that you can share with others, especially families and homebound seniors in need or local soup kitchens and food pantries. Studies have shown that community gardens create opportunities for recreation and moderate-intensity exercise, improved mental health, more social interaction and connection to others, and may lead to eating more fruits and vegetables.⁸ Gardening is also a great way to introduce members of the congregation, especially children, to different and new fruits and vegetables as well as a way to share recipes and fellowship between generations.

Cost: A garden could be high cost although cost varies greatly depending on the size and design of your garden. It may initially cost between \$1,500 and \$5,000^{9,10} to start a garden and there would also be ongoing supply and maintenance costs. Costs might include purchasing seeds, transplants, gardening equipment, soil, and fertilizer. However, don't let the costs intimidate you—funds and supplies could be raised through donations, grants, and/or a community fundraiser.

Time: A garden is a significant investment of time as well as money. It would take time to design your garden, secure supplies, and plant as well as ongoing time to water, weed, and maintain it. While this is an opportunity for fellowship within your congregation, consider reaching out to local volunteer organizations to see if they would be interested in partnering with you to provide expertise and/or additional volunteers to assist in the garden.



RECOMMENDATION #2: PLANT A GARDEN

GETTING STARTED

Launching a successful garden involves recruiting energized committee members, choosing the right space, designing a great layout, obtaining the necessary equipment/funds, and planting and harvesting the fruits of your labor.

Once approved by leadership, start a garden planning committee. It might be helpful if you have a few members who are known for their green thumbs or already have a successful home garden.

There are many successful community and church gardens in our area. Reach out to local contacts to find out how they got started and what worked or didn't work for their gardens.

Virginia Cooperative Extension has many gardening and agricultural resources. Most counties have a Master Gardeners program with trained volunteers. Contact your local office to learn more.

Bread & Roses at Trinity Episcopal Church in Charlottesville has a thriving church garden and food justice program.

The **International Rescue Committee's New Roots Program** provides training, garden plots, and gardening assistance to refugees as well as a farmer's market in Charlottesville.

City Schoolyard Gardens manages garden spaces at multiple Charlottesville City school sites as well as other programs.

The **City of Charlottesville** offers rentable garden plots for community gardens. Call (434) 970-3592 or visit <http://www.charlottesville.org/departments-and-services/departments-h-z/parks-recreation/parks-trails/city-parks/meadow-creek-gardens>.

If you need volunteers to help start or maintain your garden, consider reaching out to a local service organization to request volunteer support.

RESOURCES

The USDA provides a brief checklist of things to think about when starting a community garden: <https://letsmove.obamawhitehouse.archives.gov/sites/letsmove.gov/files/pdfs/LM%20Community%20Garden%20Checklist.pdf>.

Eat Smart, Move More North Carolina provides a how-to guide on starting a garden: <http://www.eatsmartmovemorenc.com/Gardens/Texts/ESMMGardens-LoRez.pdf>.

Clemson Cooperative Extension also provides a detailed guide: https://www.clemson.edu/extension/hgic/plants/vegetables/gardening/extension_community_gardening.pdf.

- Albemarle/Charlottesville Master Gardeners, (434) 872-4580, albemarlevcehelpdesk@gmail.com
- Fluvanna County, (434) 591-1950
- Louisa County, (540) 967-3422
- Greene County, (434) 985-5236
- Nelson County, (434) 263-4035

- Call their coordinator at (434) 293-3157
- breadandrosescoordinator@gmail.com

- Call (434) 979-7772
- Visit <https://www.rescue.org/united-states/charlottesville-va>

- Call (434)260-3274
- grow@cityschoolyardgarden.org

Fluvanna County also has a community garden with rentable plots: <https://www.fluvannacounty.org/parksrec/page/community-garden>.

Alpha Phi Omega is a co-ed community service fraternity at the University of Virginia and offers a weekly service program: <http://www.apova.org/service/>.

The **Junior League of Charlottesville** provide hands-on service to community partners: <https://www.jlcville.org/community/put-jlc-volunteers-to-work-for-you/>.



RECOMMENDATION #3: HOST A WALKING GROUP OR EXERCISE CLASS

“Don’t you know that you are God’s temple and that God’s Spirit lives in you? If anyone destroys God’s temple, God will destroy him because God’s temple is holy. You are that holy temple.”

1 Corinthians 3:16-17

As God’s temple, it is important to take care of your body from the inside out. Regular physical activity is important for your physical body as well as for the mind and soul. Children should receive at least 60 minutes of aerobic activity every day as well as doing things that strengthen their bones and muscles. Adults need two and a half hours of moderate-intensity aerobic activity (i.e., brisk walking) every week and two or more days a week of muscle strengthening activities (i.e., lifting weights); older adults can receive even greater health benefits if they get five hours or more of weekly activity.¹¹

Evidence shows that social support—a walking group or support from friends and family—can increase physical activity and fitness among adults.¹² For older adults, social and physical activity programs can decrease loneliness and social isolation as well as improve health.¹³ In one study of church members, members who attended a church that offered physical activity programs were more likely to receive enough exercise each week than those attending a church that offered no programming.¹⁴

On-site group physical activity classes are a great way to promote physical fitness, provide motivation and support to reach goals, and serve as role models for younger generations. Consider ways to get families, youth, older adults, and/or community members engaged in your program.

Cost:



On-site activity classes may be no cost (walking groups, volunteer instructors, or group classes using YouTube videos) or low cost (DVD or donation-based instructor-led group exercise classes).

Time:



On-site activity classes would require a moderate amount of time and effort. There is some initial planning to organize an activity and get the word out as well as the weekly time required for the activity itself. However, once set up, a walking or weekly exercise group shouldn’t require too much ongoing planning or organizing.



RECOMMENDATION #3: HOST A WALKING GROUP OR EXERCISE CLASS

GETTING STARTED

With support from leadership, bring together a committee to plan your physical activity program. Decide:

- Who will be participating in your group exercise classes—children, adolescents, families, older adults?
- How will you tailor your classes to meet their needs and interests?
- Would your members be more interested in a walking group, an on-site group class, or something else?

A **walking group** is free and can be tailored to people of all ages and abilities.

The American Heart Association provides an overview of how to start a walking group: http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_463349.pdf.

Group exercise or dance classes can provide a fun group environment and motivating music. See if a local yoga, Zumba, Tai Chi, Pilates, or other group instructor would be willing to volunteer their time or teach for a small donation from participants.

For **activities for children and teens**, CATCH is an evidence-based curriculum and training to reduce childhood obesity and increase physical activity. For more information on training and materials, contact the Move2Health Coalition at move2healthcentralVA@gmail.com.

For **activities for older adults**, learn from or consider partnering with local organizations serving older adults such as your local **JABA Community Center** (locations in each county) or **The Center** in Charlottesville.

Charlottesville Parks & Recreation now offers the national senior fitness program, **Silver Sneakers®** for seniors ages 65+ (no upfront cost if have a qualifying healthcare plan).

Charlottesville’s Brooks Family YMCA offers **Enhance® Fitness**, a fitness and arthritis management program to improve endurance, strength, balance and flexibility.

For any type of physical activity, have participants sign a liability waiver before joining the activity.

RESOURCES

Use sections II and III of the *Faith Community Health Assessment Survey* to start your discussion and consider various ideas: <https://www.eatsmartmovemorenc.com/FaithPlanningGuide/Texts/Faith%20Comm%20Health%20Assessment%20Survey.pdf>.

The Faithful Families Walking Challenge includes an overview, motivational posters, and weekly newsletters with tips: <https://faithfulfamilies.com/walking-challenge/>.

Learn how to create your own walking maps: <https://www.eatsmartmovemorenc.com/WalkingMapGuide/WalkingMapGuide.html>.

Use a TV and video/DVD player for self-led classes; you can buy DVDs, borrow them from a local library, or use a DVD delivery program such as Netflix. If you have a smart TV or a computer that you can hook up to your TV, use existing playlists on YouTube or create your own playlist.

Eat Smart, Move More North Carolina also provides a guide to creating outdoor play spaces: <https://www.eatsmartmovemorenc.com/ActivePlaySpaces/Texts/PlaySpacesGuide-LoRez.pdf>.

- Call JABA at (434) 817-5222 or find your local center here: <http://www.jabacares.org/jaba-community-senior-centers#page-top-a>.
- Contact The Center’s Program Director at (434) 974-7756 or visit <https://thecenterville.org/programs/detail/category/health-and-fitness>.

Visit www.silversneakers.com for eligibility details. Call Carver Recreation Center at (434) 970-3053 or Smith Aquatic & Fitness Center at (434) 970-3072.

To learn more, contact the Health & Wellness Director at (434) 974-9622 or visit <https://piedmontymca.org/>.

See a sample waiver on p. 30: <http://www.scdhec.gov/library/CR-009934.pdf>.



RECOMMENDATION #4: START OR EXPAND YOUR HEALTH MINISTRY

“But now take another look. I’m going to give this city a thorough renovation, working a true healing inside and out. I’m going to show them life whole, life brimming with blessings.”

Jeremiah 33:6-7

A health ministry allows a community to stand up for a healthy lifestyle—inside and out—and to be a role model for physical and emotional as well as spiritual health.

Health ministries can be effective in supporting the health of the congregation and community members—from improving weight, cholesterol, and blood pressure¹⁵ to sharing and spreading specific health messages that can increase motivation to improve health and change behaviors.¹⁶

A health ministry could take many forms. Make sure to discuss your ideas fully and be clear about what you hope to accomplish!

Cost:



Starting or expanding your health ministry would be no to low cost depending on the type of activities selected. See the following page for existing resources to support your ministry.

Time:



This recommendation would require a significant and ongoing investment of time from thoughtful consideration of how your faith community supports health and wellness through your policies and practices to organizing and hosting activities as part of your health ministry.



RECOMMENDATION #4: START OR EXPAND YOUR HEALTH MINISTRY

GETTING STARTED

With the support of your leadership, start a health ministry committee. Consider what this would look like for your congregation.

Your ministry may include a mission statement that reflects a strong investment in all types of health—physical, emotional, and spiritual—or a vision stating what you hope to accomplish.

Decide what your ministry hopes to achieve. Will you:

- Put together policies for healthy eating and active living?
- Organize activities such as health fairs or group exercise classes?
- Work on bulletin inserts or inclusion of health topics as part of the sermon?
- Start a discussion group(s)?
- Organize a monthly speakers series?
- Focus on a specific ministry such as a garden that donates food to a local pantry?
- Focus on children, older adults, all age ranges, or members in need?
- Focus on a message specific to health topics that have already affected your congregation—such as cancer, heart disease, depression, diabetes, or arthritis—or aim to share information on a broad variety of topics?

RESOURCES

As a starting point, have the members of the health ministry take the *Faith Community Health Assessment Survey* and discuss the results as a group: <https://www.eatsmartmovemorenc.com/FaithPlanningGuide/Texts/Faith%20Comm%20Health%20Assessment%20Survey.pdf>.

For a more detailed look, complete the *Faith Community Assessment*: http://www.faithfulfamiliesesmm.org/links/0118/FF_FCAssessment.pdf.

See pages 10–11 for examples: <http://healthysavannah.org/wp-content/uploads/faithbased-toolkit.pdf>.

For comprehensive guides on starting a health ministry, check out these resources:

- Mount Carmel, *Starting a Health Ministry*: <https://www.mountcarmelhealth.com/workfiles/pdf/church-partnership-resources/starting-a-health-ministry.pdf>
- Live Healthy Georgia, *Live Healthy in Faith*: <http://healthysavannah.org/wp-content/uploads/faithbased-toolkit.pdf>
- Eat Smart, Move More North Carolina, *Planning Guide for Faith Communities*, <http://www.eatsmartmovemorenc.com/FaithPlanningGuide/Texts/ESMMPlanningGuideFaith.pdf>
- Eat Smart, Move More North Carolina, *African American Churches Eating Smart and Moving More*, <http://www.eatsmartmovemorenc.com/AfricanAmericanChurches/AfricanAmericanChurches.html>
- South Carolina Department of Health and Environmental Control, *Faith and Health Toolkit for Minorities*, <http://www.scdhec.gov/library/CR-009934.pdf>
- WeTHRIVE!, *Body & Soul: A Celebration of Healthy Eating & Active Living*, https://www.soph.uab.edu/cschr/community/cph/body_soul.



RECOMMENDATION #4: START OR EXPAND YOUR HEALTH MINISTRY

GETTING STARTED	RESOURCES
<p>To incorporate health messages in your bulletins and/or sermons:</p>	<p>Eat Smart, Move More North Carolina, http://www.eatsmartmovemorenc.com/FaithBulletinInserts/FaithBulletinInserts.html.</p> <p>South Carolina Department of Health and Environmental Control, https://scdhec.gov/health/minority-resources.</p>
<p>To launch a regular member-led discussion group or class to learn more about health and wellness topics:</p>	<p>The American Heart Association provides faith-based health lessons through their <i>Empowered to Serve</i> curriculum: http://www.empoweredserves.org/index.php/resources/ets-health-lessons/.</p>
<p>To provide training or focus on a specific health topic each month:</p>	<p>See p.31 of <i>Protect your Body. Protect Your Temple</i> for an overview of monthly health observances: http://www.scdhec.gov/library/CR-009934.pdf.</p> <p>See p. 38 of <i>Live Healthy in Faith</i> for month-by-month activity ideas: http://healthysavannah.org/wp-content/uploads/faithbased-toolkit.pdf.</p>
<p>Consider working with local health organizations to bring events, training, and health events to your church.</p>	<p>Contact local healthy eating and active living coalition Move2Health at Move2HealthCentralVA@gmail.com for assistance with speakers and presentations on topics such as:</p> <ul style="list-style-type: none"> • #RevYourBev (tips for drinking less sugar-sweetened beverages) • CATCH (activity program for children) • Connections to speakers on food justice, heart health and heart attacks, diabetes, stroke, and more. <p>Arrange for members of your congregation to attend a class together such as the local “Heart-Healthy/Diabetes Supermarket Smarts” by calling 1 (800) SENTARA or visiting https://www.sentara.com/charlottesville-virginia/classesevents/listing.aspx.</p>
<p>To become more involved in local efforts around healthy eating, active living, and food justice, join or follow local coalitions:</p>	<p>Move2Health Coalition: Move2HealthCentralVA@gmail.com or facebook.com/move2healthcentralva.</p> <p>Charlottesville Food Justice Network: jeanette@cityschoolyardgarden.org.</p>



SUPPLEMENTAL MATERIALS: FOOD PANTRY RECIPES

RESOURCE	DESCRIPTION	LINK
Good and Cheap: Eat Well on \$4/Day by Leanne Brown	Compact cookbook with color pictures for people on a limited income and tight food budget. A PDF version is available for free download on the website or you can contact the Thomas Jefferson Health District for a free printed copy (while supplies last).	https://www.leannebrown.com/good-and-cheap.pdf For a printed copy, call the health department at (434) 972-6241.
Capital Area Food Bank Recipes	Find delicious, healthy, and affordable recipes that use common food bank ingredients. Recipes are available in both English and Spanish and new recipes are uploaded every month.	https://www.capitalareafoodbank.org/programs/capacity-building/recipes/
What's Cooking? USDA Mixing Bowl	Explore healthy recipes to create and print your own cookbook.	https://whatscooking.fns.usda.gov/
Greater Pittsburg Community Food Bank Photo Illustrated Recipe Cards	Learn new recipes through these photo illustrated recipe cards.	https://www.pittsburghfoodbank.org/get-help/healthy-eating/recipes/
Share Our Strength's Cooking Matters Recipes	Find easy, healthy, and affordable recipes.	https://cookingmatters.org/recipes
City Schoolyard Garden Harvest of the Month	Local program: Harvest of the Month is a great way for youth and their families to explore taste and learn about seasonal vegetables and fruits. Backpack flyers provide health and nutrition information, and recipes about each fruit/vegetable.	https://www.cityschoolyardgarden.org/harvest-of-the-month-archives/
Move2Health Coalition	Local coalition: learn more about nutrition, shopping and cooking, eating out, and feeding your kids.	http://www.move2healthcentralva.com/eat/home/
Virginia Cooperative Extension Spice it Up!	Explore ways to replace sugar, fat, and salt in your meals with spices and herbs.	http://pubs.ext.vt.edu/content/dam/pubs_ext_vt_edu/348/348-739/348-739_pdf.pdf



SUPPLEMENTAL MATERIALS: FOOD PANTRY TIPS

RESOURCE	DESCRIPTION	LINK
Capital Area Food Bank Produce Guides	Learn to properly store, use, and pair your fruits and vegetables to maximize your food budget.	https://www.capitalareafoodbank.org/produce-guides/
Cooking Matters <i>In Your Food Pantry</i>	A guidebook for food pantries to learn how to plan, organize, and lead food pantry demos in your community with several nutrition education lessons. It also contains a wide selection of handouts for clients.	http://cookingmatters.org/sites/cookingmatters.org/files/CMYFP.pdf
Share Our Strength's Cooking Matters <i>Seasonality Chart</i>	This chart shows peak growing season of fruits and vegetables so that you can eat in season.	https://cookingmatters.org/sites/default/files/Cooking_Matters_Seasonal_FV_Chart.pdf
Academy of Nutrition and Dietetics <i>Eat Right Get the Facts on the New Food Labels</i>	Shop smart by learning to read the facts on the new food labels.	https://www.eatright.org/-/media/files/eatrightdocuments/nnm/shopsmartgetthefactsonfoodlabels.pdf?la=en&hash=573B14C8DB0198A7D2CE09C93F45BD8B9C726C39
U.S. Food & Drug Administration <i>Nutrition Facts Label</i>	Download these nutrition facts label sheets to help you make healthier dietary choices. The educators packet includes all fact sheets ready to print and share.	https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/
Virginia Cooperative Extension <i>20 Ways to Save at the Grocery Store</i>	Learn how to save money by shopping smart and healthy.	http://pubs.ext.vt.edu/content/dam/pubs_ext_vt_edu/348/348-722/348-722_pdf.pdf
Virginia Cooperative Extension <i>Fruits and Vegetables: How Much Do I Need?</i>	Learn how many fruits and vegetables you need; how to select, store, and prep fresh fruits and vegetables; and when you should buy fruits and vegetables.	https://pubs.ext.vt.edu/content/dam/pubs_ext_vt_edu/HNFE/HNFE-266/HNFE-266-pdf.pdf



ADDRESS MENTAL HEALTH AND SUBSTANCE USE

DID YOU KNOW?

The World Health Organization defines health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”¹⁷ Discussions around health often focus on physical health and neglect the importance of mental and emotional health. Mental health concerns and substance use disorders are common and affect people across all social, economic, religious, and ethnic groups. Many factors contribute to mental health including your genes and brain chemistry, life experiences such as trauma or abuse, and family history. Addressing mental health and substance use is one of the four MAPP2Health priority areas because mental and emotional well-being are an important part of our overall health and substance use affects many individuals and families in our area.



In 2016, an estimated 44.7 million Americans—or one in six adults in the United States—were living with a mental health illness but only 43.1% of these adults had received mental health treatment over the past year.¹⁸ In a 2016 survey of residents across the district, people in five out of six localities believed that alcohol and drug misuse prevention and treatment services, as well as access to mental health services, were among the top three areas for improvement.

Members of the community are likely to ask faith leaders, especially clergy, for support with mental health and substance use challenges. It is important that faith leaders, as mental health first responders, feel prepared to navigate these conversations and direct members to effective resources and services. As a faith community, you can also be a welcoming and well-informed organization that has systems and policies in place for people facing mental health and substance use challenges.

Below you will find recommendations, resources, and ideas that have been proven to work to help your faith community address mental and emotional health.

RECOMMENDATIONS

- Host a Mental Health First Aid Training
- Raise Awareness & Fight Stigma through the *Help Happens Here* Campaign
- Have a Tobacco Free Holy Grounds Policy
- Include Mental Health in Your Health Ministry



RECOMMENDATION #1: HOST A MENTAL HEALTH FIRST AID TRAINING

“Come to me, all you who are weary and burdened, and I will give you rest.”

Matthew 11:28

A mental health crisis can occur at any moment for someone you care about. Do you have the tools to react properly in this type of situation? Do you have an environment that is set up to effectively minister to those in crisis?

Mental health challenges are common and faith-based organizations are often the front lines of mental health care. People may approach their pastor, rabbi, imam, monk, or other faith leader when they need help addressing a mental health, addiction, or substance use concern of their own or of a loved one. In order to assist those in crisis and provide a support system, consider offering training to staff and/or members of the congregation.

Mental Health First Aid (MHFA) is an evidence-based 8-hour certification course that introduces participants to mental health and substance use problems by using real-life examples. Participants practice offering initial help in a mental health crisis and learn how to connect people to appropriate care. They also learn about common risk factors and warning signs of specific mental health challenges like anxiety, depression, substance use, eating disorders, and bipolar disorder.

Studies have shown that MHFA trainees increase their knowledge of the signs, symptoms, and risk factors around mental illness and addictions; can identify appropriate resources for care; have increased confidence and likelihood of assisting an individual in crisis; and may even improve their own mental well-being.¹⁹

Cost:



Region Ten offers monthly classes open to the community for \$25/person. Check out their website for the upcoming class schedule and/or call to inquire about the possibility of coordinating a group class for members of your congregation.

Time:



The eight-hour MHFA training requires a one-time commitment from participants, but will require only a minimal amount of time to connect people to upcoming classes or a one-time effort to schedule and/or host the event on behalf of your organization.



RECOMMENDATION #1: HOST A MENTAL HEALTH FIRST AID TRAINING

GETTING STARTED

To learn more about scheduling a Mental Health First Aid (MHFA) training at your place of worship, please contact:

Consider partnering with neighboring faith congregations to host a MHFA training so you can advertise the opportunity to as many people as possible, increase participation, and share planning and coordination responsibilities.

To view the ongoing MHFA schedule or sign-up for a training at Region Ten:

To learn more about the MHFA training in general, visit:

RESOURCES

Sissy Allen, Region Ten Training Coordinator, (434) 970-1386 or MHFA@regionten.org.

Visit the training calendar at <http://regionten.org/event-categories/training/>.

<https://www.mentalhealthfirstaid.org/>.



RECOMMENDATION #2: RAISE AWARENESS & FIGHT STIGMA THROUGH THE *HELP HAPPENS HERE* CAMPAIGN

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

2 Timothy 1:7

“But when anything is exposed by the light it becomes visible, for anything that becomes visible is light.”

Ephesians 5:13

Openly discussing mental health can evoke a sense of fear or shame due to the stigma around mental health topics—fear of what a family member or friend may think, or fear of judgement due to stigma. However, open discussion on mental health topics is intended to shine light and raise awareness around how to help most effectively.

The Charlottesville-area Community Mental Health and Wellness Coalition aims to raise awareness and reduce stigma around mental health and substance use topics through the *Help Happens Here* campaign. Your congregation can support the campaign by taking action, receiving training, bringing mental health into the light, and connecting individuals to free or affordable mental health and substance use services. Some practical ways to support the *Help Happens Here* campaign include:

- **Participating in local medication disposal efforts**—responsibly disposing of unused medications may reduce unwanted drug use and unintentional poisonings.²⁰
- **Receiving training on emergency opioid overdose response**—anyone can receive training on how to recognize and respond to an opioid overdose emergency and receive free Naloxone for emergency use to prevent a fatal overdose.
- **Displaying *Help Happens Here* posters and materials**—research shows that face-to-face conversations are the most effective way to share health information but posters can also be an important way for readers to gain new knowledge about health and how to stay healthy.²¹

Cost: All resources offered as part of this recommendation are no cost.



Time: This recommendation would require a minimal amount of time to connect to existing efforts and share information with your congregation.





RECOMMENDATION #2: RAISE AWARENESS & FIGHT STIGMA THROUGH THE *HELP HAPPENS HERE* CAMPAIGN

GETTING STARTED

Learn about the *Help Happens Here* campaign.

The *Help Happens Here* campaign includes a variety of print and advertising materials—such as posters and business cards—that can be given to members. Campaign materials feature the campaign’s referral and information phone line, Region Ten’s phone line for behavioral health emergencies, and messages that raise awareness and fight stigma around mental health and substance use.

REVIVE! Is a 1–1.5 hour training on how to recognize and respond to an opioid overdose emergency with the use of NARCAN. To receive **free** *REVIVE!* training, contact Region Ten.

In recognition that Virginia’s opioid addiction crisis is a public health emergency, community members can receive training on how to recognize and respond to an opioid overdose emergency and receive free Naloxone (or “NARCAN”) for emergency use to prevent a fatal overdose. NARCAN is a nasal spray used to treat an opioid overdose in an emergency. NARCAN blocks or reverses the effects of opioid medication, including extreme drowsiness, slowed breathing, or loss of consciousness.

Pick up FREE NARCAN by calling your local health department to schedule an appointment at any location in the Thomas Jefferson Health District. Appointments may take as long as 1-2 hours, if training is needed. Those who have completed the *REVIVE!* program do not need additional training, but must bring proof of training completion.

Using home medication disposal bags or dropping off unused medications at a drug drop box is one way of making sure that friends and family members, especially children and teens, don’t have access to unsafe or prescription medications that are not intended for them.

As of January 2018, all Walmart pharmacy locations are offering no cost “DisposeRX” packets in an effort to reduce opioid abuse and misuse.

RESOURCES

Visit the website <http://helphappenshere.org> or call the information and referral line at (434) 227-0641.

Pick up and display FREE *Help Happens Here* posters and other materials within your facilities.

Email Community Mental Health and Wellness Coalition Director, Rebecca Kendall, at Rebecca.Kendall@regionten.org.

Email REVIVE@regionten.org or call (434) 972-1800 for more information.

- Charlottesville/Albemarle Health Dept., (434) 972-6269.
- Fluvanna County Health Dept., (434) 591-1960
- Greene County Health Dept., (434) 985-2262
- Louisa County Health Dept., (540) 967-3703
- Nelson County Health Dept., (434) 263-8315

See the flyer on the following page for locations where you can visit a medication disposal location and drop off unwanted or unused medications.

For a free home medication disposal bag, contact your local health department at the number listed on the flyer.

Read Walmart’s press release for more details: <https://news.walmart.com/2018/01/17/walmart-launches-groundbreaking-disposal-solution-to-aid-in-fight-against-opioid-abuse-and-misuse>.

3 Steps to Safely Manage Your Opioid / Pain Prescriptions

Did you know opioid overdoses kill more Virginians than car accidents?
Opioids can be addictive and dangerous.

1. Take as prescribed

- Do not share medication with others.
- Take medicine only as prescribed.
- Ask your doctor or pharmacist if you have questions.

2. Lock it up

- Keep medications locked and out of sight of children and guests.

3. Dispose responsibly

- Dispose of unused or expired medication at drop boxes or with a medication disposal bag.



2 out of 3

people misusing prescription pain medication got it from a friend or relative.

Medication Disposal Options

Greene County Sheriff's Office
10005 Spotswood Trail, Stanardsville

Louisa County Sheriff's Office
1 Woolfolk Ave., Louisa

Fluvanna County Sheriff's Office
160 Commons Blvd., Palmyra

Sentara Martha Jefferson Hospital
Outpatient Pharmacy
500 Martha Jefferson Dr., Charlottesville

UVA Pharmacy (open 24 hours)
1240 Lee St., Charlottesville

Ask your local health department for a free medication disposal bag.

Charlottesville/Albemarle - 434-972-6200

Fluvanna - 434-591-1960

Greene - 434-985-2262

Louisa - 540-967-3703

Nelson - 434-263-8315

Ask your pharmacist about safe medication disposal options.

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For more information, contact prevention@regionten.org



RECOMMENDATION #3: HAVE A TOBACCO FREE HOLY GROUNDS

“Do you not know that if you yield yourselves to any one as obedient slaves, you are slaves of the one whom you obey ...”

Romans 6:16

What we allow to control our behaviors and thoughts will affect us either negatively or positively. Tobacco is an addictive substance and tobacco use is an unhealthy choice for individuals as well as for loved ones around them due to secondhand exposure. Tobacco use can lead to cancer, heart disease and stroke, lung diseases, oral health problems, and other health conditions for individual users as well as causing harmful effects to nonsmokers through secondhand exposure including asthma attacks and respiratory infections among children and adolescents.²²

Faith communities have the ability to support positive behaviors and promote healthy environments for worship by adopting a comprehensive tobacco free policy, supporting members who want to live a tobacco free life, and actively ensuring young people avoid tobacco. Religious commitment and spiritual involvement could help decrease tobacco use, protect against starting tobacco, help with tobacco addiction, and encourage youth to stay smoke free.²³ Faith leaders are well positioned to provide social support, positive self-esteem, and a path to quit and stay quit.

Tobacco free policies for indoor spaces have proven especially effective in improving health and reducing tobacco use as well as exposure to secondhand smoke.²⁴ Expanding tobacco free policies to your outdoor spaces—and including both electronic smoking devices and smokeless tobacco in the policy—may lead to reduced smoking and tobacco use and prevent use among youth.²⁵ In addition, congregations can provide support and recognition to those who want to live a tobacco free life.

Cost: This is a no cost change. In fact, tobacco users who quit benefit financially as they no longer have to buy tobacco products and related materials and generally have lower healthcare-related costs.

Time: This recommendation would require some time in order to bring together a committee to draft a policy, but would require little to no ongoing time commitment.



RECOMMENDATION #3: HAVE A TOBACCO FREE HOLY GROUNDS

GETTING STARTED	RESOURCES
<p>With support from leadership, call together your congregation or a special committee to discuss committing your grounds or property to becoming 100% tobacco free.</p>	<p>The American Lung Association in Minnesota’s <i>Making Your Worksite Tobacco-Free</i> provides an overview of how to assemble a tobacco-free committee or workgroup on pages 17-18. It is geared toward a larger workplace, but provides a good overview of steps for a committee: http://www.lung.org/local-content/minnesota/documents/worksite-wellness-toolkit.pdf.</p>
<p>Create a policy or review your existing policy to ensure your property (indoors and outdoors) is 100% tobacco free and all tobacco products (including smokeless and electronic smoking devices) are included in your policy.</p>	<p>Refer to the Virginia Tobacco Control Program’s <i>Tobacco Free Worksite Toolkit</i> to assist in writing and/or updating your 100% tobacco free policy: http://www.vdh.virginia.gov/tobacco-free-living/virginia-tobacco-free-toolkit/.</p> <p>Check out the Consortium for Infant and Child Health’s sample tobacco free policy and guidelines on pages 9-10: http://www.cinchcoalition.org/file/HealthyFaithCommunities2013.pdf.</p>
<p>Consider how you will share this policy with members of your congregation initially and on an ongoing basis. Make announcements, put up signs in strategic places throughout the property, and include tobacco free messages in your bulletins, programs, and other written materials. Make sure you hold each other and guests accountable to following your 100% tobacco free holy grounds policy.</p>	<p>Collaborate with Virginia’s Tobacco Control Program to receive further information and free materials such as “Tobacco Free Campus” window decals, indoor heavy cardstock signs, outdoor aluminum signs, and hand fans.</p> <p>Contact the Regional Tobacco Control Coordinator at the Thomas Jefferson Health District (Region 1): http://www.vdh.virginia.gov/tobacco-free-living/tobacco-use-control-project-tucp/.</p>
<p>Along with putting in place a tobacco free policy, make sure you provide support for any members that may be interested in quitting.</p> <p>Local community-based support programs in and around Charlottesville as well as a statewide quit line with 24/7 behavioral counseling are free resources to assist your members in quitting tobacco.</p>	<p>Contact the Regional Tobacco Control Coordinator (contact info above) for information on local community support groups.</p> <p>Refer people to Virginia’s Quitline for free behavioral counseling and other resources:</p> <ul style="list-style-type: none">• 1-800-QUIT NOW / 1-800-784-8669• 1-855-DEJELLO-YA /1-855-335-3569 for Spanish• TTY Line 1-877-777-6534 for Deaf and Hard of Hearing
<p>If you know people interested in quitting, consider becoming a host site for a local Nicotine Anonymous (NicA) group.</p>	<p>How to start a Nicotine Anonymous meeting in your area: https://nicotine-anonymous.org/mtg-starter-kit.html.</p>
<p>You could hold a May <i>No Menthol Sunday</i> as a kick-off to the announcement of your tobacco free policy and as an annual reminder to educate and raise awareness.</p>	<p>The National African American Tobacco Prevention Network has a <i>No Menthol Sunday</i> toolkit: http://www.naatpn.org/nomentholsunday.</p>



RECOMMENDATION #4: INCLUDE MENTAL HEALTH IN YOUR HEALTH MINISTRY

“The wise will hear and increase their learning, and the person of understanding will acquire wise counsel and the skill [to steer his course wisely and lead others to the truth].”

Proverbs 1:5

In order to effectively help those around them, faith communities can cultivate a teachable spirit. With open hearts and a willingness to learn about mental health issues, they are then able to move toward truth and away from stigma and fear of the unknown.

Many health ministries tend to focus on physical and spiritual needs and do not put as much emphasis on mental and emotional health and well-being. Recommendations #1–3 for this priority include many specific activities around mental and emotional health and substance use. As discussed in the *Promote Healthy Eating and Active Living* section, a health ministry allows a community to stand up for a healthy lifestyle—inside and out—and to be a role model for physical and emotional as well as spiritual health.

Including mental health in your health ministry could take many forms:

- Making a covenant that your congregation will be a welcoming, inclusive, supportive, and engaged (WISE) place of worship for all members
- Having a representative join a local coalition
- Hosting a speakers’ series on mental health and substance use
- Planning an annual mental health day
- Hosting on-site support groups

Cost:



Most of the resources, including trainings, would not involve a cost. Events such as a Mental Health Sunday would likely involve a low cost for supplies.

Time:



This recommendation would require a significant and ongoing investment of time from thoughtful consideration of how your faith community supports mental health through your policies and practices to organizing and hosting activities as part of your mental health ministry.



RECOMMENDATION #4: INCLUDE MENTAL HEALTH IN YOUR HEALTH MINISTRY

GETTING STARTED

Make a commitment to **include mental health in your health ministry**, invite members with a background or passion for the topic to join your ministry team, and decide what you plan to offer or accomplish.

One option in starting a mental health ministry is to **become a WISE community**—a congregation where those affected by mental illnesses will be fully welcomed, included, supported, and engaged in the life, work, and leadership of the congregation. See a one-page overview of how to become a WISE community on the following page.

Join the Community Mental Health and Wellness Coalition to get involved in local efforts to improve our community’s behavioral health and wellness.

Consider **organizing a speakers’ series** or **on-site trainings** with local experts.

- To learn about tobacco, contact the health department’s Regional Tobacco Control Coordinator (Region 1): <http://www.vdh.virginia.gov/tobacco-free-living/tobacco-use-control-project-tucp/>.
- If you’re interested in learning more about counseling, mindfulness, stress reduction, social support, or practices such as yoga and acupuncture, contact:
 - Common Ground Healing Arts, (434) 218-7677 (offers yoga, stretching, massage, acupuncture, and meditation).
 - The Women’s Initiative, (434) 872-0047 (provides individual counseling for women as well therapeutic and social support groups).

Kick-off your mental health ministry with a **Mental Health Sunday** event.

Consider hosting a **weekly support group** such as Alcoholics Anonymous (AA), Narcotics Anonymous (NA), or Nicotine Anonymous (NicA) (link in Recommendation #3).

The National Alliance on Mental Illness’ Faith Net is an interfaith resource network, <https://www.nami.org/faithnet/>.

RESOURCES

The Interfaith Network on Mental Illness provides a 10-step overview on starting a mental health ministry: <https://docs.google.com/file/d/0B1-l-16TIdcidG8zRmxVelA5bGs/edit>.

- The First Congregational Church, United Church of Christ in Boulder, Colorado has a sample WISE covenant: <http://inmi.us/wp-content/uploads/2017/04/WISEcovenant-FINAL.pdf>.
- The United Church of Christ Mental Health Network offers a WISE toolkit: <http://mhn-ucc.blogspot.com/p/becoming-wise-congregation-toolkit.html>.

The Coalition has quarterly full coalition meetings, which are open to all. For more information, please contact Rebecca Kendall at Rebecca.Kendall@regionten.org.

- Mental Health First Aid training is discussed in Recommendation #2 of this section. Region Ten’s Prevention Program can also provide trainings as requested on mental health promotion, stigma reduction, and risk/resiliency factors. For more information, visit <https://www.youchooseville.com/trainings>.
- Local coalition SPARC, the Suicide Prevention and Resource Council, is housed at Region Ten and provides a variety of training topics. Visit their website to fill out the training request form: <https://www.sparchope.org/request-suicide-prevention-resource>. For more information about SPARC or for questions about training, reach out to admin@sparchope.org.

The United Church of Christ’s Mental Health Network provides a full Resource Guide as well as a sample sermon and bulletin inserts: <http://mhn-ucc.blogspot.com/p/mental-health-sunday.html>.

For information on existing groups in the Jefferson District, visit <https://jeffersonfob.wordpress.com/>. For information on starting an AA meeting, visit https://www.aa.org/pages/en_US/starting-a-new-aa-group.

The Interfaith Network on Mental Illness has a variety of resources, <http://inmi.us/links-to-more-resources-on-faithspiritualityreligion-and-mental-health/>.

Are you a **WISE** community?

A WISE community is a Welcoming Inclusive Supportive and Engaged congregation for mental health. A WISE congregation is a process. Our vision is that those affected by mental illnesses will be fully welcomed, included, supported, and engaged in the life, work, and leadership of congregations.

W

How can your community be more **welcoming**?

- Ask your community to avoid stigmatizing language such as "loony" or "crazy"
- Bring a mental health first aid class to your community
- Start a mental health ministry team

I

How can your community be more **inclusive**?

- Include those with mental health challenges and their families in prayer
- Ensure that the needs of those with mental health challenges are included in forums or presentations
- Have an annual Mental Health Sunday

S

How can your community be more **supportive**?

- Reach out to those suffering from a mental illness in the same way you would reach out to those living with a physical illness
- Listen without judgement
- Start a spiritual support group
- Offer practical support such as food or housing to those in need

E

How can your community be more **engaged**?

- Invite groups who help with mental health challenges, addiction, and trauma to use your facilities
- Join and actively support programs that support mental health
- Work with other faith communities to encourage love and compassion for those dealing with mental health challenges

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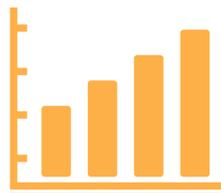
a better life, a better community

Based on the work of the United Church of Christ Mental Health Network, www.mhn-ucc.org



REDUCE HEALTH DISPARITIES AND IMPROVE ACCESS TO CARE

DID YOU KNOW?



This a new priority that was identified through the 2016 MAPP2Health process. **Access to Care**—having health insurance is an important way to gain access to the healthcare system. Having a regular and ongoing source of care, such as a Primary Care Provider, or PCP, is also important for accessing care. In our district, 86% of adults ages 18-64 have health insurance. This ranges from 89% in Albemarle County to 79% in Greene County.²⁶ Starting on January 1, 2019, more adults in Virginia will have access to health insurance through Medicaid expansion.

Health Disparities—disparities are “differences in health outcomes and their causes between groups of people as the result of social, demographic, environmental or geographic differences.”²⁷ Imagine a neighborhood that has few sidewalks, no parks or green spaces, no grocery stores, and lots of fast food restaurants and liquor stores. Now picture a neighborhood across town with wide sidewalks, a safe, well-lit park for neighborhood children, accessible walking and biking trails, two large grocery stores, and no fast food chain restaurants. If the first neighborhood has higher rates of obesity and chronic conditions, such as diabetes, because they have little or no access to safe places to be active or to stores that sell healthy, fresh, and affordable food, we would say that there are health disparities—different health outcomes—between these two neighborhoods due to the differences described above.

Health Equity—the guiding principle of health equity is that “everyone has the opportunity to attain their highest level of health.”²⁸ That is, everyone gets the basics of what they need to be as healthy as possible. Equality in health would be where everyone receives the same thing in order to healthy—a standard bicycle, for example. The standard bicycle would be great for some people but wouldn’t be useful for others, such as small children, really tall people, or someone in a wheelchair. Health equity focuses on the idea of people having the opportunity to be healthy as possible. In the bicycle example, everyone has a bicycle but it is appropriately sized and modified to their unique situation—the child has a child-sized bicycle and the tall man has an extra-large bicycle.²⁹

Below are recommendations to assist in educating, organizing, and advocating to advance access to care and equity.

RECOMMENDATIONS

- Include Access to Care in Your Health Ministry
- Connect to or Host a Chronic Disease Self-Management Program
- Include Health Equity in Your Health Ministry
- Connect Youth to Health Careers



RECOMMENDATION #1: INCLUDE ACCESS TO CARE IN YOUR HEALTH MINISTRY

“As every man hath received the gift, even so minister the same one to another, as good stewards of the manifold grace of God.”

1 Peter 4:10

If your congregation is gifted with members who have a healthcare background or a passion for health and wellness, a health ministry is one way to use these gifts. Your ministry can provide good stewards for health in many ways—one option would be to focus on access to care and making sure that all of your members can get the services and support they need to live their healthiest life.

There are many barriers to accessing healthcare, including lack of health insurance, the cost of services and treatment, availability of providers, and the ability to find a provider that you can trust and communicate with easily. Having a primary care provider (PCP) or medical home is the first line of defense for addressing health problems before they start. A relationship with a medical home is associated with better health, lowered healthcare costs, and a reduction in health disparities in health.³⁰ With or without insurance, it is important that everyone has this regular and ongoing source of care.

Health ministries can help increase access to care by:

- **Providing information and assistance around Virginia’s Medicaid expansion**
- **Hosting a monthly speakers’ series or a panel of speakers**

Both options require an educational component and designating someone(s) on the health ministry as a point-of-contact when people have questions or need connection to care. See the following page for suggestions on potential speakers or panelists as well as information related to Medicaid expansion.

Cost:



Hosting a monthly speaker’s bureau or panel of speakers or providing information around Medicaid expansion would be no cost.

Time:



Organizing a speakers’ bureau or panel would be a one-time effort to invite speakers and organize. It could also be extended to a regular yearly event that would take ongoing effort to schedule, invite attendees, and advertise to your congregation.



RECOMMENDATION #1: INCLUDE ACCESS TO CARE IN YOUR HEALTH MINISTRY

GETTING STARTED	RESOURCES
<p>As of January 1, 2019, thousands of Virginians ages 19–64 will have access to health coverage through Medicaid expansion. Eligibility is based on income—for more information, visit www.coverva.org.</p>	<p>Your health ministry can share this important information with congregants and community members using the flyer on the following page. You could also reach out to local outreach specialists who can help connect people to coverage.</p>
<p>As a health ministry, decide if you plan to host an ongoing monthly speakers’ bureau or a one-time panel of speakers. During the event, have each speaker introduce themselves, their organization, and the services they provide.</p>	<p>Invite speakers from primary care clinics, community health centers, free clinics, and providers of low-cost community health services. Include providers of mental health and substance use services.</p>
<p>The Blue Ridge Medical Center in Nelson County offers primary care, pediatrics, dentistry, x-ray, lab, physical therapy, and behavioral health services. Reduced fees are available for eligible limited-income patients.</p>	<ul style="list-style-type: none"> • (434) 263-4000 • https://www.brmedical.org/
<p>Central Virginia Health Services provides medical, dental, behavioral health, and pharmacy services to uninsured and underinsured patients. Available services vary by location; visit http://www.cvhsinc.org/ for more information.</p>	<ul style="list-style-type: none"> • Louisa, (540) 967-9401 • Charlottesville, (434) 227-5624 • Southern Albemarle, (434) 286-3602
<p>The Charlottesville Free Clinic provides access to medical care, dental care, mental health support services, and prescription medications for uninsured and underinsured patients.</p>	<ul style="list-style-type: none"> • (434) 296-5525 • https://www.cvillefreeclinic.org/
<p>Local Departments of Social Services (DSS) provide a variety of food and economic assistance programs, family support services, and foster care and adoption as well as investigating reports of child and adult abuse and neglect. To learn more about specific services provided and how to access them, contact your local DSS office.</p>	<ul style="list-style-type: none"> • Albemarle DSS, (434) 972-4010 • Charlottesville DSS, (434) 970-3400 • Greene DSS, (434) 985-5246 • Fluvanna DSS, (434) 842-8221 • Louisa DSS, (540) 967-1320 • Nelson DSS, (434) 263-7160
<p>The Greene Care Clinic provides access to medical care, dental care, mental health support services, and prescription medications for uninsured and underinsured patients.</p>	<ul style="list-style-type: none"> • (434) 985-7000 • http://www.greenecareclinic.org/
<p>The Jefferson Area Board for Aging (JABA) serves the needs of the aging in Charlottesville, Albemarle, Fluvanna, Greene, Louisa, and Nelson. Services include community centers, adult care centers, options and insurance counseling, information and assistance, wills for seniors, and more.</p>	<ul style="list-style-type: none"> • (434) 817-5222 • http://www.jabacares.org/ • info@jabacares.org
<p>The Thomas Jefferson Health District provides public health services to the residents of the City of Charlottesville, and the counties of Albemarle, Fluvanna, Greene, Louisa, and Nelson. Health services include immunizations, family planning, sexual health, tuberculosis testing, and WIC nutrition. For more information, visit www.tjhd.org.</p>	<ul style="list-style-type: none"> • Charlottesville/Albemarle, (434) 972-6244 • Fluvanna, (434) 591-1960 • Greene, (434) 985-2262 • Louisa, (540) 967-3703 • Nelson, (434) 263-8315

Coming Soon: New Health Coverage For Adults



Beginning January 1, 2019, more adults living in Virginia will have access to quality, low-cost health insurance!

Who is Eligible?

- ✓ Virginia residents, ages 19 to 64
- ✓ Not already in or eligible for Medicare
- ✓ Must meet income requirements, which vary by household size

Who qualifies for Virginia Medicaid?

	Childless Adults	Parent (family of 3)	Person with Disability
Currently:	Not Eligible	Eligible with annual income at or below \$6,900	Eligible with annual income at or below \$9,700
Beginning 2019:	Eligible with annual income at or below \$16,754	Eligible with annual income at or below \$28,677	Eligible with annual income at or below \$16,754

You may be eligible if you make less than:

Family Size	Yearly	Monthly
1	\$16,754	\$1,397
2	\$22,715	\$1,894
3	\$28,677	\$2,391
4	\$34,638	\$2,887
5	\$40,600	\$3,384
6	\$46,562	\$3,881
7	\$52,523	\$4,378
8	\$58,485	\$4,875
Additional person add	\$5,962	\$497

What Services are Covered?

- Doctor, hospital, and emergency services
- Prescription drugs
- Laboratory and X-ray services
- Maternity and newborn care
- Long-term care and support services
- Home health services
- Behavioral health services including addiction and recovery treatment services
- Rehabilitative services including physical, occupational, and speech therapies
- Transportation to Medicaid-covered services when no alternatives are available
- Family planning services
- Medical equipment and supplies
- Preventive and wellness services and chronic disease management services
- And more!



For more information about the new coverage, including answers to frequently asked questions, visit www.coverva.org.





RECOMMENDATION #2: CONNECT TO OR HOST A CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

“Behold, I will bring it health and healing; I will heal them and reveal to them the abundance of peace and truth.”

Jeremiah 33:6

Within your congregation, it is likely that you have one or more members that manage ongoing health conditions such as diabetes, high blood pressure, or heart disease. It is also likely that you have ministered to members who have had a heart attack or stroke. Almost certainly, you have members that are at a higher risk of developing a chronic disease due to their age, weight, activity level, family history, race, ethnicity, or another factor.

If this is an area of concern for your congregants or an area of interest for your health ministry, you could decide to focus on chronic disease self-management. Many programs exist that provide education and support people in how to best manage their condition in daily life. Programs typically focus on topics such as managing your medications, better understanding your condition, and making lifestyle changes to better manage your disease. There is strong evidence that such programs improve health outcomes and quality of life for participants.³¹

If your health ministry plans to focus on chronic diseases, would you want to learn about existing programs and how to connect your members to them or host your own program? Depending on your size, capacity, and the time you have available, it might make sense to connect to existing classes or invest in hosting a class. There are existing programs that you could partner with to host a class on-site or toolkits that congregations can use to organize their own sessions to learn about chronic conditions and become ambassadors for healthier living. On the following page you will find resources for various approaches.

Cost:



Programs described on the following pages are no cost for participants but have differing eligibility requirements.

Time:



It would take a minimal amount of time to refer people to existing programs. It would require a one-time commitment to arrange an on-site workshop. Organizing self-led lessons on chronic diseases would require a significant amount of time.



RECOMMENDATION #2: CONNECT TO OR HOST A CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

GETTING STARTED

The UVA Diabetes Education and Management Program offers a complete approach to diabetes care including individual sessions; classes and workshops on how to manage and prevent diabetes, monitor your blood-glucose, and plan meals; foot care services; and more. To access this program, you must be referred by your primary care provider. Ask your provider for more details.

The **Sentara Martha Jefferson Hospital Diabetes Program** offers a comprehensive diabetes education program. Controlling blood sugar through meal planning, getting proper exercise, and possibly taking medication are essential in any diabetes management plan. Patients can receive individual sessions or join group diabetes classes and support groups for advice on these topics and many others as they build their diabetes management plan.

Sentara Martha Jefferson's **Diabetes Supermarket Smarts** is a free class available to help you make healthy food choices when shopping. It is led by a registered dietician and held at a local grocery store. You will learn how to shop for healthy foods that will keep blood sugar levels in good control.

The **Brooks Family YMCA's Diabetes Prevention Program** provides adult participants (18 and older) with prediabetes, or at high risk of developing diabetes, an opportunity to gather in a relaxed classroom setting and work together in small groups to learn how to incorporate healthier eating and moderate physical activity into their daily lives. To find out more, visit: <https://piedmontymca.org/cms-view-page.php?page=ymca-diabetes-prevention-program>.

JABA's **Chronic Disease Self-Management Education Program, *You Can Live Well***, provides interactive group workshops in community settings such as senior centers and churches. Trained volunteer leaders facilitate workshops on problems that are common to individuals dealing with any chronic condition such as pain management, nutrition, exercise, medication use, emotional well-being, and effective communication with doctors. Participants practice skills and coping strategies.

RESOURCES

For more information on the program, call (434) 243-4620 or visit <https://uvahealth.com/services/endocrine-system/diabetes/workshops-classes>.

- Call (434) 654-7009 or toll-free, 1 (888) 652-6663 for more information.
- For a full schedule of classes, visit <https://www.sentara.com/charlottesville-virginia/classesevents/listing.aspx>.
- For the full schedule of support groups, visit <https://www.sentara.com/charlottesville-virginia/classesevents/view-all-support-groups.aspx>.

To view upcoming classes or register, visit <https://www.sentara.com/charlottesville-virginia/classesevents/events/diabetes-supermarket-smarts-grocery-tour-105.aspx>.

Interested participants should fill out the form on the website and drop off the completed form at the Brooks Family YMCA in Charlottesville:

- 151 McIntire Park Drive, Charlottesville, VA 22902
- Or, email the application to communityhealth@piedmontymca.org
- Call (434) 974-9622 for questions.

For more information or to register online, visit: <http://www.jabacares.org/livewell-2>.

Or, contact the Program Coordinator for more information or to schedule/form a group.

- Phone: (434) 817-5290



RECOMMENDATION #2: CONNECT TO OR HOST A CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

GETTING STARTED

The American Heart Association's **EmPOWERED to Serve Ambassadors** learn about the risks and symptoms associated with heart disease and stroke, then take that knowledge and educate their congregation and communities to build a sustainable culture of health.

If your health ministry is interested in hosting self-led chronic disease management classes (alone or as a supplement to connecting to existing resources and/or hosting a class on-site), below you will find several toolkits designed especially for faith leaders.

View and download the American Heart Association's **Empowered to Serve** health lessons in English or Spanish.

The **Faith Leaders Toolkit: Diabetes Prevention and Management** has tools and resources to help faith community leaders spread the word about type 2 diabetes prevention and diabetes management, organize related activities in the community and create an environment that supports healthy choices. Download a copy in English or Spanish.

New Beginnings: A Discussion Guide for Living Well with Diabetes helps diabetes support group leaders facilitate discussions about the emotional aspects of living with diabetes. It can be used to supplement diabetes self-management education sessions and in diabetes support groups.

To find additional resources for specific groups, such as African Americans, Latino Americans, or rural communities, visit:

RESOURCES

To become an Ambassador, visit <http://www.empoweredtoserve.org/index.php/get-involved/ambassadors/>.

To review or download the Ambassador toolkit, visit <https://www.empoweredtoserve.org/wp-content/uploads/2015/09/ETS-Ambassador-Toolkit.pdf>.

<http://www.empoweredtoserve.org/index.php/resources/ets-health-lessons/>

<https://www.cdc.gov/diabetes/ndep/toolkits/faith-leaders.html>

<https://www.cdc.gov/diabetes/ndep/toolkits/new-beginnings.html>

<https://www.cdc.gov/diabetes/ndep/resources-specific-groups.html>



RECOMMENDATION #3: INCLUDE HEALTH EQUITY IN YOUR HEALTH MINISTRY

“The Lord promotes equity and justice.”

Psalm 33:5

The guiding principle of health equity is that “everyone has the opportunity to attain their highest level of health.”³² That is, everyone, no matter who they are, has the basics of what they need to be as healthy as possible. While there are no simple solutions to eliminating health disparities and achieving health equity, faith-based organizations can choose to focus on this topic in order to educate, organize, and advocate to advance health equity.

***Unnatural Causes* Screening and Discussion Series**

In addition to medical care, lifestyle, and genes, scientists increasingly recognize that “health starts where we live, learn, work and play.”³³ *Unnatural Causes* is a seven-part DVD series (4 hours) that explores complicated questions of health, health equity, and health inequities. Your health ministry could organize a series of screenings followed by group discussions to reflect on the documentary in order to learn more. Below you will find resources to plan an effective screening series and to help you facilitate group discussions.

Become a Partner in Prayer and Prevention (P3) Community Health Champion

This program is designed to empower communities to promote health equity. Community Health Champions receive a five-week intensive training in order to have effective tools to further educate their congregations and communities.

Cost:



There is no cost to participate as a P3 Community Health Champion. There is a low cost (\$49.95) to purchase the *Unnatural Causes* DVD series.

Time:



To plan for and host a movie screening of *Unnatural Causes* would be a one-time commitment. The P3 Community Health Champions partnership requires significant initial training as well as some ongoing engagement.



RECOMMENDATION #2: INCLUDE HEALTH EQUITY IN YOUR HEALTH MINISTRY

GETTING STARTED

***Unnatural Causes* Documentary Series Resources**

- Unnatural Causes: Action Toolkit
- Unnatural Causes: Handouts
- Unnatural Causes: DVD (for purchase)

To learn more about **Partners in Prayer and Prevention**, other statewide health equity campaigns, or to join the mailing list, please contact:

To be notified of upcoming trainings to become a **P3 Community Health Champion**, please fill out the following form:

RESOURCES

- https://unnaturalcauses.org/download_toolkit.php
- <https://unnaturalcauses.org/handouts.php>
- <http://www.newsreel.org/nav/title.asp?tc=CN0212>

Veronica Cosby, Virginia Partners In Prayer & Prevention, Office of Health Equity, Virginia Department of Health

- Email: veronica.cosby@vdh.virginia.gov
- Phone: (804) 864-7361

<http://www.vdh.virginia.gov/health-equity/become-a-p3-champion/>



RECOMMENDATION #4: CONNECT YOUTH TO HEALTH CAREERS

“Give instruction to a wise man, and he will be still wiser; teach a righteous man, and he will increase in learning.”

Proverbs 9

One of MAPP2Health’s objectives for reducing health disparities and improving access to care is to *support employers and community partners to develop cultural humility and workforce diversity to ensure that all citizens have the opportunity to achieve the highest level of health.* One strategy for this is to have a healthcare workforce that reflects the diversity of the community served so that residents from all backgrounds increase their trust in and utilization of the healthcare system.

Building a strong and diversified workforce begins with preparing the future generation of healthcare professionals—our youth. Evidence shows that programs to recruit and train minority students for health careers improve academic achievement—from grades and higher graduation rates to increased acceptance rates to college and/or medical school.³⁴ Health career programs for minority students provide training for youth, while also providing academic support and professional experience. Most programs help students navigate through various health careers, classes, practicum experiences, and college applications.

Faith-based organizations can motivate and connect youth with local programs that offer youth the opportunity to explore potential health career paths, gain exposure to the healthcare work environment, and develop leadership skills.

Time:



All volunteer programs, clubs, and ideas referenced on the following page are no cost.

Cost:



It will take a minimum amount of time to become familiar with local programs and refer youth to programs that create a pathway to health careers. If your health ministry decides to plan an in-house health career shadowing program or to host a speaker’s panel, then it would require some time to plan and organize.



RECOMMENDATION #4: CONNECT YOUTH TO HEALTH CAREERS

GETTING STARTED

For students 16 and older, the **Sentara Martha Jefferson student volunteer program** offers a variety of experiences in both clinical and non-clinical settings.

The **Sentara Martha Jefferson Hospital Summer Junior Volunteer Program** offers two four-week programs during the summer. The program targets students ages 15–18 who think they may have an interest in a healthcare career and introduces them to various areas of the hospital such as inpatient units, emergency, and medical imaging.

The **University of Virginia Health System** offers a variety of volunteer programs, including for juniors ages 14-18.

The University of Virginia’s School of Medicine also offers a **Mini Medical School**. Faculty members lecture and answer questions on topics such as anatomy, diabetes, hypertension, medical research, and more. Tuition is free, there are no exams, and participants receive a certificate of attendance.

Contact your local high school to see if they offer a medical, health, or science club and connect interested youth to existing clubs.

Longer-term programs may lead to stronger effects. However, if you have doctors, nurses, or other medical professionals in your congregation, your health ministry could consider starting an in-house program for youth to shadow you for a day or volunteer at your office.

Or, you could host an event where medical professionals speak on a panel about their career and experience.

RESOURCES

For more information, visit:

<https://www.sentara.com/charlottesville-virginia/hospitalslocations/locations/martha-jefferson-hospital/about-us/volunteers/student-volunteers.aspx>.

Application can be requested and submitted to: Renee Walker, Volunteer Team Coordinator, Rmwalker@sentara.com.

For more information, contact:

Jackie Martin, Director of Community Benefit, Sentara Martha Jefferson Hospital

- Email: jgmarti1@sentara.com
- Phone: 434-984-5655

To download a current application, visit: <https://www.sentara.com/hospitalslocations/locations/martha-jefferson-hospital/about-us/volunteers/student-volunteers.aspx>.

To learn more or download an application, visit: <https://uvahealth.com/about/volunteering>.

To learn more or to join the email list for upcoming sessions, please visit: <https://med.virginia.edu/mini-med/>.

As one example, there is a **Medical Sciences Club** at Charlottesville High School: <https://med.virginia.edu/diversity/community/community-programs/>.



FOSTER A HEALTHY AND CONNECTED COMMUNITY FOR ALL AGES

DID YOU KNOW?

This is a new priority that was identified through the 2016 MAPP2Health process. Churches, synagogues, temples, monasteries, mosques, other houses of worship, and faith-based organizations are well-positioned to provide social and emotional as well as spiritual support to people of all ages—from young children and families to older adults—in order to foster a healthy and connected community.

We know that where we live, work, play, and pray impacts health and well-being. So, when thinking about health and well-being, it is also important to consider factors like housing, transportation, jobs, education, and social support in addition to family history, access to healthcare, and personal health behaviors. In fact, “feeling safe, supported, and connected to family, neighborhood, and the community is critical for well-being.”³⁵

In a 2016 survey of residents across the district, people in all six localities believed that services for children and youth was a top area for improvement and people in three out of the six localities also selected services for older adults for improvement. For children, their experiences—both positive and negative—have a tremendous impact on lifelong



health and opportunity. Childhood experiences of abuse, neglect, and other household challenges can disrupt neurological, social, and emotional development and have been linked to risky health behaviors later in life, such as substance abuse and poor diet, as well as chronic conditions, such as diabetes and obesity.³⁶ For older adults, living alone and/or in poverty can increase social isolation, limit transportation options, and require additional medical supports to ensure a healthy life. Of the approximately 38,600 residents age 65 and older in our district, 25% live alone and 2,197 (6%) were living below the poverty line.³⁷

Building empowering, safe, and enriching age-friendly environments for children, youth, and older adults can generate life-long results. Congregations are well-placed to contribute to a healthier and more connected community through some of the recommendations, resources, and ideas listed below.

RECOMMENDATIONS

- Start a Youth Ministry or Volunteer with a Mentoring Program
- Connect Families to Early Childhood Programs
- Connect Families to Car Seats and Cribs
- Start an Older Adult Ministry



RECOMMENDATION #1: START A YOUTH MINISTRY OR VOLUNTEER WITH A MENTORING PROGRAM

“Train a child in the way he should go, and even when he is old he will not turn away from it.”

Proverbs 22:6

Young people in our communities can benefit greatly from strong relationships with adults in their lives who can support them in how to live a full and abundant life.

Research shows that **extracurricular activities for youth** like dance, drama, sports, and visual arts can increase self-esteem and positive social behavior. Some programs are more effective than others, but keeping youth engaged in healthy and educational programs is one way to increase social skills and build relationships as well as social support systems for youth.³⁸

The most effective **youth mentoring programs** appear to emphasize emotional support or mentee advocacy over modeling or teaching. Successful programs also have frequent interaction, long durations in relationships, and high levels of trust. Results from successful programs include less delinquent behavior, aggression, and drug use as well as improved high school graduation rates among at-risk youth.^{39, 40}

Depending on your size and current resources, we recommend either:

- A youth ministry that provides regular structured extracurricular activities for youth—such as music, dance, drama, visual arts, and/or sports *OR*
- Involvement as a congregation in a local mentoring program.

Below are steps and resources for starting or expanding a youth ministry as well as information on how to connect to local mentoring programs.

Cost:



Depending on the approach, this recommendation would either be no cost (volunteer mentoring) or of moderate cost (a youth ministry) due to the purchase of equipment and activity supplies.

Time:



For either approach, this recommendation would involve a significant investment of time in forming long-term mentoring relationships or in planning for and hosting ongoing youth ministry activities.



RECOMMENDATION #1: START A YOUTH MINISTRY OR VOLUNTEER WITH A MENTORING PROGRAM

STARTING A YOUTH MINISTRY	RESOURCES
<p>Gather a group of passionate individuals such as a youth pastor and youth leaders to create an executive board or youth ministry committee.</p>	<p>The Faith and Service Technical Education Network's <i>10 Steps for Implementing a Youth Leadership Development Program</i>: http://www.urbanministry.org/wiki/10-steps-implementing-youth-leadership-development-program.</p>
<p>Conduct a survey or host a discussion to better understand the needs and priorities for youth development in your congregation and community.</p> <ul style="list-style-type: none"> • What interests, hobbies, skills, and availability do your youth have? • Will you provide a youth ministry for all ages or for a specific age group such as teens? • Will you focus on academics and tutoring or volunteer service? • Will you provide extracurricular activities such as games, drama, or creative arts? • Are your youth interested in developing entrepreneurship, leadership, or other skills? 	<p>Visit these links for examples of surveys that have been used by other youth ministries:</p> <ul style="list-style-type: none"> • http://uccyyasurvey.questionpro.com/ • http://www.stmargaret.org/admin/uploads/High_School_Youth_Ministry_Survey_022311.pdf • https://www.surveymonkey.com/r/9ZZ5Q8V • http://www.westlawnumc.com/youth-ministry-survey/
<p>The Faith and Service Technical Education Network (FASTEN) offers a variety of toolkits for faith-based organizations including a <i>Tutoring Toolkit</i>, a <i>Youth Entrepreneurship Toolkit</i>, and a <i>Youth Leadership Development Toolkit</i>: http://www.urbanministry.org/fasten-toolkits.</p>	<p>Eat Smart, Move More North Carolina offers recommendations around after-school physical activity: https://www.eatsmartmovemorenc.com/AfterSchoolStandards/Texts/NCAfterSchoolStandardsFINAL.pdf.</p> <p>For more physical activity ideas for children and teens, see the <i>Promote Healthy Eating and Active Living</i> recommendation #3.</p>
<p>The Wyman Teen Outreach Program (TOP) provides a curriculum to partners and includes guided, interactive group discussions with a trained facilitator. The model includes an engaging curriculum, weekly peer group meetings, social emotional skill building, positive adult guidance/support, and community service learning.</p>	<p>The curriculum must be purchased and requires training, http://teenoutreachprogram.com.</p>
<p>Based on your approach, what supplies and equipment will be needed for your ministry? Do you have enough space to host the program?</p>	
<p>Create a budget and consider how to secure funding to launch your youth ministry.</p>	<p>A blog post on “How to Build the Ultimate Youth Ministry Budget” http://betteryouthministry.com/strategy/how-to-build-the-ultimate-youth-ministry-budget/.</p> <p>The Wesleyan Church provides a variety of resources in their <i>Youth Ministry 101: Budget</i>: https://secure.wesleyan.org/713/youth-ministry-101-budget.</p>



RECOMMENDATION #1: START A YOUTH MINISTRY OR VOLUNTEER WITH A MENTORING PROGRAM

GETTING STARTED WITH MENTORING RESOURCES

Depending on your organization’s interests and capacity, you could also support children and youth by establishing a partnership with an existing organization that provides mentoring and volunteer opportunities to work with youth. Depending on capacity within your organization, this could provide a long-term relationship that supports youth but does not require your leadership and members to invest as much time and money toward creating an in-house program.

Gather a group of individuals who are interested in mentoring youth to decide what you hope to accomplish. What local program might you partner with based on their mission, volunteer program, need for ongoing volunteers, etc.?

Big Brothers Big Sisters of the Central Blue Ridge matches adult volunteers with children for a meaningful mentoring relationship.

The **Boys and Girls Club of Central Virginia** has several clubs throughout the area including the Cherry Avenue Club, James River Club (Scottsville), Jouett/Greer Club, Madison Club, Orange Club, and Southwood Club. Their clubs offer diverse activities for children and teens through after-school and summer programming.

The **City of Promise**, located in Charlottesville, provides a pathway of support to children and their families in the Starr Hill, Westhaven, and 10th and Page neighborhoods.

The Virginia Cooperative Extension’s 4-H programs provide youth with hands-on experience in areas such as health, science, agriculture, and citizenship.

As you consider various mentoring options, keep in mind these tips on successful mentoring programs from Youth.gov: <https://youth.gov/youth-topics/mentoring/best-practices-mentoring-relationships-and-programs>.

To learn about becoming a “Big,” visit <http://www.blueridgebigs.org/volunteer> or call (434) 244-0882.

To learn more about volunteer opportunities, visit <http://bgclubcva.org/get-involved/volunteer>.

To learn more about volunteering with City of Promise, call (434) 295-9525, email info@cityofpromise.org, or visit <https://www.cityofpromise.org/contact>.

To volunteer or learn more about local programs, contact the Cooperative Extension Office located in your county: <https://ext.vt.edu/offices.html>.

- Albemarle/Charlottesville, (434) 872-4580
- Fluvanna County, (434) 591-1950
- Greene County, (434) 985-5236
- Louisa County, (540) 967-3422
- Nelson County, (434) 263-4035



RECOMMENDATION #2: CONNECT FAMILIES TO EARLY CHILDHOOD PROGRAMS

“And do not forget to do good and to share with others, for with such sacrifices God is pleased.”

Hebrews 13:16

As a faith community, it is important to be supportive to those who express a need. Faith leaders and other congregants can support families and children by learning about local community resources that are available to support families and children.

Childhood experiences—both positive and negative—have a tremendous impact on lifelong health and opportunity. Childhood experiences of abuse, neglect, and other household challenges can disrupt neurological, social, and emotional development and have been linked to risky health behaviors later in life, such as substance abuse and poor diet, as well as chronic conditions, such as diabetes and obesity.⁴¹

Local early childhood programs use home visiting, group-based parenting, and/or counseling to provide parents and families with skills, support, and information to promote the health and well-being of their children. In general, early childhood home visiting programs have shown great impact on children and parents by reducing child maltreatment and injury, teaching important skills, improving birth outcomes and maternal health, and improving economic security.⁴² Group programs that use standardized curriculums have been shown to improve child behavior, parenting skills, and mental health for participants.⁴³

Learn about local programs that support families and children so that you can connect members of your congregation and community to these resources.

Cost:



This recommendation is no cost as it involves familiarizing yourself with local resources and connecting those in need of services with organizations that can provide support.

Time:



This recommendation would involve a minimal amount of time to familiarize yourself with local resources and organizations and to connect those in need of services to resources.



RECOMMENDATION #2: CONNECT FAMILIES TO EARLY CHILDHOOD PROGRAMS

GETTING STARTED

The **Improving Pregnancy Outcomes Workgroup** recently developed a *Pregnancy and Parenting Resource Guide* with a comprehensive listing of local services.

CHiP, the Jefferson Area Children’s Health Improvement Program, works with families to improve health and well-being, positive child development and parenting, and strengthen family self-sufficiency through in-home visiting services. CHiP also provides a program for teen parents.

CHiP services are for residents of Charlottesville, Albemarle, Fluvanna, or Louisa and are FREE to eligible families with a referral. Although Jefferson Area CHiP accepts referrals from anyone, various factors are considered when prioritizing referrals, such as medical conditions and social/environmental risk factors.

ReadyKids offers various programs that support, teach, counsel, and coach kids and parents to be ready to learn, ready for relationships, and ready for life. These programs focus on child care quality, counseling, family support, and early learning. Programming includes individual counseling, coaching, family support, play groups, and more.

ReadyKids services are FREE to eligible families with a referral.

Region Ten Family Wellness provides support programs and services for parents and families. *Family Check-Up* is a brief, 3-session, strengths-based intervention model for children ages 2 through 17.

After *Family Check-Up*, families may be referred for parenting classes such as *Everyday Parenting* or other services such as family therapy, mentoring, etc.

Everyday Parenting is parent management training, which focuses on positive behavior support, healthy limit setting, and relationship building. This is scheduled individually between parents and the family wellness staff, and is based on the results of the *Family Check-Up* assessment.

RESOURCES

You can access the full resource guide at www.tjhd.org.

To learn more about CHiP, visit <http://www.jachip.org>.

Submit an online referral for services:
<http://www.jachip.org/referral>.

To contact a CHiP office, call:

- Charlottesville Main Office, (434) 964-4700
- Charlottesville Neighborhood Outreach Office, (434) 284-7172
- Fluvanna Office, (434) 589-0927
- Louisa Office, (540) 967-1760

To learn more about ReadyKids, visit <http://www.readykidscville.org>.

To contact ReadyKids, call (434) 296-4118 or email info@readykidscville.org.

To learn more visit: <https://www.youchoosecville.com/family-wellness>.

The referral form is available on the website. Parents are encouraged to fill out the referral form themselves. Schools, nurses, social workers, pastors, and other helping professionals can also assist a family in accessing this program.



RECOMMENDATION #3: CONNECT FAMILIES TO CAR SEATS AND CRIBS

“Children are a heritage from the Lord, offspring a reward from him.”

Psalm 127:3

Children are a blessing and a gift that should be protected and nurtured. Two local programs provide information and resources around child health and injury prevention.

Car Seats—motor vehicle-related injuries are a leading cause of death for children in the United States⁴⁴ and non-fatal injuries can result in visits to your family doctor, the emergency room, or even hospitalizations. An estimated 46% of car seats are installed or used incorrectly. When correctly used, they reduce the risk of death in children under the age of one by 71% and for toddlers aged one to four by 54%.⁴⁵ There is strong evidence that car seat distribution and education programs increase car seat use and decrease injuries and deaths for child passengers.⁴⁶

Safe Sleep—thousands of babies die each year from Sudden Unexplained Infant Death (SUID), which used to be referred to as SIDS. SUID occurs when a child between the age of 1 month and 1 year dies unexpectedly. SUID can occur from sleep-related causes such as suffocation, entrapment, over heating, or strangulation. Infants whose mothers are African American or American Indian/Alaska Native, or whose mothers used illegal drugs, tobacco, or alcohol during pregnancy, are at higher risk.⁴⁷ To reduce the risk of SUID, caregivers should follow the ABCs of sleep: babies should sleep **A**lone, on their **B**ack, and in a **C**rib.

To learn about local programs offering education and free car seats and cribs to qualifying families, familiarize yourself with the resources on the following page.

Cost:



This recommendation is no cost as it involves connecting people to resources; the two programs listed are free to families that qualify.

Time:



This recommendation would involve a minimal amount of time to familiarize yourself with local resources and connect those in need of services to resources.



RECOMMENDATION #3: CONNECT FAMILIES TO CAR SEATS AND CRIBS

GETTING STARTED

The greater Charlottesville **Improving Pregnancy Outcomes Workgroup** recently developed a *Pregnancy and Parenting Resource Guide* with a comprehensive listing of local services.

Car Seat Safety Program

Through this program, free car seats are available to families who qualify. Parents attend a short class to learn the correct placement and use of the car seat. To apply, applicants must be:

- Eligible for Medicaid or FAMIS or qualify by income
- Residents of Virginia
- Women in the last three months of pregnancy, or a parent, legal guardian or foster parent.

Charlottesville Area Safe Sleep Program

This program is a community effort to educate parents and caregivers on the importance of safe sleep in the prevention of SUID. A limited number of free cribs are available, by agency referral, to high risk households in our area who meet income and other program guidelines.

To reduce the risk of SUID, caregivers should follow the ABCs of sleep. Babies should sleep **Alone**, on their **Back**, and in a **Crib**.

Place a baby to sleep on their back, on a firm, flat, safety-approved mattress away from pillows, blankets, stuffed toys, and bumper pads. Dress your baby in sleep clothing, such as a wearable blanket, designed to keep them warm. Do not over bundle your baby and watch for signs of overheating. Allow your baby plenty of tummy time. Tummy time helps strengthen your baby's neck, shoulders, and arm muscles. Babies who are breast-fed are at lower risk for SUID—for resources related to breastfeeding, visit the *Pregnancy and Parenting Resource Guide* listed above.

RESOURCES

You can access the full resource guide at www.tjhd.org.

Fill out and return the application to your local health department: [English](#) | [Spanish](#).

For contact information for your local health department, visit <http://www.vdh.virginia.gov/thomas-jefferson/clinic-locations/>.

For further information on car safety seats in Virginia, visit www.safetysseatva.org or call 1 (800) 732-8333.

To learn more about the program or to find a referring agency, call the health department at (434) 972-6247.

To learn more about safe sleep practices, visit www.SafeSleepVA.com.

To learn more about Cribs for Kids, visit <http://www.cribsforkids.org>.



RECOMMENDATION #4: START AN OLDER ADULT MINISTRY

“But the godly will flourish like palm trees and grow strong like the cedars of Lebanon. For they are transplanted to the Lord’s own house. They flourish in the courts of our God. Even in old age they will still produce fruit; they will remain vital and green.”

Psalm 92:12-14

Growth is a continuous process that begins from the day we are born to the day we leave this earth. In order to have a healthy and connected community, all community members should have the opportunity to live an active and engaged life that allows them to flourish. For older adults, living alone and/or in poverty can increase social isolation, limit transportation, and require additional medical supports to ensure a healthy life. Social support from family members, friends, and neighbors can assist older adults in living a healthy and prosperous life.

One way that faith communities can support a healthy and connected community for all ages is to establish an older adult ministry whose mission is to actively engage older adults in education, social, or physical activities.

Results vary by the type of program offered but, “there is strong evidence that educational, social, and physical activity programs for older adults improve mental and physical health outcomes among participants. Such programs have been shown to reduce loneliness, protect against social isolation, and improve emotional well-being and quality of life for older adults.”⁴⁸ There are many types of programming that could be beneficial—some ideas to consider for your older adult ministry include group activities such as art, physical activity programs that could reduce falls and improve strength and balance, or activities that are designed to foster social engagement and friendships.

Cost:



This recommendation would be of low to moderate cost depending on the type of activities included in your ministry.

Time:



This recommendation would require a significant and ongoing investment of time, from thoughtful consideration of how your faith community supports older adults to organizing and hosting activities as part of your ministry.



RECOMMENDATION #4: START AN OLDER ADULT MINISTRY

GETTING STARTED

With the support of your leadership, start an older adult ministry committee. Learn about existing programs and resources to see if it would make sense to connect to existing community programming or if you should organize and host your own activities.

What does your ministry hope to achieve? Will you:

- Focus on group activities and social engagement through arts and crafts, field trips, games, etc.?
- Focus on spiritual growth and fellowship through a regular meal and shared conversation?
- Focus on physical activity for older adults that can assist with strength, balance, and flexibility?
- Provide a variety of intergenerational programming?

The United Methodist Church offers a variety of older adult resources on their *Discipleship Ministries* page including a toolkit for an annual Older Adult Recognition Day, a webinar on building an older adult ministry on a shoestring budget, and other ideas for an older adult ministry.

For general resources, visit: <https://www.umcdiscipleship.org/leadership-resources/older-adults>.

JABA, the Jefferson Area Board for Aging, provides a variety of services and resources to benefit the aging community in Charlottesville, Albemarle, Fluvanna, Greene, Louisa, and Nelson. In addition to community centers and activity programming across the district, JABA provides information and assistance, options counseling around insurance and next steps as you age, wills for seniors, and more.

The Center, previously known as The Senior Center, is located off Route 29 and offers a variety of programming from crafts and fine arts to recreation and fitness programs to support groups to group travel. Individuals over 50 can join for a yearly membership fee; scholarships are also available.

The **Charlottesville Area Alliance** is a collaboration of local community organizations that have a vision of making our area the most age-friendly community in the country.

RESOURCES

For general resources on starting a health ministry, see Recommendation #4 in the *Promote Healthy Eating and Active Living* section. See also Recommendation #1 in this section on starting a youth ministry for additional resources and tips.

The Minnesota District Council Assemblies of God offers a short overview of “How to Begin a Seniors’ Ministry” as well as activity ideas: <http://www.mnaog.org/Ministries/SeniorAdultMinistry.aspx>.

The Presbyterian Older Adult Ministries Network offers a yearly planning guide: <http://www.poamn.org/index.php/older-adult-ministries-planning-guide/>.

To register for the webinar, visit <https://www.umcdiscipleship.org/resources/older-adult-ministry-on-a-shoestring>.

For the 2018 toolkit: https://gbod-assets.s3.amazonaws.com/legacy/kintera-images/older-adult-pdf/2018_Older_Adult_Recognition_Day.pdf.

Not sure where to start? Contact an Information and Assistance Specialist at (434) 817-5222, by email at info@jabacares.org, or visit <http://www.jabacares.org>.

For insurance counseling, call (434) 817-5248 or email insurancecounseling@jabacares.org.

To connect to your local JABA community center for activity schedules and resources, visit <http://www.jabacommunityseniorcenters.org>.

To learn more about their programming and activities, call (434) 974-7756 or visit <https://thecenterville.org/>.

To learn more about their work or to get involved, email info@charlottesvilleareaalliance.org or visit <http://www.charlottesvilleareaalliance.org/>.

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Find the MAPP2Health Faith and Wellness Resource Guide online at:

www.tjhd.org

Disclaimer: The descriptions of organizations and services in this guide are intended to share existing resources and services with local faith-based organizations. Links to documents and other resources are for your convenience; TJHD does not control or guarantee their accuracy, relevance, timeliness, or completeness. Inclusion in this guide does not guarantee quality of service nor indicate preference or approval by TJHD. Please contact listed organizations directly to learn about their qualifications for providing services and about the type and quality of service offered.

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