

Celebrate Recovery
Mental Health Ministry



What we are...

- *A safe and loving place for those seeking to find support in the midst of mental health issues and dual diagnosis.
- *Willing to support mental health through Christ centered accountability and sponsorship.
- *A safe place to work through all of life's Hurts, Hang-ups, & Habits believing that freedom in Christ is something that can be complete even without physical healing.

What we are not...

- *A replacement for counseling and therapy
- *A place for judgment..
- *A place that gives up on HOPE!

Mental Health Champion

- Reports directly to the Ministry Leader.
- Responsible for gathering useful teaching material on Mental Health
- Shares gathered materials with Celebrate Recovery leadership.
- Works with Ministry Leader to customize the Suicide Protocol to align with the care pastor and the local church.
- Stays familiar with local mental health resources
- Gathers information for leaders, creating a referral list for distribution to the individual when the need arises
- Keeps the information current.
- Works with “T” coach to develop sponsors familiar with the proper implementation of the Mental Health Agreement.

Characteristics of a Mental Health Champion

- Gifts: Wisdom, Insight, Creative Communication, Mercy, Teaching
- Personality: Compassionate, Confident, Self-Assured, Teachable, Committed, Outgoing, Good Communicator, Good Listener
- Knowledge & Skills: Spiritually Mature, Able To Discern Biblical Truth, Understands And Fully Involved In Recovery, General Working Knowledge Of The Mental Health Field, Able To Learn Quickly, Able To Be Comfortable In Unfamiliar Situations.

I. Medical **care**. Be open and honest with doctors and counselors to create, modify and implement your medical plan.

II. What's the **color** of your mental health?

- If green, evaluate your last yellow or red and make changes to your plan for your next yellow or red.
- If yellow or red, use coping strategies and ask...

III. Did something happen to **cause** you to be yellow or red?

- If yes, work the Celebrate Recovery 8 Principles of **RECOVERY**:

Realize I'm not God; I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable.

Earnestly believe that God exists, that I matter to Him and that He has the power to help me recover.

Consciously choose to commit all my life and will to Christ's care and control.

Openly examine and confess my faults to myself, to God, and to someone I trust.

Voluntarily submit to any and all changes God wants to make in my life and humbly ask Him to remove my character defects.

Evaluate all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others when possible, except when to do so would harm them or others.

Reserve a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and to gain the power to follow His will.

Yield myself to God to be used to bring this Good News to others, both by my example and my words.

- If no, evaluate if you are doing what you can control to follow the selfcare guidance of your **SHEPHERD**

Am I following the guidance of my **SHEPHERD**?

"The Lord is my shepherd; I shall not want." Ps 23:1

How has your **Sleep** been recently? Are you getting the rest you need?

"He makes me lie down in green pastures." Ps 23:2

Are you getting enough **Hydration**?

"He leads me beside still waters." Ps 23:2

Are you avoiding **Exposure to Negative** input (television, books, internet, etc.)? Is your self-talk consistently negative? Are you dedicating time to **Prayer and Bible Study**? Does God have the opportunity to refresh you and speak to you in your quiet time? Are you practicing **Healthy Habits**? What healthy coping strategies are you using?

"He restores my soul. He leads me in paths of righteousness for His name's sake." Ps 23:3

Have you been **Exercising**?

"Even though I walk through the valley of the shadow of death..." Ps 23:4

Are you **Reaching Out** to healthy people? Are you avoiding isolation?

"I will fear no evil, for you are with me; your rod and your staff, they comfort me." Ps 23:4

Has your **Diet** been healthy?

"You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows." Ps 23:5

Following God's guidance for your self-care will lead you to His blessings. When you do your part to control what you can control, you will be able to say...

"Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever." Ps 23:6

Sponsor & Accountability Partners:

Coping Strategies:

Yellow & Red Plan:



Celebrate Recovery

Mental Health Ministry

Sample Mental Health Recovery Plan

"Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." Matt 11:29-30

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What is **YOUR** plan
when you are
Yellow?

1 _____

2 _____

3 _____

4 _____

* **Yellow** is the best time to call
your sponsor & accountability
partners

* Use the Mental Health
Agreement Form

* What has worked in the past?

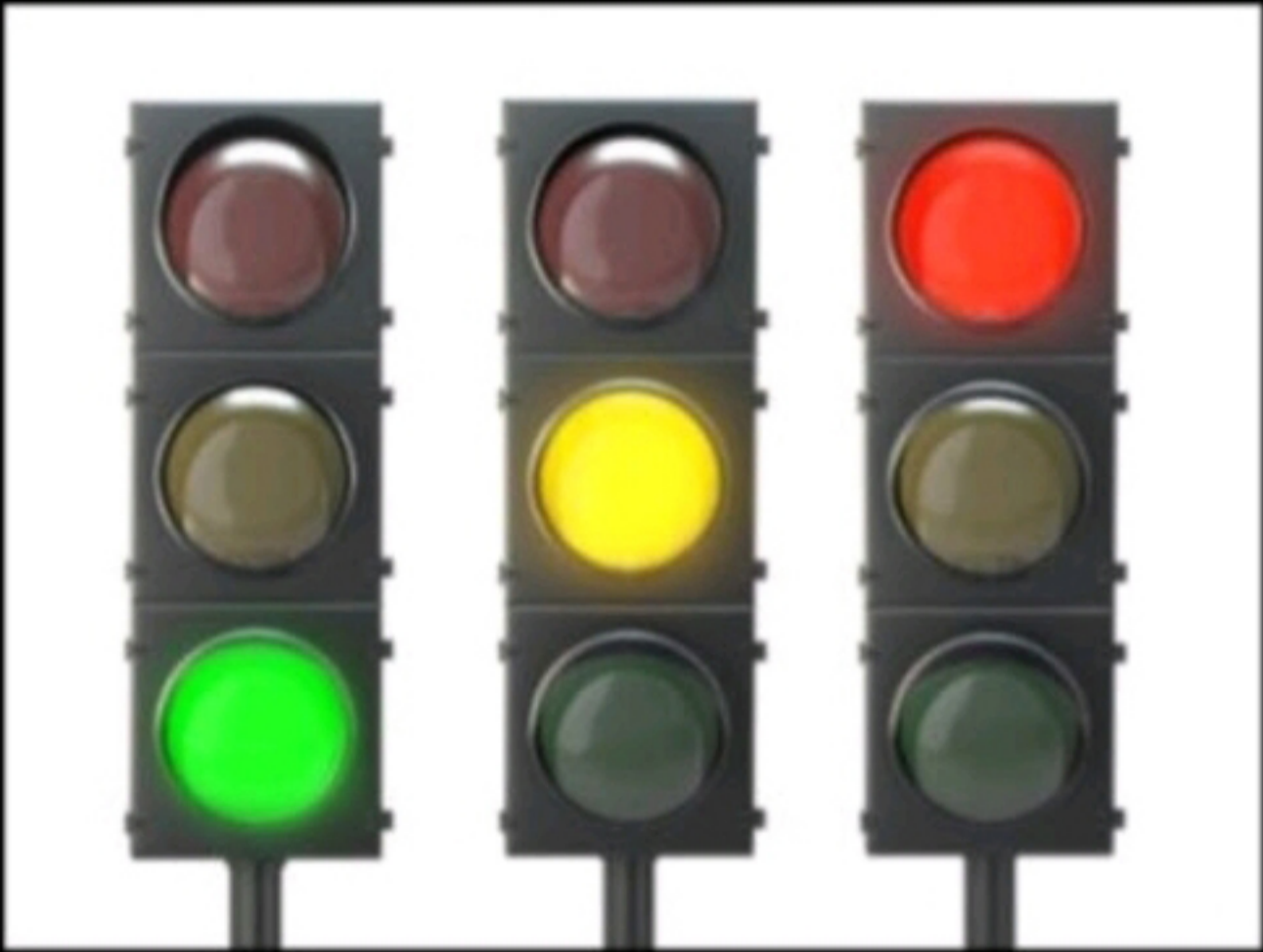
* **Red?** Dial 988 / 911
Suicide Prevention Lifeline
(800) 273 8255

Cual es tu plan Cuando estas en la zona **amarilla** ?

1	_____
2	_____
3	_____
4	_____

- * **Amarilla** es el mejor momento para pedir ayuda y llamar tú patrocinador
- * Usar el formulario de acuerdo de salud mental
- * Qué ha funcionado en el pasado?
 - * **Red?** Llamar al 988 / 911
 - Prevencion de suicidio
 - 800-273-8255

Colors of Our Mental Health



Green Zone

All Good!

Stable mood/Feeling hopeful

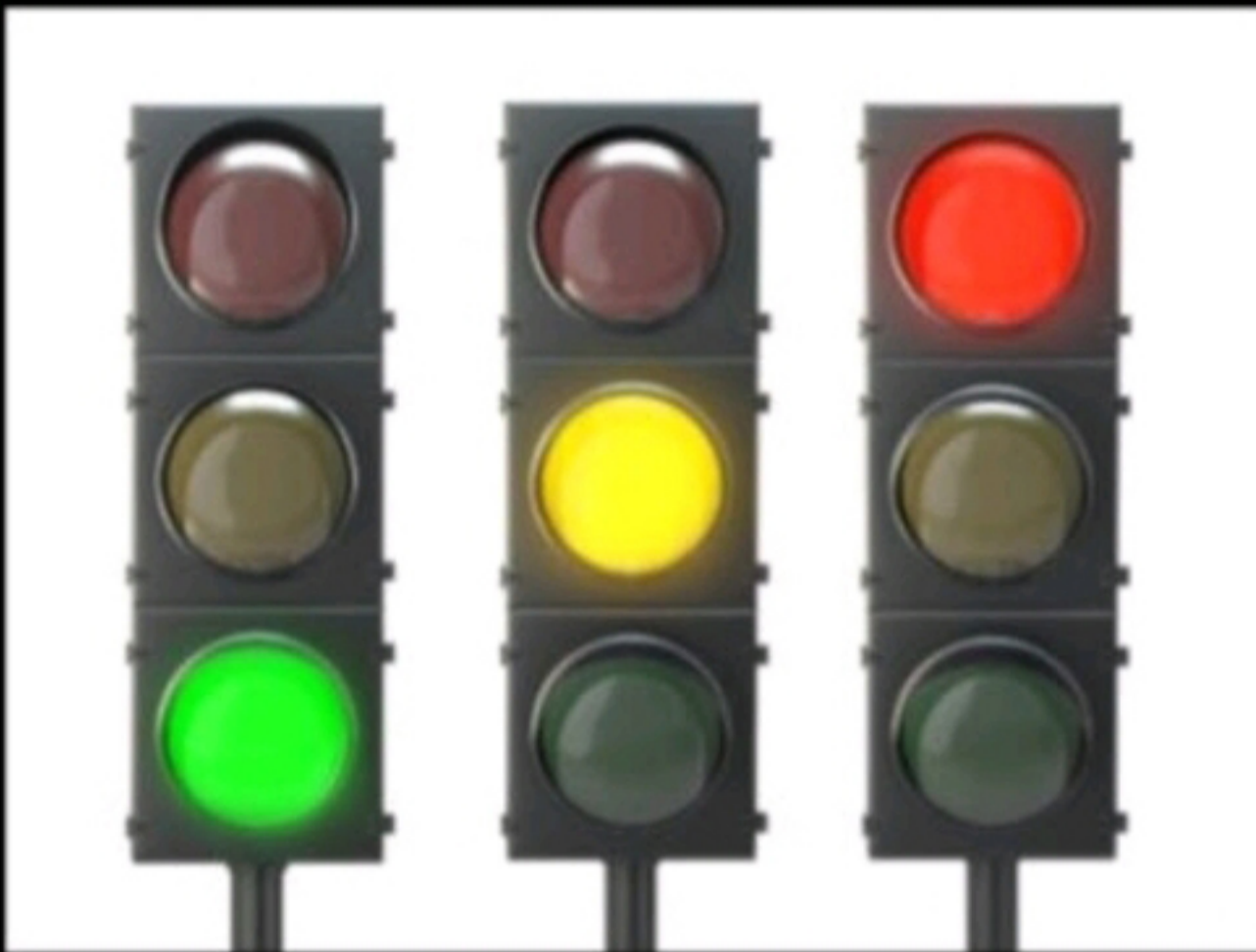
Yellow Zone

Sad mood/No pleasure in
normal/Increased irritability/
Anger/Having triggers/
No energy

Red Zone

Overwhelmed by feelings/
Hopelessness/Not eating/
Not sleeping

Colores de nuestra **Salud Mental**



Zona Verde

Todo bien!

Estable de animo estable/con esperanza

Zona Amarilla

Estado de animo triste/
sin placer en lo normal/

Aumento de irritabilidad/rabia

Impulsos negativos/sin ganas

Zona Roja

Desesperado

Sin esperanzas,
sin ganas de comer/dormir