

WE RISE INTERNATIONAL

NEWSLETTER

FALL NEWSLETTER 2022

Our Mission

Empowering the World
with Health and Hope

Our Values

Interconnection, Equity, Respect,
Compassion, Innovation, Resilience



The Heart of We Rise International

We believe that every community has strengths to combat the problems that face the world today. Neighbors lift up neighbors. Strangers help each other. Working with communities of all sizes, we empower people of all backgrounds to maximize their strengths and respond to their health struggles – together.

SPREAD
THE
WORD!

Fall/Winter Events

Attend the "Churches Care Monthly Webinar Series on Mental Health and Addictions" (Fall/Winter 2022)

Join us for our *NEW monthly webinar series on mental health and addictions*. Pick the topics you're most interested in and join us! Or attend the whole series! Share the opportunity with friends, family and your church! CEUs also available for social workers and Pastors.

Topics include trauma, addiction, grief and loss. Funds raised from attendance will support the Churches Care program. Find out more on on p2. **Click here to register**.



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JOIN US

MONTHLY WEBINAR SERIES ON MENTAL HEALTH & ADDICTIONS

LEARN ABOUT KEY MENTAL HEALTH AND ADDICTION TOPICS WITH HANDS-ON STRATEGIES FOR COPING AND/OR SUPPORTING OTHERS

Our NEW monthly webinar series will focus on a key topic of interest related to mental health or addictions each month. The webinars will educate and empower you, whether experiencing these needs or supporting others. *Funds raised from attendance at each \$15 webinar will support the work of We Rise International and the Churches Care Program.* Fall topics include helping loved ones with an addiction, surviving and helping others experiencing trauma, and grief and loss. Anyone who misses a live webinar, can register at the same link to watch the recording. Please share with your church, family and community.

Learn more and register for the webinars that interest you at [weriseinternational.thinkific.com](https://www.weriseinternational.thinkific.com)

We Rise International presents

Monthly Webinar Series on Mental Health and Addictions

Offers information to educate and empower those who are experiencing – or supporting others experiencing – mental health or addiction struggles

Join us starting Thursday, September 8 at 7:00pm ET



JANNAH
WELCOME
"Surviving Trauma"

09/08/2022



HERB LANDIS,
LCSW, BCD
"Coping with Grief
and Loss at the
Holidays"

12/01/2022



DR. BOBBIE LEGG
"Helping Children
and Teens Cope
with Trauma"

01/12/2023



CARMEN NAHIR
MEDINA, CFRS
"Helping Loved Ones
with Addiction if They
Seem to Not Want Help"

02/02/2023

WE RISE - PREVENTING SUICIDE



Executive Director Janelle Bitikofer served as a panelist at the Suicide Prevention Coalition Webinar on Faith and Suicide.

In Spring 2022 We Rise E.D. Janelle Bitikofer served alongside three other mental health and faith experts as a panelist for the Lancaster, Pennsylvania Suicide Prevention Coalition webinar on *Faith and Suicide*. The webinar was well-attended. If you missed the webinar on this important topic, you can watch it free by clicking the link to the right.

Janelle also presented at the Lancaster Suicide Prevention Coalition conference in September 2022.

The conference focused on strategies individuals and communities can use to help prevent suicide. It brought together community and health leaders and the general public, over 200 attendees.

If you missed the Suicide and Faith webinar you can watch the video recording by clicking here:

["Suicide and Faith"](#)



E.D. Janelle Bitikofer on the speaker panel at the Suicide Prevention Conference



We've had the privilege of collaborating with these and other great organizations in 2022



The Streetlights book, a mental health and addictions resource for Christians is available on Amazon.com, bn.com, target.com & bookstores across the U.S. and Europe.

Join the Churches Care Program Prayer Support Team!

The We Rise International "Churches Care Program" supports and builds the capacity of Churches from all different denominations -- and the Christian Faith Community in general -- to reduce stigma and increase the support available to individuals and families experiencing a mental health or addiction struggle. So we think it's important to have a group of people who can undergird this program with prayer.

Can you be one of them? Prayer support team members will receive a brief update and list of prayer requests by email every few months. We'd be grateful if you'll join, and remember the program's needs weekly in prayer.

To join the prayer team [click here.](#)

Thank You



Things to Celebrate!

Millersville Social Work Interns accomplish much! We were delighted to have Rebecca Mohr and Holly Triverelli complete 3-month social work practicums at We Rise this summer. They worked with We Rise' team member Deb Miller on Church Assessments, identified BIPOC mental health educational resources for Churches, and helped develop the winter webinar series. When asked if they'd recommend interning at We Rise to others, Rebecca said "Yes. I would recommend We Rise for their close-knit family type feel, their kindness and generosity working with the interns and allowing us to experience the field of social work." Holly added "Through trauma webinars, church assessments, and "Streetlights" (book), I have gained a much deeper understanding and passion for mental health and trauma throughout this internship. I did not expect to learn nearly as much as I did and I have gained confidence as a social worker while working as an intern with We Rise."

Churches Complete "Church Assessments"

This spring through fall 2022 churches of various sizes and denominations are taking part in Church Assessment congregational surveys and consultations with the We Rise team. Reviewing the responses from the survey of their entire congregation, We Rise supports each church as they identify ways to increase congregational education on mental health & addictions, reduce stigma in their church, and develop strategies for increasing support and assistance within their church for people experiencing mental illnesses or addictions.



Collaboration established with Campbell University - Graduate Program in Public Health: This fall, We Rise is pleased to welcome our first 5 Masters of Public Health students from Campbell University, a Christian University in Buies Creek, NC, for 60-hour per semester practicums with We Rise. We look forward to this new partnership!

CHURCHES CARE - IN PHILADELPHIA

Churches Care Program educates church leaders in Philadelphia

In Spring 2022 we were honored to bring the Churches Care Program live trainings to Philadelphia, in partnership with the Eastern University Seminary. We appreciated spending two Saturdays providing education and discussion with Philadelphia church leaders, on the topics of mental illnesses, addictions, and ways churches can reduce stigma and more effectively support people who are experiencing these needs.

We were excited to have a diverse group of church leaders participate in Philly, including a large percentage of black and Latina female church and lay leaders. We were inspired by the group's passion and insight on the topics, and our team was truly impacted by our time spent with them. They blessed us! It was an opportunity both to teach and learn. One thing we discovered during our interactions with the Philly church leaders is that the percentage of information on Black, Latino, Asian and Indigenous (BIPOC) content in our Churches Care trainings and resources needed to be expanded. We have worked hard this summer 2022 to strengthen that content in the curriculum and are having it reviewed and evaluated by BIPOC Churches Care participants.



At the Churches Care Trainings held at Eastern University, Philadelphia church leaders discuss ways to support individuals and families experiencing mental health or addiction needs in their churches and community.

BOOST THE HOPE: SUPPORT WE RISE INTERNATIONAL

Your donation to We Rise International changes lives:

\$15.00 registers you or a friend to watch one of the webinars in our fall/winter mental health and addiction webinar series. \$60.00 registers someone to attend four! All funds raised through registrations (\$15.00 per webinar) at weriseinternational.thinkific.com directly support We Rise.

\$245.00 covers our teams' work on a Church Assessment (see p4) with an entire church congregation.

\$2,400 will underwrite the costs of speakers and technology for the entire 2022-23 mental health & addiction webinar series, allowing all funds raised from attendance to go directly to support the work of the Churches Care Program

A business, individual, or monthly donation of any size helps We Rise stay available to provide trainings and support to community groups on mental illnesses and addictions whenever asked. In 2022 we regularly provide trainings when requested by universities, churches, non-profits, mental health family support groups, and other community leaders who reach out to us.

**We Rise Int'l is a 501c3 Nonprofit.
All donations are tax deductible**



A Tax Exempt 501c3 Letter is available upon request. More than 90% of We Rise Int'l funds go directly into our programs helping people and communities.



**[Click here
to donate](#)**

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