

# How Faith Impacts

Mental Health • Substance Use  
Adverse Childhood Experiences



[www.imWELL.network](http://www.imWELL.network)  
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## Virtual Faith Impact Leaders Retreat

### TOPICS COVERED

- Belief Systems
- Mental Health & Substance Use Recovery
- Understanding Adverse Childhood Experiences
- Conversations that Count
- imWELL Plan

OR

- Mental Health First Aid Certification & Self-Care

Choose 1 or 2 day focus



# Choose 1 or 2 Day Focus



Awareness | Information | Resources | imWELL Plan

## **Belief Systems**

Discover how beliefs frame perceptions and approaches to healing and addressing mental health, substance use and adverse childhood experiences.

## **Mental Health & Substance**

Define the role of faith when supporting families recovering from a mental health and substance use challenge.

## **Understanding Adverse Childhood Experiences**

Learn and identify the risks and protective factors of ACES. Faith communities can be the one positive influence needed for child resilience.

## **Conversations That Count & imWELL Plan**

Truthful conversations about how faith makes positive life impacts and how to address areas of improvement with an imWELL plan.

Mental Health First Aid Certification (Adult or Youth)

## **Mental Health First Aid Certification & Self-Care**

Receive a three year certification in mental health first aid using the ALGEE action plan. Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

## **Topics Covered**

Depression and mood disorders | Anxiety disorders | Trauma | Psychosis | Substance Use disorders

Mental Health First Aid teaches about recovery and resiliency – the belief that individuals experiencing these challenges can and do get better, and use their strengths to stay well.