



SS. Isidore and Maria Parish

Mental Health Matters

April 26, 2021

Opening Prayer



Guidelines

- **Everyone present is committed to maintaining absolute confidentiality**
- **Foster an environment of openness and comfort in sharing**
- **Listen with an open heart**
- **Be respectful**
- **Be mindful of others; no monopolizing or cross talk**
- **Let's keep it in the here and now**
- **Empathize with each other's situation**

Ministry to People with Mental Illness and their Families

Presenters:

- Deacon William (Bill) Dziatko
- Sheila S. Hummel
- Carol Vassar

Ministry to People with Mental Illness and their Families:

Awareness, Accompaniment, Acceptance

What we will cover tonight:

- Small Group Discussion 1
- What is awareness?
- Guest Speaker: Deacon Bill Dziatko
- What is accompaniment?
- Small Group Discussion 2
- The importance of acceptance
- Q & A

Small Group Discussion – 7 minutes

- **What do you consider a welcoming environment for someone with mental illness?**



Ministry to People with Mental Illness and their Families: *Awareness, Accompaniment, Acceptance*

**HOW DO YOU
SUPPORT SOMEONE WITH
MENTAL ILLNESS?**

Ministry to People with Mental Illness and their Families:

Awareness, Accompaniment, Acceptance

What is awareness?

- **Awareness** is the acceptance and understanding of something, either in part or whole.
- Learning about mental illness
- Becoming familiar with the terminology of the field.
- Accepting the complex medical nature of mental illness
- Becoming familiar with words that stigmatize

Ministry to People with Mental Illness and their Families:

Awareness, Accompaniment, Acceptance

What is awareness?



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Deacon Bill Dziatko



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What is accompaniment?

- Journeying together without judgement
- Sharing the experience, pain and suffering with others going through similar experiences is a source of healing and strength
- Holy listening

Small Group Discussion – 7 minutes

- **How have you found support for any difficult time you've experienced?**



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The importance of acceptance

- Healing from mental illness requires a journey of acceptance (NAMI)
- Acknowledging that you are a complex, imperfect human being, and accepting yourself in spite of imperfections, and because of your uniqueness.
- Acknowledging and accepting that there is dignity and value in every person we meet.
- Creating an atmosphere in which acceptance can flourish.

Q & A

Next Session: May 3 at 7 p.m.

Spirituality and Mental Illness

Healing involves mind, body and soul

Presenter: Christine Seethaler

Closing Prayer



Thank you!