Mental illness is common:

- ~1 in 5 adults and teens
- ~1 in 25 with severe illness
- ~1.9 million North Carolinians
Impact extends to:

- Family
- Friends
- Congregation
- Community
Roadblocks to seeking help:

- Stigma
- Lack of information
- Lack of support
- Barriers to resources
Faithful Responders

Clergy are at front line when anyone is suffering or in crisis

“WISE” Congregations* are

Welcoming
Inclusive
Supportive
Engaged

(*Used by permission; see www.mhn-ucc.org)
MISSION:
To connect across faiths in mental health ministry
FCMI Promotes...

Hope

Healing

Stigma-free Living

“WISE” Congregations

Welcoming, Inclusive, Supportive, Engaged

(see www.mhn-ucc.org)

For Those Affected by Mental Illness
FCMI Is...

- Interfaith coalition (2008)
- Nonprofit organization (2014)
- Serving Triangle area & beyond

www.fcmi-nc.org
PO Box 3502, Chapel Hill, NC 27515
Faith Congregations of All Traditions

35 sponsors since 2016:

Asbury United Methodist Church, Durham • Baha’i Community of Garner • Beth El Congregation, Durham • Binkley Baptist Church, Chapel Hill • Blacknall Memorial Presbyterian Church, Durham • Chapel Hill Bible Church • Chapel Hill Friends Meeting • Chapel in the Pines Presbyterian Church, Chapel Hill • Chapel of the Cross, Chapel Hill • Christ United Methodist Church, Chapel Hill • Church of God Tabernacle of Prayer, Durham • Church of Reconciliation, Chapel Hill • Church of the Holy Family, Chapel Hill • Community Church of Chapel Hill – UU • Duke University Chapel, Durham • Episcopal Diocese of NC • First Presbyterian Church, Durham • Holy Infant Catholic Church, Durham • Judea Reform Congregation, Durham • Kehillah Synagogue, Chapel Hill • Mt. Carmel Baptist Church, Chapel Hill • NC Conference, United Methodist Church • Orange United Methodist Church, Chapel Hill • Pilgrim United Church of Christ, Durham • Pullen Memorial Baptist Church, Raleigh • St. Matthew’s Episcopal Church, Hillsborough • St. Michael the Archangel Roman Catholic Church, Cary • St. Philip’s Episcopal Church, Durham • St. Thomas More Catholic Church, Chapel Hill • Union Missionary Baptist Church, Durham • United Church of Chapel Hill • University Presbyterian Church, Chapel Hill • University United Methodist Church, Chapel Hill • Watts St. Baptist Church, Durham • Westminster Presbyterian Church, Durham (through 3/4/20)
FCMI Is...
Mental Health Community Partners

34 sponsors/partners since 2016:

Abundant Joy Center for Women’s Ministries • Alliance Behavioral Healthcare • American Endowment Fund • American Foundation for Suicide Prevention • Caramore Community, Inc. • Cardinal Innovations Healthcare • Carolina Outreach • Club Nova Community, Inc. • Fidelity Charity Gift Fund • Freedom House Recovery Center • Healthy Carolinians of Orange County • Holly Hill Hospital • HopeWay • Josh’s Hope Foundation • Laura C. Kirby, LPA, PLLC • Mental Health America of the Triangle • Mental Health Community Connections • NAMI Alamance, Caswell, Rockingham County, Inc. • NAMI Durham • NAMI North Carolina • NAMI Orange County • Nasher Museum of Art at Duke University • NC Center for Resiliency, PLLC • Old Vineyard Behavioral Health Services • Our Brother Legion • Pfeiffer Institute Reach • Recovery International • Shared Visions Foundation • Stand By Me NC • Theology, Medicine, and Culture Initiative at Duke Divinity School • Threshold, Inc. • Triangle Coalition for Suicide Prevention • Triangle Survivors of Suicide • UNC Center for Excellence in Community Mental Health (through 3/4/20)
FCMI Is...

Caring People Like YOU!
MISSION PILLARS

Education

Advocacy

Support

Faith Connections on Mental Illness
FCMI
EDUCATION
For the person, congregation and community
Monthly Connectors Meeting

2nd Mondays, 3:30–4:30 pm
Virtual or at St. Thomas More, Chapel Hill

Open to everyone
Connectors = congregation liaison
Connectors Meetings

Knowledge

Connection

Inspiration

Action
What Are Connectors Learning?

How to Lead a Support Group
How Do I Tell My Story?
Dementia Care
Community Resources
Youth Mental Health First Aid
And Much More!
FCMI Hope & Healing Conference

• Full-day program
• Faith and mental illness theme
• Nationally recognized speakers
• Professional credits
• Exhibits and resources
Programs with Community Partners

#TeenAnxiety: A Youth Mental Health Summit
Youth grades 6-12 with a separate track for adults
Christ United Methodist Church, Chapel Hill

Teens talking to Teens  October 6, 2018

Faith Connections on Mental Illness
standbymenc
SUPPORT

Walking with those affected by mental illness
Congregations Respond

- Support groups
- Sermon series
- Adult classes
- Youth programs
- Moment-in-pulpit talks
Congregations Respond

• Reading Across Our Communities
• Resource Centers
• Mental Health First Aid
• Discussion Panels
• Mental Illness Stations of the Cross
FCMI Website as Resource

www.fcmi-nc.org
Listings
• Events
• Support groups
• Sermons
• Books

Interactive
• Ask questions
• Request info
• Subscribe
• Submit events
Also Available Upon Request

- Program mentoring
- Expert speakers
- Traveling table
- Resource guides
ADVOCACY
Breaking barriers through presence
Addressing Mental Health Challenges

NC Annual Legislative Breakfast on Mental Health

Theology, Medicine & Culture Initiative, Duke Divinity School

Faith Connections on Mental Illness
Raising Mental Health Awareness

NAMIWalks NC, Raleigh
A Top Fundraising Team Since 2017
Faith Connections on Mental Illness

Barbara & Gove Elder Community Servant Award

FCMI honors exemplary service that has significantly advanced the ability of people with mental illness to lead fulfilling, productive lives in our community.

2020  Caramore Community, Inc.
2019  Donna Olsen
2018  Katherine and Douglas Kubel
2017  Barbara and Gove Elder
2016  Club Nova, and Active Minds at Carolina
2015  Josh’s Hope Foundation
2014  El Futuro
External Recognition of FCMI Advocates

Miriam Fahrer
2018 Hometown Hero
WCHL, Chapel Hill

Abby Roussin and Sophie Jinn
2017 NC Youth Voice Award
One Community in Recovery

Geetha Galagopal
A Top Fundraiser
NAMIWalks NC
2017, 2018, 2019, 2020
FCMI Celebrates 10+ Years of

❤️ Connecting people, congregations, community

❤️ Promoting hope, healing, stigma-free living

❤️ Nurturing “wise” congregations
   (welcoming, inclusive, supportive, engaged; www.mhn-ucc.org)

❤️ Faithful ripples from education, support, advocacy
FCMI by the Numbers
For Year from July 2017 to June 2018

0  Full-time staff — all volunteers
1  FCMI Annual Conference with 249 attendees
11 Connectors Meetings with ~20 attendees at each
16 Community outreach events
55 Sponsoring partners, including 28 faith congregations
711 Subscribers regularly sent eblasts
1,676 Visitors to website monthly, on average
$19,633 Operating budget for 2017
~1,900,000 North Carolinians living with mental illness who can benefit from faithful support and love
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How Can You Help?

Be a Connector

• Interface with congregation
• Foster mental health ministry
• Network with partners
How Can You Help?

Support FCMI

- Participate
- Donate (tax-deductible)
- Pray for those served
Thank You for Caring and Helping!

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