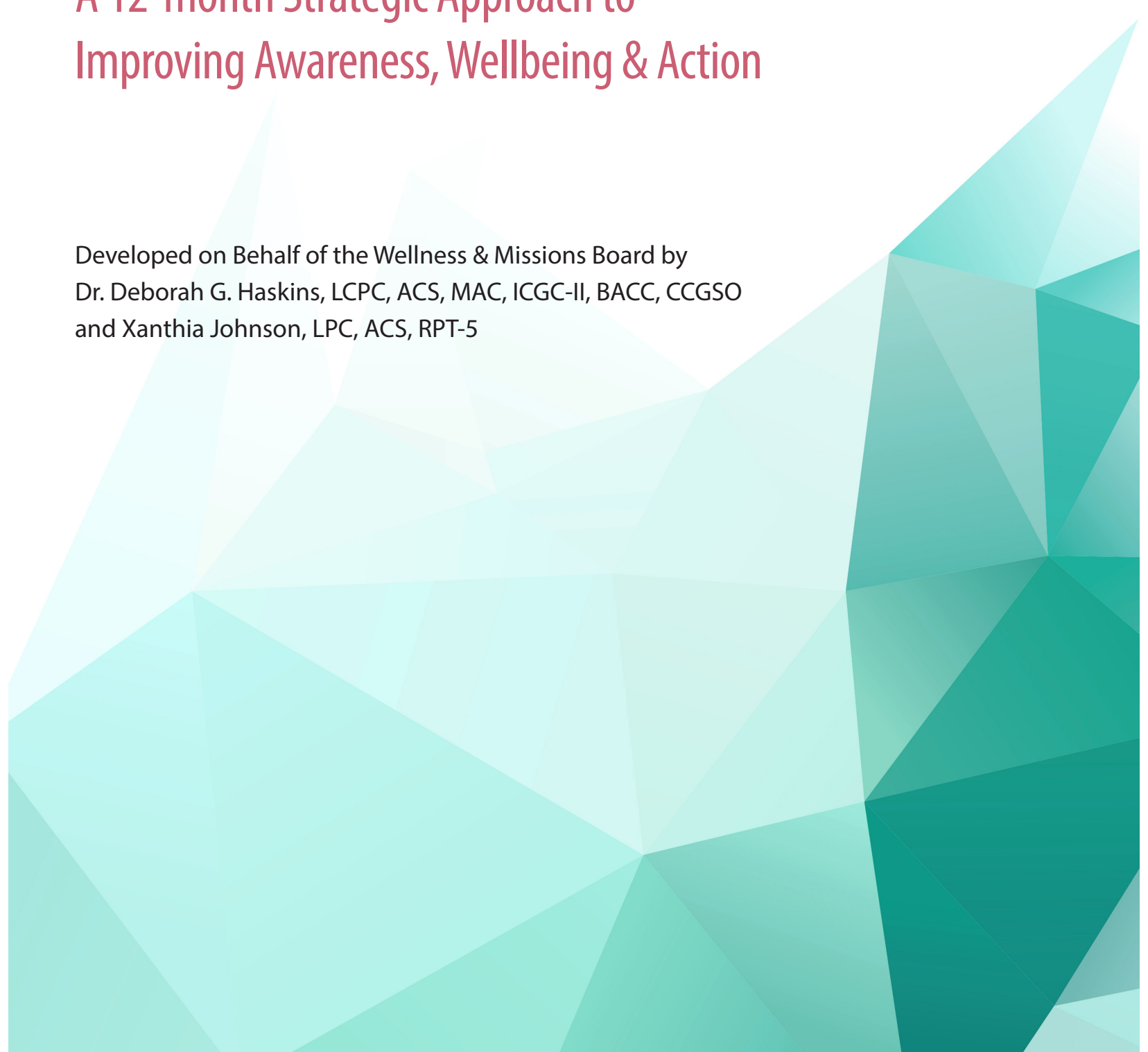


# ABUNDANT HEALTH MINISTRY PLAN

A 12-month Strategic Approach to  
Improving Awareness, Wellbeing & Action

Developed on Behalf of the Wellness & Missions Board by  
Dr. Deborah G. Haskins, LCPC, ACS, MAC, ICGC-II, BACC, CCGSO  
and Xanthia Johnson, LPC, ACS, RPT-5



In the United States, public health practitioners identify public health topics and partner with community stakeholders (i.e., educators, faith/spiritual communities, health professionals, etc.) to raise public awareness and advocacy on public health concerns. The Abundant Health team from BWC's Wellness & Missions Board encourages all congregations to strategically plan and support ministry efforts to enhance wellness in the life of congregations and communities. Each congregation is encouraged to focus on both "in-reach" (congregation) and "out-reach" (community) wellness.

The United Methodist Church is committed to creating disciples of Jesus Christ. In order to develop disciples of Christ, we also we must focus on our spiritual, emotional, physical, and cognitive health, just to name a few. We can do this better when we are healthier and have the resources we need (i.e., accurate health information, insurance, recovery support, etc.). Each month, you will see a mental health and physical health topic. We are providing a few tools to support your health and wellness ministries. You will see the following:

1. The public health and mental health topic that is the focus of the month.
2. Objective of the public health and mental health awareness focus.
3. Ministry Ideas. The suggested ideas are provided to encourage congregations to assess public health activities they can implement. We are providing "low" (i.e., social media messaging, integrate health info into worship) to "higher" (i.e., invite speakers, host events) resource ministry ideas.
4. Links to Fact Sheets/Resources are provided for each topic to provide the idea/plan/resources to implement the abundant health topic. It is our belief that when congregations have the tools to implement abundant health, the congregation is more successful. We have done the work for you to have the resources needed. You are encouraged to identify resources that are especially unique to the demographics and needs of your congregations and communities.
5. Media Showing: We have provided you media showings for awareness and knowledge. Our goal is to identify culturally inclusive resources and we encourage you to look for resources if the media we share does not meet the diversity and other key characteristics of your congregation and community.
6. Social Media: We have included social media messaging provided for topics. If there is none listed, we encourage a ministry team/person develop social media messaging using the fact sheets links/media showings, and other resources. Please note that links can be updated or eliminated without our knowledge; therefore, if the links do not work, we encourage you to research the topic and find appropriate, culturally inclusive materials/resources.

We pray for your ministry and we look forward to seeing the amazing health and wellness growth. To God be the Glory for the great things He and you all will do!

*Dr. Deborah G. Haskins, LCPC, ACS, MAC, ICGC-II, BACC*  
*Xanthia Johnson, LCPC, ACS, RPT-S*

## January

Mental Health Awareness Month	4
National Drug and Alcohol Facts Week	5

## February

American Heart Month	6
National 'Wear Red' Day for Women's Heart Health	9
Teen Dating Violence Awareness Month	10

## March

Problem Gambling Awareness Month	11
American Diabetes Association Alert Day	12
National Drug and Alcohol Facts Week	13

## April

Stress Awareness Month	14
Alcohol Awareness Month	15
National Alcohol Screening Day	16
National Sexual Assault Awareness Month	17
National Child Abuse Prevention Month	18
National Autism Awareness Month	19
National Youth Violence Prevention Week	20
Rape, Abuse & Incest National Network (RAINN)	21

## May

Lupus Awareness Month	22
Mental Health Month	23
National Women's Health Week	24

## June

Men's Health Month	25
Alzheimer's and Brain Awareness Month	27
Men's Health Week	28
World Sickle Cell Day	30
PTSD (Post-Traumatic Stress Disorder) Awareness	32

## July

National Minority Health Month	34
--------------------------------	----

## August

International Overdose Awareness Day	35
--------------------------------------	----

## September

National Recovery Month	36
Health Aging Month	37
Pain Awareness Month	38
National Suicide Prevention Week	39
World Suicide Prevention Day	40
National Childhood Obesity Awareness Month	41
National HIV/AIDS and Aging Awareness Day	42
Childhood Cancer Awareness Month	43

## October

National Domestic Violence Awareness Month	44
National ADHD Awareness Month	45
National Bullying Prevention Month	46
National Breast Cancer Awareness Month	47
Sudden Infant Death Syndrome (SIDS) Awareness	48
National Depression Screening Day	49
National Latino AIDS Awareness Day	50

## November

American Diabetes Month	51
The Great American Smoke Out	52
International Survivors of Suicide Day	53

## December

Safe Toys and Celebration Month	54
---------------------------------	----

# JANUARY

## Mental Wellness Month

### **Mental Health Objective:**

Mental Wellness Month is a public health and awareness campaign, developed by the International Association of Insurance Professionals on January 12, 2015, to emphasize the importance of taking care of mental wellness and providing different means of improving mental health.

### **Ministry Ideas:**

- Have a professional come speak to the church about Mental Wellness and its benefits and be available to church members at the end of service if they feel led to gain further knowledge on the subject.
- Provide a fact sheet in the bulletin providing the benefits of Mental Wellness and different ways of improving mental wellness.
- Hold a Mental Wellness Community Day/Symposium to spread knowledge of mental wellness within the church and community.
- Do a "Walk for Wellness," which promotes mental wellness, and is also a great coping skill for those who may feel stressed, anxious, depressed, etc.
- Have "Prayer for Wellness," where members will take an amount of time out of their day to pray for mental wellness within their church and communities.
- Have a "Wellness for the Youth" Day, which would entail activities such as: teaching children to meditate, teaching a yoga class, and/or a dance class, providing youth with information and fact sheets on mental wellness to give them a better understanding.
- Do a "Mental Wellness Check Day," where church members take a survey/questionnaire to see the status of their mental wellness.
- Have members get together to do a commercial to bring awareness to others on Mental Wellness.

### **Media:**

*7 Ways to Detox your Emotional Well-Being*  
<https://www.youtube.com/watch?v=PAestsXAWsw>

*AHS: Ways to Mental Wellness*  
<https://www.youtube.com/watch?v=4ju2G3KtKNA>

### **Black Mental Wellness:**

<https://www.facebook.com/BlackMentalWellness/>  
<https://www.blackmentalwellness.com/>

### **Facts Sheet:**

*Staying Mental Health*  
<https://www.mhanational.org/staying-mentally-healthy>



# JANUARY

## National Drug and Alcohol Facts Week – Jan. 22-27

### Public Health Objective:

This week was started in 2010 to link students with scientists and other experts to counteract the myths about drugs and alcohol that teens get from the internet, social media, music, and from friends.

### Ministry Ideas:

- Share national drug and alcohol facts on the church social media presence.
- Include national drug and alcohol facts in the church bulletin.
- Identify an age appropriate children Christian Education lesson on drug and alcohol facts; provide children biblical scriptures about our bodies being a temple of God and healthy ways God encourages us to care for our bodies instead of violating our bodies with drugs and alcohol; teach children how to honor their emotions and to talk about feelings ( sadness, loss, etc.) to talk about their feelings instead of self-medicating with alcohol and drugs (this will be a good lesson for middle-to high schoolers with dialogue).
- Have an addictions professional provide resources after church in the narthex for persons to pick up after worship.
- Sponsor a program on addictions to include persons in recovery who share their story of addictions and recovery (consider integrating into worship even to have someone share a recovery sharing for 5-10 minutes during worship) to reach the congregation as a whole
- Provide drug/alcohol facts literature throughout the church.
- Have evangelism and/or outreach team visit community businesses and share addictions fact information (i.e., Infographic on alcohol and drug facts) that is concise and ask if a Helpline poster geared for youth in the businesses.

5

### Media:

*Teen Health: Substance Use and Abuse*

<https://youtu.be/6fmhLcYSn-Y>

*Why Do People Get Addicted to Drugs and Alcohol?*

<https://youtu.be/F6UMf1jh79w>

*Beating Opioid Addiction*

<https://youtu.be/PfwO4rrd5CM>

### Fact Sheets/Resources:

*Fact Sheets for Talking to Your Child About Alcohol*

<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/make-a-difference-child-alcohol>

# FEBRUARY

## American Heart Month

### Public Health Objective:

February is American Heart Month. The objective of American Heart Month is to raise awareness about heart healthy lifestyle and urge those around you to prevent heart disease.

### Ministry Ideas:

- First Friday in Month is Wear Red Day (promote this).
- National Wear Red Dress (or Red) Day Sunday: First Sunday in February, to promote heart health among women; women wear red and provide heart health information and resources on this day; can do blood pressure checks for women also.
- Wear red to show support for heart disease awareness.
- Host blood pressure screenings: identify health professionals in your congregation or community that can-do screenings before and/or after church worship or other activities; consider standardizing the blood pressure screenings as ongoing opportunities. Contact your local hospital and ask if they have health professionals that can participate and come once a month throughout the year.
- Offer seated massages to teach persons how to relax (i.e., arrange for licensed massage therapists to offer this service, which typically cost).
- Provide heart disease information in the church bulletin, on TV screens (if available) before and after worship, throughout visible and accessible places (i.e., bathrooms, ministry, and community use rooms).
- Host a healthy food cook-off that adults and youth can participate in; provide prizes.
- Share heart disease information on the church social media presence (and make a commitment to provide this educational information throughout the year).
- Include heart disease and heart health facts in the church bulletin.
- Identify an age appropriate children Christian Education lesson on heart health facts; provide children biblical scriptures about our bodies being a temple of God and healthy ways that God encourages us to care for our bodies (see American Heart Association media below).
- Have a public health and/or heart health professional provide resources after church in the narthex for persons to pick up after worship.
- Have person/s share a testimony on their heart health challenges, impact on self/ family, and encourage the congregation to adopt heart healthy behaviors.
- Have evangelism and/or outreach teams visit community businesses and share heart information (i.e., Infographic on heart health, heart health public health info).
- Make a commitment as a congregation to adopt healthy nutrition at all congregation events (i.e. eliminate or minimize fried foods, offer ground turkey in spaghetti, offer fruit vs. high sugar items, eliminate high fructose drinks, etc.). Work with the culinary ministry to understand threats to health when serving sugar, fried foods, etc. Support the congregation with a transition plan to adopt healthy heart nutrition.

# American Heart Month (Cont.)

## **Media:**

*My Heart My Life – The American Heart Association*

(info on American Heart Association mission to promote health heart lifestyle and resources provided).

[https://youtu.be/\\_G\\_esgyitfU](https://youtu.be/_G_esgyitfU)

*Move More Manifesto: 30*

(short American Heart Health video; can be shown on church website, during service to promote heart awareness, on social media, etc.),

<https://youtu.be/vmgeupa9Owl>

*Kids Heart Challenge – Heart Hero Characters Introduction*

(this is an engaging video for children to promote healthy heart behaviors; can show during a worship message, youth ministry and education activities, use on social media, website).

<https://youtu.be/1vR0VsSGNq8>

## **Fact Sheets/Resources:**

*Heart Awareness Month Resources (Social Media, Twitter, Blood Pressure, etc.) Note this is the 2020 link—Google title to get 2021 (and continue in future years to check for link)*

[https://www.cdc.gov/heartdisease/american\\_heart\\_month.htm](https://www.cdc.gov/heartdisease/american_heart_month.htm)

*Wear Red for Heart Health Day (1st Friday in February): You can purchase materials and social media information is also listed for your messaging use in English and in Spanish*

<https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-month/wear-red-day>

*Caregiver Support (many caregivers also develop compromised health due to caregiver stress, caregiver support and heart awareness resources)*

<https://www.heart.org/en/health-topics/caregiver-support>

# FEBRUARY

## National “Wear Red” Day for Women’s Heart Health (Feb. 1)

### Public Health Objective:

The first Friday of February has been designed by the awareness campaign, Heart Truth, as National Wear Red Day® in the United States. On this day, men and women are encouraged to wear red as a symbol of their support of women’s heart health.

### Ministry Ideas:

- Use social media messaging for this day but commit to post regularly.
- Provide heart health awareness on your website this day (consider ongoing too).
- Lift up Heart Awareness by having a public health speaker share information with the congregation (during worship, provide info before and after worship/other programming).
- Ask women who have heart disease and/or family members who can share personal experiences; consider doing during worship.
- Pastor can preach about women’s heart health and provide biblical teaching
- Children’s Ministry: Do a children’s moment during worship on heart awareness (providing visual objects such as a heart demo) to illustrate healthy behaviors and unhealthy behavior’s impact on the heart, such as smoking. Provide biblical teaching along with heart healthy facts (remember to keep these moments short for young children).
- Christian Education Class: Ask all ministry teachers to lift healthy heart awareness. Provide opportunities for children who may have a family member with heart disease (to their knowledge) and give them opportunities to be supported by talking about it; offer God’s comfort (note many children have parents/caregivers/family members who are affected by this crisis and may not fully understand what has happening/happened, which can be childhood adversity if unsupported).
- Make a commitment to provide heart awareness information regularly.
- Sponsor an Exercise Day at the church where fitness instructors have stations to help persons of all ages (have stations based on ages (i.e., elementary school, middle, high, young adults, mid-life, older adults).
- Some people cannot attend in person; post on website on Stress Management (stress contributes to heart disease).

# National “Wear Red” Day for Women’s Heart Health (Cont.)

## Media:

*Watch Me Be Well:*

<https://youtu.be/6VSJuGDcF2k>

*Go Red for Women’s Heart Health (stress impact on heart)*

*National Wear Red Day 2020 Video (48 minutes; this would be an effective Tele-format program a congregation can host; may be useful for persons unable to attend program at church)*

*Heart Truth: Helpful site that offers outreach materials and a toolkit to promote women’s heart health with downloadable materials.*

<https://www.facebook.com/watch/?v=1051873538544489>[https://youtu.be/h\\_aafXJnoD0](https://youtu.be/h_aafXJnoD0)<https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-truth>

## Fact Sheets:

*See above for Outreach/Tool Kits for downloadable*

*Heart Healthy Living Infographics (This is a good site to download infographics on topic)*

<https://www.heart.org/en/healthy-living/healthy-living-infographics>

*How Much Physical Exercise Do You Need Infographic (can print)?*

[https://www.heart.org/-/media/files/healthy-living/healthyforgood\\_physicalactivity\\_adult\\_infographic\\_final.pdf?la=en&hash=6007B34509708A5DADFC52713D049A0BA8484534](https://www.heart.org/-/media/files/healthy-living/healthyforgood_physicalactivity_adult_infographic_final.pdf?la=en&hash=6007B34509708A5DADFC52713D049A0BA8484534)

*Spanish Version of How Much Physical Exercise Do You Need Infographic (can print)*

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/healthy-living-spanish-infographics/que-cantidad-de-actividad-fisica-es-necesaria-infografia>



# FEBRUARY

## Teen Dating Violence Awareness Month

### Mental Health Objective:

In 2006, the National Government deemed the first week in February as Teen Dating Violence Awareness Week, and then in 2010, Congress made the entire month of February “Teen Dating Violence Awareness and Prevention Month,” to promote education and awareness on teenage dating abuse. This paved the way for adolescents to express and share their experiences as well as learn warning signs to help prevent abuse in the future.

### Ministry Ideas:

- Have a youth panel discussion on this topic to educate as well as listen to the experiences of others who may be, or who were victims in the past.
- Plan a one-day symposium on Teen Dating Violence Awareness to promote education and awareness on the topic.
- Provide adolescents with a survey, checklist, and/or questionnaire to see if the individual may be experiencing teen dating violence in their relationship.
- Have youth create and manage a social media platform on Teen Dating Violence Awareness and Prevention so that they can bring awareness to those in their church, and community. They could use #YoungLove, which could also be a signal for help for those who may have a difficult time speaking on the topic.
- Have a “Prayer Day” for those who may be victims of Teen Dating Violence, whether it is that youth or someone they know, or they may not know anyone but just want to lift up a prayer for those who may be dealing with this abuse.
- Provide a fact sheet on Teen Dating Violence along with crisis hotline numbers for youth.
- Have a “Big Sister/Little Sister, Big Brother/Little Brother Program,” which is a program to provide victims with a mentor, who can help them if they are experiencing Teen Dating Violence.
- Develop an advocacy program for these youth, who may not be able to advocate for themselves.
- Having a therapist available on site so that teens may have someone to speak to.

10

### Media:

*Update on Teen Dating Violence Webinar*

<https://www.youtube.com/watch?v=h1D13-npQko>

*Enough*

[https://www.youtube.com/watch?v=H-J1j6L\\_Ytw](https://www.youtube.com/watch?v=H-J1j6L_Ytw)

*Teen Dating Violence Facebook*

<https://www.facebook.com/teendatingviolence>

### Facts Sheet:

[https://www.ajli.org/?nd=p-do-comm-ip-self-es-teem&gclid=Cj0KCQiA6IHwBRCJARIsALNjViUJBveGs6O0z\\_Vynj6O4uFnC0xam0LZtfvkb4f\\_Y\\_odRVGSudcjRNlaAvuzEALw\\_wcB](https://www.ajli.org/?nd=p-do-comm-ip-self-es-teem&gclid=Cj0KCQiA6IHwBRCJARIsALNjViUJBveGs6O0z_Vynj6O4uFnC0xam0LZtfvkb4f_Y_odRVGSudcjRNlaAvuzEALw_wcB)



# MARCH

## Problem Gambling Awareness Month

### Public Health Objective:

Problem Gambling Awareness Month is a grassroots campaign that depends on the participation of NCPG State Affiliates, organizational and individual members, state health agencies, gambling companies, recovery groups, and a wide range of healthcare organizations and providers. 2021 will be the 17th year of this event. Groups across America hold conferences, air Public Service Announcements (a toolkit is provided at [www.ncpgambling.org](http://www.ncpgambling.org) ), provide counselor trainings, host screening days, run social media campaigns and many other activities to increase public awareness of problem gambling and the availability of prevention, treatment, and recovery services. For details, including how to sign up for free materials, please visit: <https://www.ncpgambling.org/programs-resources/programs/pgam/>

### Ministry Ideas:

- Use PGAM to decide in reach/outreach for congregation/community.
- Post awareness messages from toolkit on social media/website.
- Obtain 1-800-GAMBLER confidential helpline posters and post in community/share with congregation (obtain from [www.ncpgambling.org](http://www.ncpgambling.org) or state affiliates which is listed on website).
- Collaborate with other faith communities to plan a public awareness event: Gamblers Anonymous and state affiliates (i.e., Maryland Council on Problem Gambling for Maryland— [www.marylandproblemgambling.org](http://www.marylandproblemgambling.org) and Maryland Center of Excellence on Problem Gambling [www.mdproblemgambling.org](http://www.mdproblemgambling.org) and other state affiliates for materials/technical assistance/speakers).

11

### Media:

*Joy Documentary*

*(Documentary of a Maryland Gambling Addict Who Goes to Prison as a result of embezzlement to support gambling disorder)*

<https://www.bing.com/videos/>

*Glenn Story: Gambling in the Military (Journey of a Veteran Gambling Addict)*

<https://youtu.be/Ts8i3aO0xck>

### Social Media:

Download the PGAM Toolkit

[ncpgambling.org](http://ncpgambling.org)

# MARCH

## American Diabetes Association Alert Day (Fourth Tuesday in March)

### Public Health Objective:

American Diabetes Association Alert Day is observed annually on the fourth Tuesday in March. This one-day “wake up call” informs the American public about the seriousness of diabetes and encourages all to take the diabetes risk test and learn about your family’s history of diabetes.

### Ministry Ideas:

- Use social media messaging (fact sheets provided below) for this day but commit to post regularly.
- Upload the #AmericanDiabetesAssociationAlertDay to post on social media.
- Provide diabetes health awareness on your website this day (consider ongoing too).
- Lift up Diabetes Awareness by having medical or public health speakers share information with the congregation (during worship, provide info before and after worship/other programming).
- Consider asking a church member to share their testimony of journey (one who is managing it well).
- Pastor can insert diabetes risk factors in liturgy/sermon.
- Children’s Ministry: Do a children’s moment during worship on heart awareness (providing visual objects that are engaging/relatable) to illustrate diabetes. Also lift childhood diabetes as they may have family/peers with childhood diabetes.
- Christian Education Class: Ask all ministry teachers to lift diabetes awareness. Provide opportunities for children who may have a family member with diabetes and give them opportunities to be supported by talking about it; offer God’s comfort (note many children have parents/caregivers/family members who are managing diabetes/may need support).
- Sponsor a Nutrition Class for the congregation and open to the community.
- Feeding Programs: Provide healthy items (less processed foods, canned foods that have higher sodium levels, etc.) and include a diabetes awareness fact (watch literacy depending on community also) and resources for medical support.
- Upload to website diabetes awareness videos provided below.

12

### Media:

*American Diabetes Association Alert Day video (KIDS)*  
<https://youtu.be/OBvIYCWOG5Q>

*Preventing Type 2 Diabetes*  
[https://www.youtube.com/watch?v=fVegFvk\\_DTw&feature=emb\\_title](https://www.youtube.com/watch?v=fVegFvk_DTw&feature=emb_title)

*What is Diabetes?*  
<https://www.youtube.com/watch?v=2TWelC6SHr8>

### Fact Sheets:

*Diabetes Fact Sheet (WHO)*  
[https://www.who.int/diabetes/global-report/WHD2016\\_Diabetes\\_Infographic\\_v2.pdf](https://www.who.int/diabetes/global-report/WHD2016_Diabetes_Infographic_v2.pdf)

*Prevent Type 2 Diabetes (CDC, Spanish)*  
<https://www.youtube.com/watch?v=Q7f-UT-cJu8>

# MARCH

## National Drug and Alcohol Facts Week: March 30th to April 5th

### **Mental Health Objective:**

In 2010, the National Drug and Alcohol Facts Week (NDAFW) brought adolescents together to discuss scientific facts about drugs, and the health impacts it has on the bodies and brains of teens.

### **Ministry Ideas:**

- Include national drug and alcohol fact sheet in the church bulletin.
- Have a bible study/sermon on the topic of alcohol and drugs and equate it to how God wants people to treat their bodies as temples, etc.
- Have pamphlets, posters, flyers, etc., to educate and bring awareness about drug and alcohol use.
- Provide a "detox truck," which allows individuals who are using to detox.
- "Prayer Day" for those who are using, knows someone using, uplifting users who are struggling to stop using.
- Have an addictions counselor come and speak to members about alcohol and drug usage and the impacts it has on the body, mind, and soul.
- Provide communal resources for those who may be using (treatment facilities, contact information, free urinalysis testing, etc.).
- Develop an advocacy program/ministry in place for those who may be in denial and need extra support.

13

### **Media:**

*Drug Abuse, Causes, Signs & Symptoms, Diagnosis, and Treatment:*

<https://www.youtube.com/watch?v=b6Dte96WdqM>

*Teen Health: Substance Use and Abuse:*

<https://www.youtube.com/watch?v=6fmhLcYSn-Y>

*Teen Addiction:*

<https://www.youtube.com/watch?v=99-YLlaFTpM>

### **Fact Sheets:**

*Fact Sheets for Talking to Your Child About Alcohol:*

<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/make-a-difference-child-alcohol>

# APRIL

## Stress Awareness Month



### Mental Health Objective:

In 1992, health care professionals and experts deemed the month of April as Stress Awareness Month, to increase public awareness about the causes and cures for stress.

### Ministry Ideas:

- “Breathe, Stretch, Shake, & Let it Go,” which could be done on a Saturday at the church, which will teach members how to manage stress through mindfulness activities such as meditation and yoga.
- Provide stress tests for members so they can be aware of their status.
- Have a professional come to speak to members about stress and its impact on the body along with resources that will help to prevent stress in the future.
- Members can grow a garden on church premises. This is also very therapeutic.
- Hold a “Sip and Paint” (no alcohol) to de-stress.
- “Mindfulness for Minis” a program for youth to promote mindfulness activities (breathing techniques, meditation, yoga, dancing)
- Give a sermon on stress and relate it back to the scripture that discusses not being anxious about anything but praying about everything. (Philippians 4:6)
- Network with other black churches to bring awareness to other black churches about stress within their communities.

14

### Media:

*Relaxing Music for Stress Relief:*

<https://www.youtube.com/watch?v=IFcSrYw-ARY>

*Stress Relief Tips:*

<https://www.youtube.com/watch?v=Q0m6MB7Dr30>

*13 Signs You Are Suffering from Too Much Stress:*

[https://www.youtube.com/watch?v=HNfDuyC2A\\_w](https://www.youtube.com/watch?v=HNfDuyC2A_w)

### Fact Sheets:

<https://www.nimh.nih.gov/health/publications/stress/index.shtml>

# APRIL

## Alcohol Awareness Month

### Public Health Objective:

Alcohol Awareness Month is a public health program organized by the National Council on Alcoholism and Drug Dependence, as a way of increasing outreach and education regarding the dangers of alcoholism and issues related to alcohol. The program was started in April 1987, to raise awareness of college-aged students who may engage in overdrinking but now has become a national movement to raise awareness to the causes/effects of alcoholism and help families/communities deal with drinking problems. A major part of this month is to stress the stigma surrounding alcoholism and substance abuse in general ([www.alcohol.org](http://www.alcohol.org)).

### Ministry Ideas:

- Have youth and adult ministries make a display providing facts/info/resources (obtain from [www.alcohol.org](http://www.alcohol.org) and [www.SAMHSA.gov](http://www.SAMHSA.gov)).
- Purchase some of the kits that provide visuals with impact from [www.alcohol.org](http://www.alcohol.org) such as: D.W. Eyes Game Kit with Goggles (good for youth/emerging adults); Death of a Liver Display; Boozed and Confused Nighttime Goggles Game Kit (uses bowling balls); Smashed and Trashed Disposable Glasses Set of 25; Drunk and Dangerous Remote Kit (not expensive and would be good to use with youth, including during Worship for Children's Moment); Alcohol Changes Everything Board Game (good for youth and can be used during a Youth Ministries meeting time); Wheel of Misfortune Game, etc.
- Ask persons in recovery (including early recovery) to share their journey in either worship or smaller group ministry gatherings.
- Provide material throughout the church (bathrooms, etc.). Due to stigma of substance use/abuse, be creative as if the display is in a visible prominent place, many folks feel uncomfortable taking info.
- Look for Christian-written materials such as Care Notes (place in visible and less visible places).
- Provide facts on social media messaging, website, church bulletins, newsletters, worship screens as folks are gathering.
- Pastor preach about substance use/abuse during sermon and encourage persons to love others despite the disease and direct them to where they can get help if abusing/or have a family member.
- Get posters of Alcoholics Anonymous, National Alliance of Mental Illness, NADAC Posters and hang prominently.
- Sponsor a panel during worship of clinicians and peer recovery persons who can speak on alcoholism.

15

### Media:

*Alcohol Effects on Brain & Body*

<https://www.youtube.com/watch?v=V2Aj-iJ6p38>

*Teen Health: Substance Use and Abuse*

<https://www.youtube.com/watch?v=6fmhLcYSn-Y>

### Fact Sheets/Resources:

*What is Excessive Alcohol Use? (CDC)*

[https://www.cdc.gov/alcohol/pdfs/excessive\\_alcohol\\_use.pdf](https://www.cdc.gov/alcohol/pdfs/excessive_alcohol_use.pdf)

*Life-Threatening Signs of Alcohol Poisoning (CDC)*

[https://www.cdc.gov/spanish/signosvital/es/envenenamientoalcohol/images/graphicA\\_970px.jpg](https://www.cdc.gov/spanish/signosvital/es/envenenamientoalcohol/images/graphicA_970px.jpg)

*College Drinking (NIH)*

<https://www.niaaa.nih.gov/sites/default/files/Collegefactsheet.pdf>

# APRIL

## National Alcohol Screening Day 2021 – April 7, 2021

### Public Health/Mental Health Objective:

National Alcohol Screening Day (NASD) is an initiative first launched in 1999 by the National Institutes of Health (NIH). The aim of this event is to increase public awareness that alcohol abuse and alcoholism (in which a person is dependent on alcohol), are recognized disorders which can be treated.

Throughout this day, members of the public are invited along to one of the many screening centers across the U.S. People who visit the screening centers are dealt with on a case by case basis; they are also asked to complete a written self-assessment about their alcohol use. Health care professionals at the centers then tailor advice to the person concerned. When a person's use of alcohol is assessed, they are informed about the different types of alcohol related problems. Where relevant, the person is then given advice as to where help can be sought. Alcohol abuse can be high among college students also. A dedicated website covers this event. ([www.whatthehealth.com](http://www.whatthehealth.com)).

### Ministry Ideas:

- Contact area hospital substance abuse/mental health agencies to get locations of local screenings/ promote on social media/website/congregation/community outreach.
- Contact NIH and get information about the online alcohol screening. Share this information on social media, during worship leading up to the screening day, and on the church website.
- Consider keeping the screening on the church website and social media along with a list of substance abuse treatment programs for referral resources.
- Share National Mental Health Alliance contact information so that family and friends can reach out for support if they are concerned about a loved one/friend with an alcohol problem.
- Notify college students with info about risky alcohol use and resources for support. Encourage them to seek support from the college health and/or counseling centers (Youth/Young Adults Ministries task

16

### Media:

*Vital Minute Podcast (CDC, Brief)*

[https://tools.cdc.gov/podcasts/media/mp3/VS\\_AlcoholScreening\\_1-14.mp3](https://tools.cdc.gov/podcasts/media/mp3/VS_AlcoholScreening_1-14.mp3)

*I've Been Duped by Alcohol (TED Talk)*

<https://www.youtube.com/watch?v=xiK7ONxHErY>

### Social Media:

*How Does Alcohol Make You Drunk? (TED Talk)*

[https://www.ted.com/talks/judy\\_grisel\\_how\\_does\\_alcohol\\_make\\_you\\_drunk](https://www.ted.com/talks/judy_grisel_how_does_alcohol_make_you_drunk)

### Fact Sheets/Resources:

*Alcohol Use & Your Health (CDC, English & Spanish)*

<https://www.cdc.gov/alcohol/pdfs/alcoholyourhealth.pdf>

<https://www.cdc.gov/alcohol/spanish/pdf/El-consumo-alcohol-y-su-salud.pdf>

*Alcohol Screening & Counseling (CDC)*

[https://www.cdc.gov/vitalsigns/alcohol-screening-counseling/images/problem1\\_970px.jpg](https://www.cdc.gov/vitalsigns/alcohol-screening-counseling/images/problem1_970px.jpg)



# APRIL

## National Sexual Assault Awareness Month

### Public Health Objective:

Sexual Assault Awareness Month (SAAM) is an annual campaign to raise public awareness about sexual assault and educate communities and individuals on how to prevent sexual violence.

### Ministry Ideas:

- Highlight in the monthly newsletter.
- Display fact sheet and resources on bulletin board.
- Offer Bible study devotional links addressing this topic.
- Host a self-defense class. Can be a one-time class or reoccurring class.
- Create a support group for survivors.
- Welcome survivors to “Speak Out” and share their story before or after service.
- Start a church garden as an outlet for healing survivors.
- Host a one-time or recurring prayer and meditation classes.

### Media:

*Connections: Sexual Assault Awareness and Prevention*

<https://www.pbs.org/video/sexual-assault-awareness-and-prevention-kr1qbc/>

*Sexual Assault Awareness Month*

<https://www.youtube.com/watch?v=W8hFTkKYwZw>

*Learn the Basics of Consent*

<https://www.youtube.com/watch?v=raDPcy9tkLg>

*NSVRC's 2017 Sexual Assault Awareness Month Resources and Activities*

<https://www.youtube.com/watch?v=qBz3o0-odhg>

*Survivors of Sexual Abuse and Assault Reveal an Important Truth*

<https://www.youtube.com/watch?v=2p06x-yumc0>

### Fact Sheets:

*Sexual Assault Fact Sheet*

[https://ovc.ojp.gov/sites/g/files/xyckuh226/files/ncvrw2018/info\\_flyers/fact\\_sheets/2018NCVRW\\_SexualViolence\\_508\\_QC.pdf](https://ovc.ojp.gov/sites/g/files/xyckuh226/files/ncvrw2018/info_flyers/fact_sheets/2018NCVRW_SexualViolence_508_QC.pdf)

*CDC Preventing Sexual Violence*

<https://www.cdc.gov/violenceprevention/sexualviolence/index.html>

*CDC Sexual Violence in Youth*

<https://www.cdc.gov/violenceprevention/pdf/2012FindingsonSVinYouth-508.pdf>

# APRIL

## National Child Abuse Prevention Month

### Public Health Objective:

An annual observance in the United States dedicated to raising awareness and preventing child abuse. April has been designated Child Abuse Prevention Month in the United States since 1983.

### Ministry Ideas:

- Highlight in the monthly newsletter.
- Display fact sheet and resources on bulletin board.
- Offer Bible study devotional links addressing this topic.
- Host a onetime or recurring parent-children bike run on the church campus.
- Start a parenting support group on the church campus.
- Collect donations for a local organization fighting child abuse in the community.
- Create a parenting support group.
- Hold a youth poster contest around the topic.
- Host youth (in-person or virtual) conference highlighting several topics including child abuse prevention.

18

### Media:

*What Are Child Abuse And Neglect?*

<https://www.youtube.com/watch?v=6kcKX2In0B0&feature=youtu.be>

*Child Abuse Awareness and Prevention*

<https://www.childwelfare.gov/topics/preventing/preventionmonth/>

*Parenting Safe Children with Feather Berkower*

<https://mamastepodcast.blubrory.net/2019/04/02/feather-berkower/>

### Fact Sheets:

*Child Physical Abuse Fact Sheet*

<https://mcfjcfoundation.org/wp-content/uploads/2020/04/Child-Physical-Abuse-Fact-Sheet.pdf>

*Preventing Child Abuse and Neglect*

[https://www.cdc.gov/violenceprevention/pdf/can/CAN-factsheet\\_2020.pdf](https://www.cdc.gov/violenceprevention/pdf/can/CAN-factsheet_2020.pdf)

# APRIL

## National Autism Awareness Month - World Autism Day: April 2

### Public Health Objective:

In 1970, an ongoing nationwide effort began to promote autism awareness and assure that all affected by autism are able to achieve the highest quality of life possible. In 1972, the Autism Society launched the first annual National Autistic Children's week, which evolved into National Autism Awareness Month (NAAM). This April, we continue our efforts to spread awareness, promote acceptance, and ignite change.

### Ministry Ideas:

- Highlight in the monthly newsletter.
- Display fact sheet and resources on bulletin board.
- Curate list of Autism-friendly businesses Society launched in the community.
- Curate list of Autism-friendly books.
- Fundraise for a local Autism non-profit organization in the community.
- Establish class or workshop series utilizing modules from Autism Internet Modules, free online learning modules around Autism. Visit link here.
- Host health fair highlighting various health and wellness areas including Autism.
- Host prayer and meditation class for individuals and families living with Autism.

### Media:

*Autism in Black: A Fathers Journey Raising A Child With Autism*

<https://directory.libsyn.com/episode/index/show/autisminblack/id/12300512>

*The Bernadette T Henry Show: All Disabilities (Autism) Are Visible*

<https://podcast.app/all-disabilities-autism-are-not-visible-e65129297/>

*Autism Awareness Month: Mother pens special book on autism*

<https://www.youtube.com/watch?v=t98dRKCM9VE>

*National Autism Awareness Month: Autism Society #CelebratesDifferences*

<https://www.youtube.com/watch?v=XLKZhe2UKi4>

*Birdhouse for Autism*

<https://www.birdhousehq.com/autism/>

*Routinely*

<https://appadvice.com/app/routinely-track-your-daily-routine/1135990298>

### Fact Sheets:

*Autism Speaks Fact Sheet*

<https://www.autismspeaks.org/sites/default/files/Autism-Speaks-Fact-Sheet.pdf>

*Autism Cares Research Fact Sheet*

<https://mchb.hrsa.gov/sites/default/files/mchb/autism-cares-research-program-factsheet.pdf>

# APRIL

## National Youth Violence Prevention Week: April 12-16

### Public Health Objective:

To raise awareness and to educate students, school staff, and the community on effective ways to prevent or reduce youth violence. This week-long initiative includes activities demonstrating the positive role youth can have in making their school and community safer.

### Ministry Ideas:

- Highlight in the monthly newsletter.
- Display fact sheet and resources on bulletin board.
- Offer Bible study devotional links addressing this topic.
- Collaborate with Youth Ministry to host prayer and meditation workshop(s) for church youth.
- Register and establish a SAVE Promise Club on church campus: SAVE Promise Club chapters are established and led by students and are a powerful approach to preventing gun violence (and other forms of violence and victimization) because they recognize the unique role that young people play in making their schools and communities safer. A SAVE Promise Club can be a stand-alone club or embedded into an existing club, such as SADD, Student Council, FCCLA, or another student leadership, civic or kindness club. Visit link here.
- Host youth (in-person or virtual) conference highlighting several topics including youth violence prevention.
- Run a "Boost Your Confidence Campaign." Have youth write down one thing they love about their unique self and share via their social media, church's social, or print physical pictures to "build" a Wall of Confidence to display within church #BoostYourConfidence.
- Invite local youth violence survivor(s), whether victim or family members, to speak to the congregation.

### Media:

*What is Youth Violence?*

<https://www.youtube.com/watch?v=Kjj27IFU3DA&feature=youtu.be>

*Be Someone's Hero*

<https://www.youtube.com/watch?v=64LNwrdOfHg&feature=youtu.be>

*Violence Prevention Initiative: Chedaya's Story*

<https://www.youtube.com/watch?v=Prtyoxsv29E&feature=youtu.be>

*Bark*

<https://www.bark.us/>

*Say Something*

<https://www.saysomething.net/>

*Preventing Youth Violence with Dr. Denise Powell from What is Black?*

<https://www.stitcher.com/podcast/jacqueline-douge/what-is-black/e/61759043?autoplay=true>

### Fact Sheets:

*CDC Youth Violence Prevention Infographic*

<https://www.cdc.gov/violenceprevention/pub/technical-packages/infographic/yv.html>

*Youth Violence Prevention | Violence Prevention Publications | Violence Prevention | Injury Center*

<https://www.cdc.gov/violenceprevention/communicationresources/infographics/yv.html>

*Youth Weapon Violence & Safety*

[https://www.prchn.org/Downloads/YouthandViolence\\_Apr20183.png](https://www.prchn.org/Downloads/YouthandViolence_Apr20183.png)

# APRIL

## Rape, Abuse & Incest National Network (RAINN) Day: April 14

### Public Health Objective:

RAINN's annual campaign to raise awareness and educate students about sexual violence on college campuses. It is a grassroots program designed to encourage college students to educate their peers about sexual violence, bystander intervention, and recovery resources.

### Ministry Ideas:

- Highlight in the monthly newsletter.
- Display fact sheet and resources on bulletin board.
- Host a Good Touch/Bad Touch workshop with the church youth.
- Fundraise for a local organization in the community fighting this issue.
- Host one-time or recurring self-defense classes.
- Invite a member of the RAINN Speakers Bureau to speak before/after service.
- Host prayer and meditation class for survivors and their families.
- Restroom Campaign: Posting informative Fact Sheet Links and resources within the campus restroom stalls to ensure expose.

### Media:

*Not Alone*

[https://www.nctsn.org/sites/default/files/resources/fact-sheet/caring\\_for\\_kids\\_what\\_parents\\_need\\_know\\_about\\_sexual\\_abuse.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/caring_for_kids_what_parents_need_know_about_sexual_abuse.pdf)

*Reading and Q&A with Stephen Chbosky for RAINN Day*

<https://www.youtube.com/watch?v=Js9ZTej2las>

*Wait*

<https://www.youtube.com/watch?v=lk4Sqn0PUQc>

*RAINN*

<https://www.instagram.com/rainn/>

<https://www.rainn.org/rainnday>

<https://www.pinterest.ph/rainn01/student-action-rainn-day/>

<https://www.rainn.org/app>

<https://apps.rainn.org/policy/>

### Fact Sheets:

*Caring for Kids: What Parents Need to Know*

[https://www.nctsn.org/sites/default/files/resources/fact-sheet/caring\\_for\\_kids\\_what\\_parents\\_need\\_know\\_about\\_sexual\\_abuse.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/caring_for_kids_what_parents_need_know_about_sexual_abuse.pdf)

*RAINN One-Pager*

[https://www.rainn.org/sites/default/files/FINAL\\_RAINN\\_OnePager2019-3\\_0.pdf](https://www.rainn.org/sites/default/files/FINAL_RAINN_OnePager2019-3_0.pdf)

# MAY

## Lupus Awareness Month

### Mental Health Objective:

Lupus Awareness Month seeks to raise awareness and educate others about this life-changing disease. Lupus is an autoimmune disease. In a healthy immune system, the body produces antibodies that destroy unhealthy cells such as bacteria, viruses, and foreign waste.

### Ministry Ideas:

- Highlight in the monthly newsletter.
- Display fact sheet and resources on bulletin board.
- Invite a Lupus expert or person living with Lupus to speak before/after service
- Fundraise for a local Lupus-related organization in the community.
- Host health fair highlighting various health and wellness areas including Lupus awareness.
- Start a Living with Lupus support group.
- Host a (in-person or virtual) "Put on Purple for Lupus Day!" where everyone wears purple or purple ribbon and shares lupus information on May 15 for the national awareness day.

### Media:

*KNOW LUPUS - Lupus Awareness Month 2016*

<https://www.youtube.com/watch?v=URwJhDQ4zEU>

*Let's Make Lupus Visible for Lupus Awareness Month*

<https://www.youtube.com/watch?v=FRYkrRIHc3A>

*The Living with Lupus: Lupus Awareness Month*

[https://podcasts.google.com/feed/aHR0cHM6Ly9sdXB1c2xpdmluZ3BvZGNhc3QubGlic3luLmNvbS9yc3M/episode/MWZjYmMzOGY4YWVmNGE0NDkwNDJjOGU2MjM3NTI0MmY?hl=en&ved=2ahUKEwjDqZ-hy\\_PqAhUflnIEHYPuAP0QjrKEegQICxAE&ep=6](https://podcasts.google.com/feed/aHR0cHM6Ly9sdXB1c2xpdmluZ3BvZGNhc3QubGlic3luLmNvbS9yc3M/episode/MWZjYmMzOGY4YWVmNGE0NDkwNDJjOGU2MjM3NTI0MmY?hl=en&ved=2ahUKEwjDqZ-hy_PqAhUflnIEHYPuAP0QjrKEegQICxAE&ep=6)

*My Lupus Log*

<https://www.usinlupus.com/tools/mylupuslog.html>

### Fact Sheets:

*Lupus Fact Sheet*

<https://www.rheumatology.org/Portals/0/Files/Lupus-Fact-Sheet.pdf>

*Lupus Fact Sheet III*

<https://www.moarthrititis.org/wp-content/uploads/2010/05/Lupus.pdf>

*Lupus Fact Sheet II*

<http://www.lupusresearch.org/wp-content/uploads/2017/09/Lupus-Fact-Sheet.pdf>

*Women's Health: Lupus Fact Sheet*

<https://www.womenshealth.gov/files/documents/fact-sheet-lupus.pdf>



# MAY

## Mental Health Month

### Mental Health Objective:

To raise awareness and educate the public about mental illnesses, such as that 18.1% of Americans suffer from depression, schizophrenia, and bipolar disorder; the realities of living with these conditions; and strategies for attaining mental health and wellness.

### Ministry Ideas:

- Create a virtual Bible study where children can listen to a short book surrounding a children's mental health topic and relate that topic to a Bible scripture and their personal feelings.
- Create a parent club, connecting one to two times a month in order to educate parents on different mental health issues that children may experience.
- Create a youth fitness group, where children can release their energy and hear gospel music and have fun!
- Establish a prayer call for children to hear in the morning to start their day on a positive note.
- Create a youth group for children who want to join to promote a safe space and positive community to connect and keep healthy minds.
- Provide families with local mental health resources for their children should they experience a mental health crisis.
- Create a weekly 30-minute virtual meditation session for both parents and children to check in, regroup and reflect on their week and prepare for the next week. Meditation can be centered around one scripture related to increasing mental strength.
- Provide families with a list of positive affirmations to recite within their families to help encourage healthy interactions and confident feelings.

23

### Media:

*We All Have Mental Health*

<https://www.youtube.com/watch?v=DxIDKZHW3-E>

*Kindness Matters*

<https://www.youtube.com/watch?v=Qcyc68d6OAK>

*Breaking the Stigma: Taraji on Black Folks & Mental Health*

<https://www.youtube.com/watch?v=M-KxjXfwPMw>

### Fact Sheets:

*Mental Health Facts in America*

<https://www.nami.org/nami/media/nami-media/infographics/generalmhfacts.pdf>

*RAISING Mental Health Awareness*

<https://nami.org/NAMI/media/NAMI-Media/PDFs/J-J-NAMI-Everyone-has-Mental-Health.pdf>

*You Are Not Alone*

<https://www.nami.org/NAMI/media/NAMI-Media/Infographics/NAMI-You-Are-Not-Alone-FINAL.pdf>

*Mental Health Matters*

<https://www.nami.org/NAMI/media/NAMI-Media/Infographics/NAMI-Mental-Health-Care-Matters-FINAL.pdf>

# MAY

## National Women's Health Week: May (Mother's Day Week)

### Public Health Objective:

National Women's Health Week begins on Mother's Day each year. It is a reminder to women to take care of themselves and to make their health a priority.

### Ministry Ideas:

- Highlight in a monthly newsletter.
- Display fact sheet and resources on bulletin board.
- Offer Bible study devotional links addressing this topic.
- Start a church garden to help with stress management.
- Host youth (in-person or virtual) women's health workshop.
- Host a (in-person or virtual) health fair highlighting several topics including women's health screenings and assessments.
- Create a support group(s) centered on women's health issues and areas i.e., breastfeeding, breast cancer survivor, ovarian cancer survivors, and pregnancy issues.
- Invite a member of the community impacted by suicide to speak before/after service.
- Create an all-women's prayer and meditation group or class.

### Media:

*National Women's Health Week*

<https://www.youtube.com/watch?v=7jm6qGf2M1s>

*Jackie: Taking Action for My Daughter*

<https://www.youtube.com/watch?v=KNzRNWi4Qgc>

*Diabetes and Depression in Older Women*

<https://tools.cdc.gov/medialibrary/index.aspx#/media/id/304274>

*Heart Disease and Stroke in Women*

<https://tools.cdc.gov/medialibrary/index.aspx#/media/id/304287>

*Clue App*

<https://helloclue.com/>

### Fact Sheets:

*About National Women's Health Week*

[https://www.womenshealth.gov/files/documents/nwhw-2019\\_fact-sheet.pdf](https://www.womenshealth.gov/files/documents/nwhw-2019_fact-sheet.pdf)

*Top Questions About Nutrition and Women*

<https://www.womenshealth.gov/files/documents/fact-sheet-nutrition-and-women.pdf>

*Q&A: A fact sheet from the Office on Women's Health: Thyroid Disease*

<https://www.womenshealth.gov/files/documents/fact-sheet-thyroid-disease.pdf>

*Q&A: A Fact Sheet from the Office on Women's Health: Breastfeeding*

<https://www.womenshealth.gov/files/documents/fact-sheet-breastfeeding.pdf>

# JUNE

## Men's Health Month

### **Public Health Objective:**

June is Men's Health Month and is celebrated across the country with screenings, health fairs, media appearances, and other health education and outreach activities.

Recognition from the White House provides encouragement to men, boys, and their families around the globe. The purpose is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men/boys. This month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. The response has been overwhelming with thousands of awareness activities in the U.S. and around the globe ([www.menshealthmonth.org](http://www.menshealthmonth.org)).

### **Ministry Ideas:**

- Collaborate with other faith/spiritual communities to sponsor health events to raise awareness.
- Check [www.menshealthmonth.org](http://www.menshealthmonth.org) to learn of the health focus of the year (During 2020, it was on diabetes awareness). Make that focus a ministry focus during this week.
- Collaborate with community health professionals and public health professionals to provide information, resources, and consider highlighting the annual health topic during worship and Christian education.
- Lift the health focus for the year on social media/website.
- Include health information if you have a food insecurity ministry or support to persons experiencing homelessness (i.e., provide information, have health professional available in a private area for men guests to get health assessments and referrals to community resources).
- Prison Ministry: Many incarcerated youth and male citizens experience high rates of untreated/unsupported mental illness/mental health (i.e., childhood adversity, trauma) that often influenced criminal behavior. In some cases, persons are incarcerated for what is really a mental illness (i.e., psychotic thinking influencing impulsive and extreme behaviors). Provide health information for prison ministry (as well as re-entry citizens who are still at risk and likely received inadequate health attention while incarcerated). [https://www.minorityhealth.hhs.gov/sicklecell/img/SCD\\_2019\\_toolkit.pdf](https://www.minorityhealth.hhs.gov/sicklecell/img/SCD_2019_toolkit.pdf)
- More activities: <http://www.menshealthmonth.org/partners/activities.html>

# Men's Health Month (Cont.)

## **Media:**

*Prostate Cancer Statistics: Did You Know Video*

[https://www.youtube.com/watch?v=CLYEYSDENVA&feature=emb\\_title](https://www.youtube.com/watch?v=CLYEYSDENVA&feature=emb_title)

*Isolation & Men*

<https://www.youtube.com/watch?v=rpQDUjmb6rs>

*Black Men's Health Network (for online resources including 15-point checklist for regular men's health checks and information)*

<https://menshealthnetwork.org/>

*Dads Teach Sons How to Handle Emotions*

[https://www.youtube.com/watch?v=CwQDmLr\\_uWQ](https://www.youtube.com/watch?v=CwQDmLr_uWQ)

## **Social Media:**

*Fathers are Role Models Social Media Infographic*

<http://www.menshealthmonth.org/wp-content/uploads/2020/05/father-son-get-it-checked.jpg>

*Did You Know? Men's Health Social Media Infographic*

<http://www.menshealthmonth.org/wp-content/uploads/2020/06/DidYouKnow.jpg>

## **Facts/Resources:**

*Health Tips for Older Men*

[https://www.healthinaging.org/sites/default/files/media/pdf/HIA-TipSheet%20Men%27s%20HealthJune19\\_0.pdf](https://www.healthinaging.org/sites/default/files/media/pdf/HIA-TipSheet%20Men%27s%20HealthJune19_0.pdf)

*Prostate Cancer Health Tips*

[https://www.cdc.gov/cancer/prostate/pdf/prostate\\_health\\_tips.pdf](https://www.cdc.gov/cancer/prostate/pdf/prostate_health_tips.pdf)

*Men & Depression*

[https://www.nimh.nih.gov/health/publications/men-and-depression/mendepression-508\\_142046.pdf](https://www.nimh.nih.gov/health/publications/men-and-depression/mendepression-508_142046.pdf)

# JUNE

## Alzheimer's and Brain Awareness Month

### Mental Health Objective:

June is Alzheimer's and Brain Awareness Month, an opportunity to hold a conversation about the brain and share the fact that Alzheimer's disease and other dementias are a major public health issue. Everyone who has a brain is at risk to develop Alzheimer's, the only leading cause of death that cannot be prevented, cured, or even slowed. During the month of June, the Alzheimer's Association® asks people around the world to wear purple and use their brains to fight Alzheimer's disease.

### Ministry Ideas:

- Check [www.alz.org](http://www.alz.org) for many ideas for political advocacy and public awareness suggestions for ministry. Some ideas are listed below:
- Educate your congregation about Alzheimer's.
- Turn your office purple (or areas of the church inside/outside) or create a purple themed area where fellowship is occurring during the month.
- Encourage congregation to wear purple throughout the month and/or on a selected Sunday or ministry date.
- Recognize caregivers of congregation members with loved ones with Alzheimer's, dementia, or other brain concerns. Many caregivers cannot take respite away but need it. Consider providing 2-3 hours of volunteers willing to give respite and provide self-care kits for caregivers.
- Provide local resources for Alzheimer's and brain concerns for referrals (on social media, website, highlight during worship on large screens, in announcements/church communications.

27

### Media:

*Alzheimer's Facts and Figures*

[https://www.youtube.com/watch?time\\_continue=3&v=blQs9klQj9E&feature=emb\\_title](https://www.youtube.com/watch?time_continue=3&v=blQs9klQj9E&feature=emb_title)

Instagram and Twitter using the hashtags #ENDALZ and #TheLongestDay to have your post included on the Alzheimer's Association The Longest Day online gallery.

### Social Media (ALZ.org):

Alzheimer's Association states that if you can't participate in a walk, bike ride, or other event, you can show your support, grow awareness, and connect with others through social media.

Join the Alzheimer's Association community on Facebook.

Twitter and Instagram: use the hashtags #Road2EndALZ, #Walk2EndAlz, or #ShowYourPurple to promote an event or show support.

To spread the word about The Longest Day, specifically, take a selfie or a photo of a person you are honoring, or make a video and post it to

### Fact Sheet Links

*Alzheimer's Disease Facts & Figures*

<https://alz.org/media/Documents/alzheimers-facts-and-figures-infographic.pdf>

*Alzheimer's Association Toolkit*

[https://www.alz.org/media/sewi/documents/Go\\_Purple\\_in\\_June\\_Combined\\_Toolkit\\_\(1\).pdf](https://www.alz.org/media/sewi/documents/Go_Purple_in_June_Combined_Toolkit_(1).pdf)

*10 Warning Signs of Alzheimer's Worksheet*

<https://alz.org/media/Documents/10-signs-worksheet.pdf>

# JUNE

## Men's Health Week (the week leading up to Father's Day)

### Public Health Objective:

The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

This week gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular, medical advice and early treatment for disease and injury. The response has been overwhelming with hundreds of awareness activities in the U.S. and around the globe.

### Ministry Ideas:

The following ideas are from [www.menshealthmonth.org](http://www.menshealthmonth.org):

- Wear Blue Friday (Friday before Father's Day): Wear blue to work/school/etc. Use the on-line Tool Kit (from [www.menshealthmonth.org](http://www.menshealthmonth.org)).
- Create an awareness fundraiser.
- Use Social Media to promote the event.
- Distribute Blue Ribbon pins.
- Develop a calendar of events (ask men/boys to lead efforts; this may be a good opportunity for youth to earn service-learning credits).
- Download a Health Zone event planning kit.
- Partner with area faith/spiritual communities to collaborate on a men's health awareness event: health providers to provide table talks on men's health, cancer screening (including colon, erectile, suicide prevention, mental health, heart disease, stroke awareness, hypertension; include info/resources for boys to emphasize prevention).
- Mentoring Programs: if you have mentoring programs/ministries, integrate boys/men's health info/resources there.
- Think about the demographics of your congregation/community and identify health topics that are especially relevant regarding health risks.
- Christian Education: Highlight men's health.
- Note: it is challenging to get men to prioritize their health and often they are in crisis or acute condition when symptoms are recognized. It is also challenging to get men to participate actively in ministry so "think outside the box." Consider having sports events and other boy/men interest areas, and host event and provide health information integrated while men are at events (i.e., tickets to sports events including youth events) and pass out information at the events (with permission).

28

### Media:

*Public Service Announcement*

<https://menshealthnetwork.org/>

### Social Media:

*Dad's Healthy Minds & Healthy Life (teach the next generation)*

<https://www.youtube.com/watch?v=iMVuNINYJf0>

### Fact Sheets:

*Key Stats in the Fight for Men's Health*

<http://www.menshealthmonth.org/wp-content/uploads/2013/05/Mens-Health-Infographic.png>

*Abundant Health Ministry Ideas: For a partial list of activities, see below ([menshealthmonth.org](http://menshealthmonth.org))*

<http://www.menshealthmonth.org/partners/activities.html>



# Men's Health Week (Cont.)

## **Mental Health Objective:**

Men's Health Week is a time to bring awareness to health issues that affect men disproportionately and focuses on getting men to become aware of problems they may have or could develop and gain the courage to do something about it.

## **Ministry Ideas:**

- Create a men's group for members to connect and fellowship with one another and create a positive sense of community.
- Put together a men's night car show, where men can either showcase their cars or enjoy looking at others. This event is a great way to enjoy outside time while adhering to social distancing guidelines.
- Host a virtual cookoff where men can showcase their grilling skills and share tips and tricks with cooking.
- Challenge men to make a doctor's appointment that they have putting off for a while.
- Create a men's fitness group centered around prayer, physical, and mental wellness.
- Invite family, friends, or loved ones of the men of the church to submit special messages expressing their love and gratitude for them on the church website or social media using the hashtag #WELOVEU. Encourage men to submit messages about themselves as well.
- Host a virtual conference exploring the stigmas, pressures, and demands of men being "tough." Take this time to highlight the importance of self-expressions in men.
- Take a hike at your local trail. Use this time to become one with nature and highlight a scripture surrounding an identified topic.

29

## **Media:**

*Podcast from Men's Health Week and SAHMRI Wellbeing and Resilience Centre*

<https://www.youtube.com/watch?v=nz0Lwur5WE0>

*The 10 Best Health and Fitness Apps for Men*

<https://www.esquire.com/uk/life/fitness-wellbeing/g30150198/best-health-fitness-apps/>

## **Fact Sheets:**

*Men's Health Week*

<https://www.menshealthweek.org.au/events/resources/male-health-infographics>

<https://www.3btraining.com/health-and-safety/mens-health-week-2019/>

*Movember*

<https://us.movember.com/mens-health%20>

# JUNE

## World Sickle Cell Day (June 19)

### Public Health Objective:

June 19 is officially designated as World Sickle Cell Awareness Day. The international awareness day is observed annually with the goal to increase public knowledge and an understanding of the sickle cell disease, and the challenges experienced by patients and their families and caregivers ([www.sicklecelldisease.org](http://www.sicklecelldisease.org)).

### Ministry Ideas:

- Encourage any congregation members who have this disease or a loved one to inform Pastor/Care Ministries of prayer requests related to their health care needs (respecting privacy laws) who can then make an announcement that prayer concerns are supported.
- Share on website/social media info/resources/community resources for patient/caregiver support.
- Understand that African Americans and Latino/as have high prevalence of Sickle Cell Disease and obtain culturally sensitive, relevant educational materials.
- Provide self-care kits privately for caregivers (i.e., if you are aware of patients/caregivers, consider providing gift cards of support; there are frequent health crises and instrumental support can be a blessing).
- Host a virtual paint session for members to commemorate congregants and people that may be living with Sickle Cell Disease, maybe painting a red heart.
- Host a short virtual educational training highlighting how COVID-19 has impacted people living with Sickle Cell and provide medical resources.
- Offer a pain management services for members living with Sickle Cell.
- Create a group for members with Sickle Cell to fellowship and create a healthy sense of community and support.
- Invite congregants to wear red to raise awareness of Sickle Cell. Have congregants take a picture showing their support and post it to their social media using the hashtag #REDHEARTSFIGHT.
- Invite congregants to come together to pray for anyone who is battling with Sickle Cell Disease.
- Collect donations and present proceeds to an identified charity to help continuous development and research of Sickle Cell.

# World Sickle Cell Day (Cont.)

## **Media:**

*About Sickle Cell Disease*

<https://minorityhealth.hhs.gov/sicklecell/index.html>

*Videos from Centers for Disease and Prevention*

<https://www.cdc.gov/ncbddd/sicklecell/materials/video.html#sc-general>

*Medically Speaking: Treatment Advances in Sickle Cell Disease, Amber M. Yates, MD*

<https://www.youtube.com/watch?v=oFIOKC4rxyQ>

*Genetic Therapies in Sickle Cell Disease*

<https://www.youtube.com/watch?v=VEa1eidBZnU>

## **Social Media:**

*Sickle Cell Disease Toolkit (Social Media/Resources)*

[https://www.minorityhealth.hhs.gov/sicklecell/img/SCD\\_2019\\_toolkit.pdf](https://www.minorityhealth.hhs.gov/sicklecell/img/SCD_2019_toolkit.pdf)

## **Fact Sheets:**

*10 Facts about Sickle Cell Disease*

<https://www.bing.com/images/search?q=10+Facts+Sickle+Cell+Disease&form=RESTAB&first=1&scenario=ImageBasicHover>

*5 Facts You Should Know About Sickle Cell Disease*

<https://www.cdc.gov/ncbddd/sicklecell/materials/infographic-5-facts.html>

*World Sickle Cell Day 2019*

<https://www.sicklecellsociety.org/wscd19/>

*My Three Sicklers*

<https://mythreesicklers.org/free-sickle-cell-information-request/>

*Generation S*

<https://www.joingens.com/understanding-sickle-cell-disease/sickle-cell-trait/>

# JUNE

## PTSD (Post-Traumatic Stress Disorder) Awareness Day: June 27

### **Mental Health Objective:**

On June 27, 2010, PTSD Awareness Day was developed and, in 2014, Congress deemed the entire month of June as PTSD Awareness Month. On this day, people who suffer with, or who have suffered with PTSD, discuss their experiences, triggers, symptoms, causes, and treatment. The aim is to raise awareness of posttraumatic stress disorder, a mental health problem that may develop after a person has been exposed to one or more traumatic events.

### **Ministry Ideas:**

- Having individuals share their experiences during worship and arrange for a professional to be present to provide extra support if an individual is feeling triggered in any way.
- Plan a Q&A on PTSD, since it is one of the most misunderstood mental health issues in the world today. The Q&A will help members to better understand what PTSD is and what can be done to help treat it.
- Pray for those with PTSD: Members can lift prayers for those who are dealing with PTSD.
- Provide a variety of resources for individuals who struggle with PTSD in the church (pamphlets, crisis hotline numbers, mental health clinics, advocates, others who are supportive).
- Provide a PTSD fact sheet in the bulletin, its signs and symptoms, causes, and treatment.
- Raise awareness in the church and within the community through passing out flyers, pamphlets, developing a social media platform, and networking with others, to gain further insight on PTSD.
- Take a church trip to visit Veterans to uplift their spirits and be engulfed in their world for a moment.
- Learn different mindfulness techniques to use in case a member comes across someone who may be dealing with PTSD.
- Create an e-bulletin board featuring PTSD Awareness resources and encouraging Bible passages on the church's website.
- Establish a prayer call for anyone who is dealing with PTSD.
- Invite congregants to share their experience and testimonials with PTSD on virtual platform to help raise awareness to PTSD.
- Organize a walk or run for people with PTSD, keeping social distancing guidelines in mind.
- Host a guided prayer/meditation for congregants to release any negative experiences that may have been troubling them.
- Host a day of "Acts of Kindness;" have congregants exercise 10 acts of kindness to promote mindfulness and being kind to others.
- Plan a virtual faith-based comedy show to help put smiles on the faces of others.
- Invite members to create a faith-based playlist that people suffering from PTSD can use in crisis. Encourage congregants to share their playlist using the hashtag #FIGHTBACK.

# PTSD Awareness Day (Cont.)

## **Media:**

*PTSD Awareness Month 2020*

<https://www.cohenveteransbioscience.org/2020/06/01/ptsd-awareness-month-2020/>

*The Symptoms and Effects of PTSD*

<https://www.youtube.com/watch?v=asx2iJpSIAI>

*109-Year-Old Veteran and His Secrets to Life Will Make You Smile*

<https://www.youtube.com/watch?v=BXyfCGDnuWs>

*Medication for Post-Traumatic Stress Disorder*

[https://www.youtube.com/watch?v=GD-\\_G7D\\_0dAhttps://vitalrecord.tamhsc.edu/infographic-post-traumatic-stress-disorder/](https://www.youtube.com/watch?v=GD-_G7D_0dAhttps://vitalrecord.tamhsc.edu/infographic-post-traumatic-stress-disorder/)

## **Fact Sheets:**

*From National Institute of Mental Health*

<https://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd/index.shtml>

*From Texas A&M University*

<https://vitalrecord.tamhsc.edu/infographic-post-traumatic-stress-disorder/>

*From Cohen Veterans Bioscience*

<https://www.cohenveteransbioscience.org/2020/06/01/ptsd-awareness-month-2020/>

*From US Department of Veterans Affairs*

<https://www.ptsd.va.gov/publications/print/index.asp>

# JULY

## National Minority Health Month



### Public Health Objective:

Its goal is to strengthen the capacity of local communities to eliminate the disproportionate burden of premature death and preventable illness in minority populations through prevention, early detection, and control of disease complications.

### Ministry Ideas:

- Highlight in monthly newsletter.
- Display fact sheet and resources on bulletin board.
- Start a double-dutch team for the church.
- Host a health fair around the health issues that have the highest impact in communities of color i.e., Diabetes, high blood pressure, and heart disease, to include screenings and informative material.
- Create wellness accountability groups within the age groups of the church.
- Host lifestyle-change classes/workshops around good nutrition and/or stress management.
- Host one-time or recurring yoga classes.
- Host a quit smoking clinic.
- Host a hula-hoop contest.
- Start a church garden.
- Start a walking group.

34

### Media:

*July is Minority Mental Health Month*

<https://www.youtube.com/watch?v=1zY2X2DKMZs>

*#MyStoryMyWay: Minority Mental Health Month 2018*

<https://www.youtube.com/watch?v=BcseWEileql>

*Truthful Tuesdays With Ingrid (Episode 8)*

<https://podcasts.apple.com/us/podcast/truthful-tuesdays-with-ingrid/id1462697852>

### Fact Sheets:

*WhatWorksFactSheet\_HealthEquality*

<https://www.thecommunityguide.org/sites/default/files/assets/What-Works-Factsheet-HealthEquity.pdf>

*National Institute on Minority Health and Health Disparities Fact Sheet*

<https://www.nimhd.nih.gov/docs/about-nimhd-factsheet.pdf>



# AUGUST

## International Overdose Awareness Day (August 31)

### Public Health Objective:

International Overdose Awareness Day is a global event held on August 31 each year and aims to raise awareness of overdose and reduce the stigma of a drug-related death. It also acknowledges the grief felt by families and friends remembering those who have died or had a permanent injury as a result of a drug overdose. International Overdose Awareness Day spreads the message that overdose death is preventable. Thousands of people die each year from drug overdose, and they come from all walks of life ([www.overdoseday.com](http://www.overdoseday.com)).

### Ministry Ideas:

- Use [www.overdoseday.com](http://www.overdoseday.com) for ideas, resources, and merchandise (such as wristbands).
- Purchase wristbands/lanyards/badges to wear to show solidarity and advocacy.
- Share Fact Sheet Links from [www.overdoseday.com](http://www.overdoseday.com) media/resources on social media/website/announce during worship prior to day.
- Maybe post a tribute online to remember someone who died/or was injured because of overdose; [www.overdoseday.com](http://www.overdoseday.com) will publish these on website
- Contact local drug treatment center/s in community and explore how to support their mission.
- Invite addiction professionals to do an awareness brief education during worship or other ministry events to share risk factors/signs/symptoms.
- Youth Ministry: Sponsor program and invite teens/emerging adults who are in recovery and may have overdose histories. Provide sharing and opportunities for youth to talk/ask questions.
- Sponsor a Narcan certification treats narcotic overdose in an emergency.
- Invite a recovering opioid abuser and/or family member to share their experience with overdose and recommendations from their experience (can contact local public health departments for referrals and/or Narcotics Anonymous to see if there is a recovery person; part of drug recovery is providing service to share one's experience, courage and offer hope to others).

35

### Media:

*Time to Remember. Time to Act. (People who have been affected by drug use/overdose share)*

<https://www.overdoseday.com/>

### Social Media:

*Post the [www.overdoseday.com](http://www.overdoseday.com) videos and share local resources for Narcan certification, 12-Step Meetings, Opioid and drug addiction treatment resources, National Alliance for Mental Illness (for family support).*

### Fact Sheets:

*Substances Abuse and Mental Health Services Administration on Opioid Overdose*

[www.SAMHSA.gov](http://www.SAMHSA.gov) (for resources on opioid overdose materials)

*SAMHSA on Opioid Overdose*

<https://www.samhsa.gov/medication-assisted-treatment/treatment/opioid-overdose>

# SEPTEMBER

## National Recovery Month



### **Mental Health Objective:**

National Recovery Month occurs every September. The Substance Abuse and Mental Health Services Administration (SAMHSA) sponsors Recovery Month to spread the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective, and people can and do recover ([www.recoverymonth.gov](http://www.recoverymonth.gov)).

### **Ministry Ideas:**

- Use [www.recoverymonth.gov](http://www.recoverymonth.gov) and [www.samhsa.gov](http://www.samhsa.gov) as resources to plan events during the month.
- Use media with persons in recovery sharing their story.
- Invite persons in the congregation, community, or from recovery fellowships to share a testimony of their journey and tools they use to manage a recovery lifestyle (include diversity of persons — age, race, ethnicity, occupation — so that people learn addiction affects everyone/every community).
- Invite someone from AA/NA/GA to share their journey and value of peer recovery.
- Include recovery awareness in youth ministries.
- Include local public health/health professionals to provide information/resources on prevention/treatment/recovery-oriented systems of care.
- The Pastor/Healing Ministries can have a prayer for all recovery persons each Sunday throughout the month; can ask congregation if they are comfortable to celebrate recovery anniversaries to share this information with the identified ministry planning Recovery Month.

36

### **Media:**

*Talk about Substance Use*

<https://www.youtube.com/watch?v=PrJn2wtPgLo&feature=youtu.be>

*Start the Conversation about Mental Illness*

[https://www.youtube.com/watch?v=4zJlkH\\_Xj0s&feature=youtu.be](https://www.youtube.com/watch?v=4zJlkH_Xj0s&feature=youtu.be)

### **Social Media:**

*Support for Serious Mental Illness*

[https://www.youtube.com/watch?v=jTquXGc\\_CO0&feature=youtu.be](https://www.youtube.com/watch?v=jTquXGc_CO0&feature=youtu.be)

### **Fact Sheets:**

*Recovery Month*

<https://www.recoverymonth.gov/sites/default/files/toolkit/National%20Recovery%20Month%202019%20Data%20Visualizations.pdf>

*Supporting a Loved One*

[https://www.samhsa.gov/sites/default/files/samhsa\\_families\\_conversation\\_guide\\_final508.pdf](https://www.samhsa.gov/sites/default/files/samhsa_families_conversation_guide_final508.pdf)

*Helping a Loved One*

[https://www.samhsa.gov/sites/default/files/samhsa\\_families\\_family\\_support\\_guide\\_final508.pdf](https://www.samhsa.gov/sites/default/files/samhsa_families_family_support_guide_final508.pdf)

# SEPTEMBER

## Healthy Aging Month

### Public Health Objective:

September is Healthy Aging Month and provides inspiration and practical ideas for adults, ages 45-plus, to improve their physical, mental, social, and financial well-being. People are living longer, and this month draws attention to the positive aspects of growing older.

The mission is to encourage local level Healthy Aging® events that promote taking responsibility for one's health (physical, mental, social, financial) [www.healthyaging.net](http://www.healthyaging.net)

### Ministry Ideas:

- Older Adult/Seniors Ministry can take the lead for planning and use [www.healthyaging.net](http://www.healthyaging.net) website for ideas and resources.
- Consider identifying calendar of events to encourage physical, mental, social, and financial wellness; these events can also include virtual learning (especially helpful for homebound or persons with caregiving roles/limits).
- Physical: Sponsor a walk for adults over 45 and encourage continual walking/exercise.
- Plan a financial planning workshop that addresses over 45 needs at the various age levels (retirement planning, saving, living on a limited budget after retirement, legacy planning, life after working, volunteering etc.).
- Plan social activities that may be new interest opportunities.
- Plan topics on mental health wellness (i.e., stress management, depression).
- Note: recognize that cultural and personal influences also impact healthy aging (i.e., persons with limited finances lack opportunities for legacy planning, retirement planning).

37

### Media:

*Voices of Healthy Aging Video*

[https://www.youtube.com/watch?v=47F\\_V9qnUpM](https://www.youtube.com/watch?v=47F_V9qnUpM)

### Social Media:

*Use [www.healthyaging.net](http://www.healthyaging.net) for content for social media/  
church website messaging.*

<https://healthyaging.net/>

### Fact Sheets:

*Living Longer GIF*

<https://www.who.int/ageing/events/world-report-2015-launch/people-live-20-years-longer-full.gif?ua=1>

*Aging & Health Infographic*

<https://www.who.int/ageing/events/world-report-2015-launch/healthy-ageing-infographic.jpg?ua=1>

# SEPTEMBER

## Pain Awareness Month

### Public Health Objective:

September is Pain Awareness Month and various organization work to raise public awareness of issues around pain and pain management (begun in 2001). The American Chronic Pain Association, [www.acpa.org](http://www.acpa.org), provides information and resources (including a Pain Awareness Toolkit).

### Ministry Ideas:

- Ask health providers in congregation or local health professionals to do a chronic pain short info message during worship.
- Ask the ministry staff to identify a scripture for each day of the month that can provide pain support (include depression and anxiety supports as these are often co-occurring as a result of chronic pain; pain affects our emotional state).
- Post the media/resources on social media and church website.
- Educate youth/adults on how to best support loved ones/friends with chronic pain.
- Encourage mental health and physical health care supports; many persons living with chronic pain use opioids/drugs/alcohol/gambling to self-medicate pain levels.

### Media:

*The Maze of Pain (provides a nice illustration of navigating pain)*

<http://www.theacpa.org/maze-of-pain/>

*A Person with Pain Is Like A Car with Four Flat Tires (Very engaging media message — would be helpful for all ages, including children who may have loved ones living with chronic pain.)*

<https://www.theacpa.org/acpa-car-with-four-flat-tires/>

*Relaxation Video (pain creates stress, anxiety, and depression; using relaxation regularly helps counter pain and reduces distress levels.)*

<https://www.theacpa.org/pain-management-tools/videos/communicationeducation/relaxation-video/>

### Social Media:

*The American Chronic Pain Association has resources that can be used for social messaging.*

<https://www.theacpa.org>

### Fact Sheets:

*Pain Management Self-Management Skills*

<https://www.theacpa.org/pain-management-tools/self-management-skills/>

# SEPTEMBER

## National Suicide Prevention Week (Sept. 6 to 12)

### Mental Health Objective:

National Suicide Prevention Week is Sept. 6-12, 2020. Twenty-eight percent of suicide victims suffer from a substance abuse problem. Evergreen Recovery and National Suicide Prevention Week want to spread awareness and help at-risk people find support.

### Ministry Ideas:

- Provide members with resources such as 24-hour suicide prevention hotlines and mental health professionals in the area. Call 800-273-8255 or text TALK to 741741.
- Conduct a prayer call daily for people who may be experiencing suicidal thoughts or ideations.
- Invite congregants to receive a thorough mental health assessment.
- Try to pair members, that may be experiencing hard times, with an accountability partner to help them keep the faith during hard times.
- Host a night of prayer, where congregants come together to pray for anyone who is or has experienced suicidal thoughts.
- Host a virtual training that helps members become aware of their own mental state, learn self-awareness, ways to stay strong during hard times and how to pray during these times.
- Invite members who have successfully fought their battle with suicide to share their story in the hopes of inspiring others.
- Using church website or social media, provide a positive affirmation for members every day for the week.

39

### Media:

*Clarence E. Davis: Preventing Suicide and Three Things to Never Do*

[https://www.ted.com/talks/dr\\_clarence\\_e\\_davis\\_preventing\\_suicide\\_three\\_things\\_never\\_to\\_do](https://www.ted.com/talks/dr_clarence_e_davis_preventing_suicide_three_things_never_to_do)

*The Role of Faith Communities in Suicide Prevention*

<https://theactionalliance.org/faith-hope-life/events/faithhopelife-role-faith-communities-suicide-prevention>

*A Video on faith communities and suicide prevention*

<https://www.youtube.com/watch?v=DJhRFXEm-ds>

*Social media graphics*

<https://afsp.org/keepgoing/#social-graphics>

### Fact Sheets:

*Connecticut Clearinghouse*

<https://www.ctclearinghouse.org/npw/>

*Mental Health Foundation*

<https://advertisingrow.com/infographics/psychology/psychology-infographic-samhsa-suicide-prevention-infographic-poster-redmon-group-redmongroup/>

*The WAIT technique*

<https://www.mentalhealth.org.uk/publications/suicide-prevention-wait>



# SEPTEMBER

## World Suicide Prevention Day

### September 10, 2020

#### **Mental Health Objective:**

World Suicide Prevention Day is observed on September 10 each year to promote worldwide action to prevent suicides. Various events and activities are held during this occasion to raise awareness that suicide is a major preventable cause of premature death.

#### **Ministry Ideas:**

- On this day provide members with ways to start the conversation surrounding suicide and ways to prevent it, with their families and friends. Start by asking simple questions like “Are you okay?”
- Make a “self-care” challenge by challenging members to participate in at least one self-care activity on this day. Have members take a picture on social media and hashtag it with #SELF CARE BEST CARE.
- Invite members to send a love note by taking five minutes out of their day to check two people they know may be having a hard time. Take this time to send love and encouragement.
- Host a “Share a meal” event where people make a meal for someone who may not be able to provide their own.
- Host a virtual meeting highlighting signs of suicide, how to help others and identify resources.
- Invite members to participate in the “Smile” challenge, encouraging members to smile through a tough or discouraging situation that might have occurred. Have members share their experience with this challenge on the church social media in the comment section of the post related to this challenge.
- Host a virtual praise and worship session, where members can tune in and hear positive and encouraging music.

40

#### **Media:**

*Mentally Yours Podcast*

<https://audioboom.com/channel/mentallyyours>

*Podcasts for Your Wellbeing*

<https://www.mentalhealth.org.uk/podcasts-and-videos/podcasts-for-your-wellbeing>

*Worried About Self-Harm?*

<https://calmharm.co.uk/>

#### **Fact Sheets:**

*World Suicide Day from the International Association for Suicide Prevention*

<https://www.iasp.info/wspd2020/take-a-minute/>

*Impero 2019*

<https://www.imperosoftware.com/uk/blog/world-suicide-prevention-day-2019-working-together-to-prevent-suicide/>

*Infographics to Communicate Information*

<https://www.nasponline.org/membership-and-community/social-media/infographics>



# SEPTEMBER

## National Childhood Obesity Awareness Month

### Public Health Objective:

September is National Childhood Obesity Month. Learn ways to promote healthy growth in children and prevent obesity. About 1 in 5 (19%) children in the United States have obesity.

### Ministry Ideas:

- Organize a “Let’s Get Moving Campaign,” promoting developing healthy habits through physical activity, prayer, and fun.
- Host a virtual Zumba session using faith-based music.
- Organize a week of healthy eating, where families try to eat as healthy as possible and log their meals and progress daily.
- Host a “Health Convention” where members can come and learn about their physical health, BMI (Body Mass Index), and connect physical health with spirituality.
- Invite families to participate in a “Steps” challenge, where families can take walks and track their steps and the family with the most steps wins a small prize.
- Host a jump rope tournament! A great way to help children get moving while keeping social distancing in mind.
- Provide members with a healthy eating calendar that highlights different meal options for breakfast, lunch, dinner and snacks. Maybe add cost affordable and 30-minute recipes as well.
- Invite families to participate in a short virtual self-awareness training, where children can become aware of some habits that may be unhealthy to their bodies while also being confident and building self-esteem through faith-based activities.

41

### Media:

*Eating Better, Moving More from the CDC*

<https://www.youtube.com/watch?v=bZB4cxBpl8o>

*Preventing Childhood Obesity Through Healthy Communities*

<https://podcasts.google.com/feed/aHR0cHM6Ly9wdWJsaWNoZWZsdGhyZXZpZXcubGlic3luLmNvbS9yc3M/episode/YWQxYTMxMjVhMDJhNDMwZGlzZDFINDdkMzM3NGNmMDg>

*Best Mobile Apps to Reduce Childhood Obesity Levels*

<https://www.mobileappdaily.com/mobile-apps-to-reduce-child-obesity>

### Fact Sheets:

*From HealthyCaribbean.org*

<https://www.healthycaribbean.org/wp-content/uploads/2020/01/obesity-polices-short.pdf>

*Childhood Obesity Infographic*

<https://visual.ly/community/Infographics/health/childhood-obesity>

*Be Healthy Not Heavy poster*

<http://www.lizadavidsondesign.com/portfolio/childhood-obesity-infographic/>

# SEPTEMBER

## National HIV/AIDS and Aging Awareness Day September 18

### Public Health Objective:

September 18 is National HIV/AIDS and Aging Awareness Day — a day to call attention to the growing number of people living long and full lives with HIV and to aging-related challenges of HIV prevention, testing, treatment, and care. People with HIV are living longer thanks to treatment with HIV medicines.

### Ministry Ideas:

- Provide free testing and resources to members that are willing to participate.
- Start a support group for people that may be living with HIV/AIDS to provide prayer, support and community.
- Host a fundraiser to help continue to fight HIV/AIDS and donate proceeds to a charity of your choice.
- Wear your red ribbons to show your support and bring awareness to HIV/AIDS. Invite members to post their pictures on social media.
- Provide a virtual training on HIV/AIDS prevention and spreading awareness.
- Host a bike-a-thon to promote a healthy and active lifestyle.
- Provide members with tips about managing stress through faith and prayer. These tips can be posted on your social media or church website.
- Host a virtual fitness session for anyone who would like to participate.

42

### Media:

*Library of Videos from the CDC*

<https://www.cdc.gov/hiv/library/videos/index.html>

*Aging Positively: Bringing HIV/AIDS into the Aging Services Mainstream*

<https://www.youtube.com/watch?v=epTRkFLY8PA>

*The Struggle to Change an HIV Narrative*

<https://undark.org/2019/10/30/podcast-40-struggle-to-change-hiv-narrative/>

### Fact Sheets:

*HIV and Older Americans from the CDC*

<https://www.cdc.gov/hiv/group/age/olderamericans/index.html>

*CDC fact sheets*

<https://www.cdc.gov/hiv/library/factsheets/index.html>

*Indicators at a Glance*

<https://files.hiv.gov/s3fs-public/nhas-update-indicators-at-a-glance.pdf>

# SEPTEMBER

## Childhood Cancer Awareness Month

### Public Health Objective:

September is Childhood Cancer Awareness Month and is symbolized by a gold ribbon, worn to commemorate the event. This is an annual international awareness month to raise support, funding, and awareness of childhood cancers and the impact for sufferers and families of sufferers of childhood cancer.

### Ministry Ideas:

- Create a parent/caregiver support group for caregivers who may be supporting their children through Childhood Cancer diagnosis.
- Invite youth members to participate in a “pin pal” exchange with a youth at a local hospital or in the congregation that may be battling childhood cancer.
- Invite members to donate mildly used toys and books to create care packages for children who are battling cancer. Care packages can include personal handwritten letters of encouragement, toys, and candy.
- Provide free health screenings to all members willing to be assessed.
- Host a “Gold Ribbon Day” where members show their support by wearing a gold ribbon or wearing the color gold.
- Provide a prayer call for both parents/caregivers and child for encouragement and healing.
- Have a fundraiser and donate proceeds to a family in the congregation with a child battling childhood cancer.
- Host a “faith potluck” for families to come and support children who are battling with childhood cancer and honor the children who have lost their battle with a balloon release.

43

### Media:

*Communication Tips for Families of Kids Impacted by Chronic Illness*

[https://shows.acast.com/theupbeat/episodes/communication-tips-for-families?utm\\_source=CoachArt-Blog&utm\\_medium=Post&utm\\_campaign=UpBeat-Childhood-Cancer-Resources&utm\\_content=Go-Gold](https://shows.acast.com/theupbeat/episodes/communication-tips-for-families?utm_source=CoachArt-Blog&utm_medium=Post&utm_campaign=UpBeat-Childhood-Cancer-Resources&utm_content=Go-Gold)

*Pediatric Cancer Awareness Month with Cal's Angels*

<https://tinyurl.com/y5sl8wuk>

*Resources for Dealing with the Emotional Impact of a Childhood Cancer Diagnosis*

<https://tinyurl.com/y5yzqewg>

### Fact Sheets:

*Key Things to Know about Childhood Cancer*

[http://www.danafarberbostonchildrens.org/for-families/childhood\\_cancer\\_facts/infographic-four-things-you-need-to-know-about-childhood-cancer.aspx](http://www.danafarberbostonchildrens.org/for-families/childhood_cancer_facts/infographic-four-things-you-need-to-know-about-childhood-cancer.aspx)

*Childhood Cancer Facts*

<https://www.alexslimonade.org/childhood-cancer/about-childhood-cancer/facts>

*Six Reasons to Go Gold for Kids*

<https://coachart.org/blog/childhood-cancer-awareness-month-6-reasons-to-go-gold-for-kids-infographic/>

# OCTOBER

## National Domestic Violence Awareness Month

### Mental Health Objective:

National Domestic Violence Awareness Month evolved from “Unity Day,” which was created in October 1981, by the National Coalition Against Domestic Violence. In October 1981, National Domestic Violence Awareness Month was observed. Then, in 1989, Congress passed the law to deem October the Month of National Domestic Violence Awareness Month. The purpose of National Domestic Violence Awareness Month is to mourn victims, celebrate survivors, and network for change. This national event takes place each year during the month of October to connect advocates working to end violence against women and kids.

### Ministry Ideas:

- For the month, each Sunday, do a trivia segment of service, asking questions about Domestic Violence, and present an incentive for knowing the answers. This will encourage and promote research on the topic.
- Keep a fact sheet on Domestic Violence in the bulletin.
- Have a panel discussion with domestic violence victims so that they can share their stories and possibly help someone else who may be dealing with Domestic Violence and have a health care professional present for those who feel triggered.
- Prayer Day, where members pray for those who are victims of domestic violence, who were, and those who lost their battle to domestic violence.
- Go into the faith community passing out flyers, pamphlets, and resources to bring awareness.
- Take a church visit to a Domestic Violence Awareness event to gain further insight on Domestic Violence.
- Write a grant for Domestic Violence victims.
- Partake in a social media platform to educate others, do further research, as well as be an advocate for Domestic Violence victims.

### Media:

*Domestic Violence Awareness Month*

<https://www.youtube.com/watch?v=H5ewvujjiWg>

*October is Domestic Violence Awareness Month*

<https://www.youtube.com/watch?v=uxGm1UKnXlc>

*The Chelsea Anderss Show*

<https://www.spreaker.com/show/chelsea-anderss-show>

*The Holoholo Podcast*

<https://podcasts.apple.com/us/podcast/talk-story-domestic-violence-awareness-month/id1127905895?i=1000453265843>

### Fact Sheets:

*Domestic Violence Fact Sheet*

[https://www.stopvaw.org/uploads/domestic\\_violence\\_fact\\_sheet\\_final3.pdf#:~:text=Domestic%20Violence%20Fact%20Sheet.%20What%20is%20Domestic%20Violence%3F,everyday%20behaviors%2C%20and%20preventing%20her%20independence%20or%20escape.1](https://www.stopvaw.org/uploads/domestic_violence_fact_sheet_final3.pdf#:~:text=Domestic%20Violence%20Fact%20Sheet.%20What%20is%20Domestic%20Violence%3F,everyday%20behaviors%2C%20and%20preventing%20her%20independence%20or%20escape.1)

*Child Protection and Custody*

<https://rcdvcpc.org/fact-sheets.html>

# OCTOBER

## National ADHD Awareness Month

### Mental Health Objective:

October is Attention Deficit Hyperactivity Disorder (ADHD) Awareness Month. Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD) is working with partners in the ADHD Awareness Coalition to educate people on the facts of ADHD — symptoms, diagnosis, and treatment — and dispel some of the myths surrounding this disorder, which affects more than 17 million people in the United States.

### Ministry Ideas:

- Host a body awareness seminar for children and adults, where they can learn body control and adapt new habits to manage their ADHD more effectively.
- Host an educational training teaching the basics of ADHD, what to look for and how to get help. Also provide resources for parents who may be struggling with their children and ADHD.
- Provide assessments for people who would like to be assessed for ADHD.
- Create a support group for adults living with ADHD, teaching organizational skills, task completion skills, and establishing order in their life.
- Invite members to participate in raising awareness by wearing their orange ribbons and or orange. Invite members to post their pictures on social media with the hashtag #TOGETHERWESTAND.
- Host a guided meditation to help adults and children with ADHD focus their thoughts.
- Invite members to participate in a “one-hour challenge”, where members are challenged to designate one hour to one activity of their choice. Have members share their results via social media.
- Host a scrabble tournament for members that want to participate to help improve executive functioning skills.

45

### Media:

*ADHD Awareness Video Contest Winners*

<https://adhdawarenessmonth.org/2019-video-gallery/>

*Taking Control: The ADHD Podcast*

<https://takecontroladhd.com/the-adhd-podcast>

*ADHD reWired*

<https://podcasts.apple.com/us/podcast/adhd-rewired-with-eric-tivers/id849400337?mt=2>

### Fact Sheets:

*Common Questions, Reliable Answers*

<https://adhdawarenessmonth.org/downloads/>

*ADHD Awareness Month: What is the Behavioral Disorder and Can It Be Treated*

<https://www.independent.co.uk/life-style/health-and-families/adhd-awareness-month-2019-children-adults-symptoms-causes-treatment-a9128136.html>

*Facts from Trinkl*

<https://www.twinkl.com/teaching-wiki/adhd-attention-deficit-and-hyperactivity-disorder>



# OCTOBER

## National Bullying Prevention Month

### Mental Health Objective:

National Bullying Prevention Month is an annual designation observed in October. It is always important to talk about the dangers of bullying and the trauma it can bring to its victims, but this month, use your voice to speak up extra loud. Research shows that bullying often leaves lasting negative effects on those who deal with it.

### Ministry Ideas:

- Encourage members to make friends with someone that they do not know, in hopes of making connections and offering friendship.
- Host a “acts of kindness day,” where members are encouraged to do something nice for someone besides themselves.
- Host a Anti Bullying seminar to educate families on what bullying is, roles people can play in bullying and ways to prevent it.
- Invite students to put together a bullying campaign where they help bring awareness in their schools and neighborhoods. Students can create posters and put together a short video to share with the congregation.
- Host a social distancing picnic where students can come and eat and fellowship with one another.
- Create a youth group centered around bullying prevention that helps students learn how to fight back with faith and confidence.
- Invite the members to wear blue to bring awareness to national bullying awareness month. Share pictures on social media using the hashtag #BLUEUP.
- Host a game night for children to participate highlighting the importance of acts of kindness, problem solving, conflict resolution and self-defense.

46

### Media:

*Podcasts from International Bullying Prevention Association Conference*  
<https://www.connectsafely.org/ibpa/>

*Is it Really Bullying, By Connecting for Kids*  
[https://www.podomatic.com/podcasts/connectingforkids/episodes/2017-10-25T14\\_02\\_25-07\\_00](https://www.podomatic.com/podcasts/connectingforkids/episodes/2017-10-25T14_02_25-07_00)

*How to Talk to Kids about Bully Prevention*  
<https://drrobysilverman.com/how-to-talk-to-kids-about-bully-prevention-with-dr-michele-borba/>

### Fact Sheets:

*Pacer's National Bullying Prevention Center*  
<https://www.pacer.org/bullying/resources/publications/>

*From Department of Defense Education Activity*  
<https://www.dodea.edu/dodeaCelebrates/BullyPrevMonth.cfm>

*A Public Health Approach to School Bullying*  
<https://www.air.org/resource/public-health-approach-school-bullying-qa-xan-young-senior-ta-consultant>



# OCTOBER

## National Breast Cancer Awareness Month

### Public Health Objective:

October is Breast Cancer Awareness Month, an annual campaign to increase awareness of the disease. One of the National Breast Cancer Foundation's top priorities is educating women on what they can do to be proactive with their breast health, including dispelling the myth that men do not get breast cancer. Knowledge and early detection save lives ([www.nationalbreastcancer.org](http://www.nationalbreastcancer.org)).

### Ministry Ideas:

- Many congregations participate in breast cancer awareness because many are survivors and/or have family members who have experienced breast cancer. Invite a breast cancer survivor to share testimony and self-care tips/resources that helped them/family.
- Sponsor a breast cancer walk in memory or honor of someone with breast cancer and raise money to donate for research (find out if anyone in the church is already participating and support effort).
- Post resources to teach youth to adults how to conduct breast checks (including boys/men).
- Post resources on web/social media.
- Invite health professionals to provide a video that can be shared or info during worship.
- Have resources available in men and women's bathrooms on breast cancer resources.

47

### Media:

*Quality Mammography*

[https://www.youtube.com/watch?time\\_continue=2&v=IC3\\_g6cYMbU&feature=emb\\_title](https://www.youtube.com/watch?time_continue=2&v=IC3_g6cYMbU&feature=emb_title)

*Higher Risk of Breast Cancer at Younger Age in Black Women*

[https://www.youtube.com/watch?v=oKt\\_QVSFWtg](https://www.youtube.com/watch?v=oKt_QVSFWtg)

### Social Media:

*Breast Cancer Graphic*

[https://www.cdc.gov/cancer/breast/images/BreastAwareness\\_1200x630.png](https://www.cdc.gov/cancer/breast/images/BreastAwareness_1200x630.png)

### Fact Sheets:

*Breast Cancer Awareness (Among Black Women)*

[https://ww5.komen.org/uploadedFiles/\\_Komen/Content/About\\_Breast\\_Cancer/Tools\\_and\\_Resources/Fact\\_Sheets\\_and\\_Breast\\_Self\\_Awareness\\_Cards/Breast%20Cancer%20Facts%20for%20AA%20Poster\\_1.8.20%20locked.pdf](https://ww5.komen.org/uploadedFiles/_Komen/Content/About_Breast_Cancer/Tools_and_Resources/Fact_Sheets_and_Breast_Self_Awareness_Cards/Breast%20Cancer%20Facts%20for%20AA%20Poster_1.8.20%20locked.pdf)

*Breast Cancer Infographic*

<https://tinyurl.com/y4qbcmx5>

# OCTOBER

## Sudden Infant Death Syndrome (SIDS) Awareness

### Public Health Objective:

National Sudden Infant Death Syndrome Awareness Month is an annual designation observed in October. SIDS is the unexpected death of a child under 1 year old, without an obvious cause of death before investigation. About 3,700 infants died of SIDS or other sleep-related deaths according to the Centers for Disease Control. It is the leading cause of death for infants between 1 month and 1 year. This month focuses on raising awareness for parents regarding steps to reduce the risk of SIDS ([www.nationaldaycalendar.com](http://www.nationaldaycalendar.com)).

### Ministry Ideas:

- Obtain the digital toolkit as it provides resources and guidance to help you/your organization plan and conduct its own #SafeSleepSnap photo activity during SIDS Awareness Month.

### Media:

*Safe Sleep for Your Baby*

[https://www.youtube.com/watch?v=29sLucYtvpA&feature=emb\\_title](https://www.youtube.com/watch?v=29sLucYtvpA&feature=emb_title)

*Breastfeeding Your Baby to Reduce Risk of SIDS*

[https://www.youtube.com/watch?v=TwEU44FEGJU&feature=emb\\_title](https://www.youtube.com/watch?v=TwEU44FEGJU&feature=emb_title)

### Social Media:

#SafeSleepSnap: Social Media Activity and Resources for sample language and other materials to promote your #SafeSleepSnap activity on your organization's e-newsletter, website, and other communication channels. Tailor as needed to tell audiences about your activity and to include details specific to your outreach and timeline. More info. is on the website.

### Fact Sheets:

*SIDS by Baby Age Infographic*

<https://safetosleep.nichd.nih.gov/sites/default/files/inline-files/SafeSleepSIDSAge.pdf>

*Safe Sleep Environment*

[https://www.nichd.nih.gov/sites/default/files/2019-02/Safe\\_Sleep\\_Environ\\_update.pdf](https://www.nichd.nih.gov/sites/default/files/2019-02/Safe_Sleep_Environ_update.pdf)

# OCTOBER

## National Depression Screening Day (Oct. 10)

### Mental Health Objective:

Major depression is one of the most common mental illnesses, affecting 6.7 percent (more than 16 million) of American adults each year. Like screenings for other illnesses, depression screenings should be a routine part of health care. Screenings (online and in-person) are held on October 10 each year to help catch mental health problems early ([www.mhanational.org](http://www.mhanational.org)).

### Ministry Ideas:

- Provide the [www.mhanational.org](http://www.mhanational.org) web address for online depression screening on church's social media and website along with the resources shared here and on the website.
- Plan a depression screening day by contacting the health department and/or local mental health professionals who can provide depression screenings.
- Regularly provide depression resources (downloadable at either [www.samhsa.gov](http://www.samhsa.gov) [www.cdc.org](http://www.cdc.org)) throughout the year so that congregations and community members learn signs/symptoms and referral resources. Consider providing resources during any community ministry events (i.e., persons experiencing homelessness ministries, prison ministries, youth ministries — see [www.bwcumc.org](http://www.bwcumc.org) Youth Ministries Abundant Health web resources on Depression)

### Media:

*I Had a Black Dog... His Name Was Depression*

[https://www.youtube.com/watch?time\\_continue=19&v=XiCrniLQGYc](https://www.youtube.com/watch?time_continue=19&v=XiCrniLQGYc)

### Social Media:

*Depression More than a Mood*

<http://www.familyaware.org/more-than-mood>

### Fact Sheets:

*More than Just a Mood Factsheet*

[http://www.mediafire.com/file/oy8go6ljr67380g/More\\_Than\\_Mood\\_Fact\\_Sheets%2C\\_Combined.pdf](http://www.mediafire.com/file/oy8go6ljr67380g/More_Than_Mood_Fact_Sheets%2C_Combined.pdf)

# OCTOBER

## National Latino AIDS Awareness Day (Oct. 15)

### Public Health Objective:

Coordinated by the Latino Commission on AIDS, National Latinx AIDS Awareness Day (NLAAD) is observed each year on October 15 to increase awareness of the impact of HIV/AIDS on the Hispanic/Latino population in the United States.

### Ministry Ideas:

- Post facts on website/social media.
- Invite pastor to preach about AIDS/HIV in a sermon and highlight the stigma of AIDS/HIV — connect to biblical persons who were outcast (i.e., woman with the issue of blood) and emphasize God's healing/resources provided for healing.
- Provide AIDS/HIV information in both English and Spanish.
- Include health awareness in Christian Education ministries.
- Provide parents/caregivers communication tips for how to have "hard conversations" with their children about sexual practices (sex conversations are often hard for families, especially Christian families). Highlight risk factors (peer pressure, drug use and needle exchanges as risk factors).

### Media:

*LatinX AIDS Awareness Day (Latinx health workers talk stigma of AIDS in community)*

<https://youtu.be/CYfzZahVXxY>

### Fact Sheets:

*National Latinx AIDS Awareness Day*

<https://nationaltoday.com/national-latino-aids-awareness-day/>

*Ending HIV Image (Flyer/Poster)*

<http://nlaad.org/wp-content/uploads/2019/08/poster-nlaad-2019-tabloid-english.pdf>

*HIV/AIDS in the U.S. Factsheet (English & Spanish)*

<http://nlaad.org/wp-content/uploads/2017/08/infographics-nlaad-1-latinos-hiv-2017.pdf>

<http://nlaad.org/wp-content/uploads/2017/08/infographics-nlaad-2017-latinos-hiv-spanish.pdf>

# NOVEMBER

## American Diabetes Month

### Public Health Objective:

November is National Diabetes Month, an opportunity for local and regional advocates to team up and work with partners across the United States to raise awareness of the illness. One in 10 Americans have diabetes, and another 84 million are at risk for developing type 2 diabetes. The campaign hopes to raise awareness of symptoms, promote healthy living and ensure people are aware of risk factors ([www.awarenessdays.com](http://www.awarenessdays.com)).

### Ministry Ideas:

- Sponsor a Step Out Walk to raise critical funds and show support for all people living with diabetes ([www.diabetes.org](http://www.diabetes.org)).
- Invite a Nutritionist to offer a 1 or 2-session event teaching congregation about healthy nutrition to manage diabetes and reduce risk factors.
- Host exercise classes for youth/adults and build motivation for healthy exercise (exercise reduces risks and manages symptoms).
- Have speaker who can give a health minute sharing own/family experience with diabetes.

51

### Media:

*Take Diabetes to Heart*

[https://www.youtube.com/watch?v=t8FF6OESqVQ&feature=emb\\_title](https://www.youtube.com/watch?v=t8FF6OESqVQ&feature=emb_title)

### Social Media:

*Take Diabetes to Heart Social Media Message*

<https://www.facebook.com/watch/?v=432504230726559>

### Fact Sheets:

*Type 2 Diabetes Risk Infographic*

[https://www.niddk.nih.gov/-/media/Files/Health-Information/Health-Professionals/Diabetes/am-i-at-risk/2017\\_Risk\\_for\\_Type\\_2\\_Diabetes.pdf?la=en&hash=A9B20C8919424D7BEDE6ED9E299B0EB2](https://www.niddk.nih.gov/-/media/Files/Health-Information/Health-Professionals/Diabetes/am-i-at-risk/2017_Risk_for_Type_2_Diabetes.pdf?la=en&hash=A9B20C8919424D7BEDE6ED9E299B0EB2)



# NOVEMBER

## The Great American Smoke Out (Nov. 21)

### Public Health Objective:

The Great American Smoke Out is an annual intervention event on the third Thursday of November by the American Cancer Society. More than 34 million Americans still smoke cigarettes, and smoking remains the single largest preventable cause of death and illness in the world ([www.cancer.org](http://www.cancer.org)).

### Ministry Ideas:

- Begin promoting the Great American Smoke out ahead of time to promote interest, provide awareness resources, and publicize with the flyers and posters. The goal is that a smoker will commit to cease smoking on this day.
- Publicize Nicotine Anonymous: due to pandemic ZOOM meetings are being held; online fellowship may be attractive to persons also after the pandemic restrictions are lifted.  
<https://nicotine-anonymous.org/video-conference-meetings.html>

### Media:

52

*Find a media with someone dealing with negative outcomes of smoking (CDC Video)*

<https://www.youtube.com/watch?v=1yMCdzjAH8Y>

*Tips From Someone Who Was a Former Smoker (CDC Video)*

<https://youtu.be/PcYwf8-uHZE>

*What Happens When You Stop Smoking?*

<https://www.youtube.com/watch?v=o3l0mJ2RfU0>

### Social Media:

*What Happens When You Stop Smoking?*

<https://www.youtube.com/watch?v=o3l0mJ2RfU0>

### Fact Sheets:

*Download the Great American Smoke out Event Tools and Resources (posters, flyers, info sheets) for use in workplaces, health systems, and other places in your community. Additional Tobacco Cessation materials are available with a login that you can request.*

<https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout/resources.html>



# NOVEMBER

## International Survivors of Suicide Day (Nov. 23)

### Mental Health Objective:

International Survivors of Suicide Loss Day was designated by the United States Congress as a day when the friends and family of those who have died by suicide can join for healing and support. This day always falls on the Saturday before American Thanksgiving.

### Ministry Ideas:

- Make Suicide and mental illness part of the conversations in your church during by mentioning it during prayer at different church events i.e. bible study, Sunday service.
- Create a group for members who have survived suicide to connect with one another via Zoom once or twice a month.
- Develop a prayer call list to provide daily encouragement through bible scriptures and testimonial conversations.
- Put together a virtual celebration for suicide survivors, where survivors can celebrate life and their loved ones.
- Invite survivors at your church to share their stories by highlighting them on your church website or social media outlets using the hashtag #HONORUS and encourage members to explore the hashtag.
- Offer free self-assessment for all members who would like to be assessed.
- Sponsor a survivor by donating and sending the proceeds to an identified suicide survivors' group.
- Develop an accountability group for survivors to ensure they stay on the path of a strong mental health.

53

### Media:

*International Survivors of Suicide Loss Day Documentaries*

<https://afsp.org/international-survivors-of-suicide-loss-day-documentaries>

*Boy Interrupted Documentary*

<https://www.youtube.com/watch?v=EsF2FM6-RMs>

*Taps: A podcast and book on dealing with suicide loss*

<https://www.taps.org/articles/2019/life-after-suicide>

### Fact Sheets:

*From International Association for Suicide Prevention*

[https://www.iasp.info/wspd/2016\\_wspd.php](https://www.iasp.info/wspd/2016_wspd.php)

*2019 – Activities from Around the World*

<https://www.iasp.info/wspd2019/activities/>

*Toolkits and Briefs from the American Association of Suicidology*

<https://suicidology.org/media/toolkits-and-briefs/>

# DECEMBER

## Safe Toys & Celebration Month

### Mental Health Objective:

Prevent Blindness America has declared December as Safe Toys and Gifts Awareness Month. During this month of gift giving, the group encourages everyone to consider if the toys they wish to give suits the age and individual skills and abilities of the individual child who will receive it, especially for infants and children under age three.

### Ministry Ideas:

- Share a fact sheet on Toy Safety in the bulletin.
- Encourage the outreach team to share fact sheets and information with local day cares and child development centers.
- Invite educator or childcare provider in the congregation (or local community) to make a presentation about toy safety and age appropriate toys.
- Create a display of age appropriate toys. Be sure to include adaptive toys for children with disabilities.
- Share a child safety video before or during worship.

### Media:

#### *Toy Safety*

<https://www.youtube.com/watch?v=Zh8ECEQVf3I>

#### *Injury Prevention: Picking safe toys for young children*

[https://www.youtube.com/watch?v=oW2X1OJJ8\\_0](https://www.youtube.com/watch?v=oW2X1OJJ8_0)

#### *Adaptive Toys & Tech Resource Centre*

<https://www.youtube.com/watch?v=PnwPtWBWpaY>

### Fact Sheets:

#### *Safe Toy Checklist*

<https://preventblindness.org/safe-toy-checklist/>

#### *Choosing Safe Toys*

<https://kidshealth.org/en/parents/safe-toys.html>

#### *Adaptive Toys for Children with Disabilities and General Toy Safety*

<https://www.kidcentraltn.com/development/special-needs/adaptive-toys-for-children-with-disabilities-and-general-toy-safety-.html>

#### *RealCare Baby® Curriculum*

<http://update.realityworks.com/Curriculum/Realcare/>

#### *Riding Toy Safety*

<https://tinyurl.com/yydlecpz>

#### *Washing and Disinfecting Toys*

<https://tinyurl.com/y6bsf7gl>

#### *Toys and Toy Safety*

<https://tinyurl.com/yy6zbfc9>