

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.



If viewing this document in a printed format, point your smartphone's camera at the above code and then click on the link that appears at the bottom of your screen to be taken to a webpage with this month's resources and clickable links.

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

Fact Sheets:

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

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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).

Ministry Ideas:

- Have youth and adult ministries make a display providing facts/info/resources (obtain from www.alcohol.org and www.SAMHSA.gov).
- Purchase some of the kits that provide visuals with impact from 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.

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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

Life-Threatening Signs of Alcohol Poisoning (CDC)

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>

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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.whathealth.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

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Media:

Vital Minute Podcast (CDC, Brief)

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

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

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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

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>

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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.

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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.blubrry.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

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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>

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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

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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

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

RAINN One-Pager

https://www.rainn.org/sites/default/files/FINAL_RAINN_OnePager2019-3_0.pdf