Process

Research Services works with clients to determine the purpose of the work, who should be surveyed, and timeline.

• Preliminary meetings were held with Mental Health Initiative (MHI) staff leadership to discuss the work
• Five surveys were designed
• Research Services supplied mid council, church leaders, and members contacts
• MHI provided the seminary contacts
• Surveys were approved by MHI leadership
• Surveys were sent to ministers in September
• Surveys were sent to mid council leaders, church leaders seminaries, and church members in October
• Links to all surveys were on the MHI website
• The survey process included an invitation to participate, two reminders, and an immediate thank you upon completion of the survey
• Surveys closed on November 1 for mid council leaders, church leaders, church members, and seminaries
• The ministers survey closed on November 15
Key Findings

42% of church leaders say that their church is equipped to welcome individuals with significant mental health issues into the daily life of the church. The top-ranked barrier to having mental health ministries is “not knowing how to respond to an individual who is showing sign of a mental health condition.”

43% of church leaders’ medical insurance through their church includes mental health coverage. 17% of respondents’ churches do not provide medical insurance at all.

17% of church leaders report their church sponsoring an event on mental health. 35% of church leaders report their church maintaining a directory of mental health resources. Of these, almost half say that this directory is updated annually and 72% say it is available to all members of the congregation.

Less than 12% of church leaders are aware of mental health resources available to congregations, mid councils, and seminaries.
Think about the various activities in this church over the last 12 to 18 months. This church…

- 60% Provides space to a community support group such as AA or Compassionate Friends
- 51% Provides support or prayer groups for individuals or loved ones facing mental health concerns
- 44% Provides support following a traumatic event (natural disaster, mass shooting, hate crime)
- 43% Engages in ministry with individuals “who are both homeless and who have a mental illness”
- 39% Advocates for and with people with mental illness and their families
- 35% Had a sermon or worship service that either focused on or included issues of mental health/mental illness
- 32% Advocates on issues related to mental health in the community
- 29% Provides opportunities to learn about mental health/mental illness

N=427
The following statements focus on the interest, ability, and engagement in current mental health ministries of congregations in this church.

This church is:

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly Disagree</th>
<th>Moderately Disagree</th>
<th>Neither Disagree nor Agree</th>
<th>Moderately Agree</th>
<th>Extremely Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interested in learning more about mental health</td>
<td>2%</td>
<td>7%</td>
<td>36%</td>
<td>41%</td>
<td>13%</td>
</tr>
<tr>
<td>Equipped to engage in a mental health ministry</td>
<td>12%</td>
<td>26%</td>
<td>31%</td>
<td>28%</td>
<td>2%</td>
</tr>
<tr>
<td>Engaged in some form of a mental health ministry</td>
<td>15%</td>
<td>19%</td>
<td>27%</td>
<td>32%</td>
<td>7%</td>
</tr>
</tbody>
</table>
What information and services are available at churches? This church has...

- **21%** Information about mental health and mental illness displayed in prominent locations around their church
- **20%** Members who are trained in Mental Health First Aid
- **19%** Members who are trained to offer companionship to people with serious mental illness
- **17%** A counseling ministry
- **13%** Included those who are impacted by mental health conditions in the planning of mental health activities for our church
- **8%** An independent counseling service located on our campus
- **5%** An observance for Mental Health Month in May
- **4%** An observance for Serious Mental Health Week in October

48% of leaders report “None of these” services being available at their church
Rank the barriers to mental health ministries in this church

N=383

# 1  Not knowing how to respond to an individual who is showing signs of a mental health condition

followed by ...

#2  Lack of knowledge about mental health issues

#3  Lack of time

#4  Myths, misunderstandings, or stereotypes about mental illness

#5  Fear of mental illness

#6  Lack of interest
Almost all church leaders report having some type of mental health services in the town or county in which they live.

Which of the following services are available in the city or county where this church is located?

- Counseling programs and services: 93%
- Addiction treatment programs: 90%
- Crisis mental health services: 81%
- Services for children and youth: 76%
- Veteran services: 75%
- Inpatient mental health treatment: 67%
- Day treatment programs: 61%
- Transitional housing for individuals and/or families: 61%
- Services for those who have mental illness and are homeless: 60%
- None of the above: 3%

N=479
Ranked barriers to adequate mental health and mental health treatment and services in the community according to church leaders

<table>
<thead>
<tr>
<th></th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Individuals may not know that they are eligible for services</td>
</tr>
<tr>
<td>2</td>
<td>Information about services is not widely shared</td>
</tr>
<tr>
<td>3</td>
<td>Limited access to resources</td>
</tr>
<tr>
<td>4</td>
<td>Inadequate transportation systems to get to a from services</td>
</tr>
<tr>
<td>5</td>
<td>Lack of mental health professionals</td>
</tr>
<tr>
<td>6</td>
<td>No free or low-cost treatment</td>
</tr>
<tr>
<td>7</td>
<td>Limited treatment options</td>
</tr>
</tbody>
</table>

N=367
Which of the following could be an indicator of mental health concerns or mental illness?

92% correctly identified all the listed indicators as forms of mental illness.

- Inability to cope with daily problems
- Delusions, paranoia, hallucinations
- Excessive fears or worries, extreme feelings of guilt
- Alcohol or drug abuse
- Excessive anger, hostility, violence
- Unrelenting sadness or low mood
- Trouble understanding and relating to situations and people

98% correctly identified:
- Feeling insignificant or worthless
- Suicidal thinking
- Confused thinking

97% correctly identified:
- Withdrawal from friends and family
- Significant tiredness, low energy, problems sleeping

96% correctly identified:
- Major changes in eating habits

94% correctly identified:
- Sex drive change
Have you or your community personally experienced a large-scale act of violence?

- 31%: A violent act occurred in this community
- 15%: I know people who were harmed
- 4%: Members of my family were harmed
- 1%: I was harmed
- 63%: None of the above

N=470
Are the following statements true or false?
Church leaders express a great understanding of stigmas and inaccurate statements around mental health and mental illness concerns.

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Statement</th>
</tr>
</thead>
<tbody>
<tr>
<td>99%</td>
<td>Respondents disagree that mental illness is a moral failing.</td>
</tr>
<tr>
<td>99%</td>
<td>Respondents disagree that mental illness normally improves on its own.</td>
</tr>
<tr>
<td>99%</td>
<td>Respondents disagree that mental illness is a sign of weakness.</td>
</tr>
<tr>
<td>94%</td>
<td>Respondents agree that anyone can have mental illness</td>
</tr>
<tr>
<td>81%</td>
<td>Respondents disagree that mental illness can be cured through prayer.</td>
</tr>
</tbody>
</table>

N=468
How well equipped is this church to respond to its ministers who are facing mental health challenges?

- Very Well Equipped: 4%
- Somewhat Equipped: 28%
- Slightly Equipped: 35%
- Not at all Equipped: 33%

N=443
According to church leaders, this church…

<table>
<thead>
<tr>
<th>Issue</th>
<th>Not at all True</th>
<th>Slightly True</th>
<th>Somewhat True</th>
<th>Very True</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is open to calling ministers who have a history of mental illness</td>
<td>27%</td>
<td>39%</td>
<td>26%</td>
<td>8%</td>
</tr>
<tr>
<td>Has a process in place to assist ministers who are facing mental health challenges</td>
<td>58%</td>
<td>24%</td>
<td>12%</td>
<td>5%</td>
</tr>
<tr>
<td>Provides access to confidential counseling for its ministers</td>
<td>39%</td>
<td>17%</td>
<td>22%</td>
<td>22%</td>
</tr>
<tr>
<td>Provides access to confidential counseling for its ministers’ families</td>
<td>41%</td>
<td>19%</td>
<td>23%</td>
<td>17%</td>
</tr>
<tr>
<td>Takes preventive measures to help maintain the mental health of its ministers</td>
<td>29%</td>
<td>34%</td>
<td>25%</td>
<td>12%</td>
</tr>
</tbody>
</table>
43% of church leaders say yes, their church’s medical insurance provides mental health coverage.

38% do not know if mental health coverage is provided.

17% say that their church does not provide medical insurance for staff.
Are you familiar with the National Alliance on Mental Illness (NAMI)?

Of these, 55 are aware of NAMI-trained church attendees

Of these, 14 report church being-NAMI affiliated

Of these, 54 report their church uses NAMI resources
In the past 18 months, has your church sponsored an event or training session about mental health?

17% of church leaders report their church sponsored an event or training session on mental health. Of this 17% of church leaders, 40% of those report their sessions have included NAMI information.
Have the ministers or other staff of this church expressed the need for additional training so that they…

<table>
<thead>
<tr>
<th></th>
<th>No</th>
<th>Yes</th>
<th>Do not know</th>
</tr>
</thead>
<tbody>
<tr>
<td>Better recognize signs and symptoms of mental illness</td>
<td>49%</td>
<td>19%</td>
<td>32%</td>
</tr>
<tr>
<td>Make better referrals to mental health professionals</td>
<td>44%</td>
<td>22%</td>
<td>34%</td>
</tr>
<tr>
<td>Know how to use mental health first aid when someone is expressing suicide feelings, showing signs of serious mental illness, or misusing substances</td>
<td>41%</td>
<td>25%</td>
<td>34%</td>
</tr>
<tr>
<td>Are better equipped to respond pastorally to traumatic events in the church or community</td>
<td>37%</td>
<td>31%</td>
<td>32%</td>
</tr>
</tbody>
</table>

N = 463
Does your church maintain a directory of mental health resources?

40% \((N=456)\) of church leaders say that their church does not maintain a directory of mental health resources. Of the 35% that do maintain a directory, 42% update the directory annually and 72% make the directories available to members of the congregation.

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
<th>Do Not Know</th>
</tr>
</thead>
<tbody>
<tr>
<td>Updated annually</td>
<td>42%</td>
<td>26%</td>
<td>32%</td>
</tr>
<tr>
<td>Not at the church,</td>
<td>9%</td>
<td>29%</td>
<td>62%</td>
</tr>
<tr>
<td>but there is one on the</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>presbytery or synod</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>website</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Available to all</td>
<td>72%</td>
<td>14%</td>
<td>14%</td>
</tr>
<tr>
<td>members of this</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>congregation</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Are you aware...

9% That the 223rd General Assembly has set aside $250,000 for the purpose of funding grants that empower congregations, mid councils, and seminaries to expand or initiate mental health ministries

11% PC(USA) resource, *Comfort My People Policy Paper on Serious Mental Illness and Study Guide*

10% PC(USA) resource, Mental Health Ministry website: [www.pcusa.org/mental health](http://www.pcusa.org/mental health)
The average respondent is white, between 56-75, and is politically, socially, and theologically moderate.

### Race
- 90% White
- 3% Black
- 2% Hispanic
- 5% Other

### Political Issues
- 4% Very Conservative
- 22% Conservative
- 32% MODERATE
- 29% Liberal
- 11% Very Liberal

### Social Issues
- 2% Very Conservative
- 14% Conservative
- 33% MODERATE
- 30% Liberal
- 20% Very Liberal

### Theological Issues
- 3% Very Conservative
- 18% Conservative
- 38% MODERATE
- 28% Liberal
- 11% Very Liberal

### Age
- 24% 26-55
- 30% 56-65
- 37% 66-75
- 9% Over 75