Seminaries: Mental Health

The report has been prepared for:
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Compassion, Peace and Justice

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Research Services

January 2020
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

* 12 participants responded to the survey and only 5 completed it in its entirety. Given the small number of responses, the following slides are for information purposes, and the findings cannot be generalized to the wider population.
Does the seminary's curriculum include material about mental health issues?

N=12

- 6: We cover mental issues as one of the topics in class
- 5: We do not cover mental health issues
- 1: We have classes devoted entirely to mental health issues
General knowledge of mental health and mental illness

The current curriculum includes the following content areas that focus on:

- Current medical research regarding the causes and risk factors related to mental illnesses (Count N=3)
- Spiritual and social dimensions of mental health
- Substance use disorders and recovery programs (Count N=3)
- Dynamics of trauma and trauma-informed care
- Signs, symptoms, and treatments of common mental illnesses including those with psychotic symptoms (Count N=2)
- Mental health issues/illnesses across the lifespan
- Mental health impact of poverty and systemic racism (Count N=1)
- Pathways to culturally appropriate mental health support for cultural sub-groups (Count N=1)
- Suicide education and prevention (Count N=1)
- All of the above (Count N=1)
General knowledge of *mental health topics* as a part of your institution's educational program are...

- Required for all M.Div. students $n=2$
- Required for students in some degree tracks $n=1$

Count $N=3$
The current curriculum for skill development includes the following content areas:

- **Biblical and theological foundations informing mental health ministry** (Count N=3)
- **Breaking down stigma and stereotypes about mental health conditions, especially serious mental illness**
- **Distinguishing spiritual and mental health care** (Count N=3)
- **Mental Health First Aid training**
- **Making appropriate mental health referrals** (Count N=3)
- **Engaging and supporting loved ones of persons affected by mental illnesses**
- **Legal and ethical frameworks of ministry (confidentiality and mandatory reporting protocols)** (Count N=2)
- **Providing “trauma-informed” pastoral care**
- **Suicide awareness and prevention** (Count N=1)
Teaching about *mental health ministry*, as a part of your institution's educational program are...

- Required for all M.Div. students
  \[ n=2 \]

- Required for students in some degree tracks
  \[ n=1 \]
Students’ preparation for ministry current curriculum focuses on…

- Self-care, boundary-setting, and self-awareness 
n=3

- Participation in personal counseling/therapy 
n=2

Count
N=5
General topics related to *mental health aspects of students’ preparation* for ministry are a part of your institution's educational program are...

- Required for all M.Div. students
  - \( n=2 \)

- Required for students in some degree tracks \( n=1 \)

Count

\( N=3 \)
<table>
<thead>
<tr>
<th>Role</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full-time professors of pastoral care with theological and mental</td>
<td>3</td>
</tr>
<tr>
<td>health backgrounds</td>
<td></td>
</tr>
<tr>
<td>Visiting professors</td>
<td>2</td>
</tr>
<tr>
<td>Mental health professionals</td>
<td>2</td>
</tr>
<tr>
<td>Guest lecturers</td>
<td>1</td>
</tr>
<tr>
<td>Practicum and placement supervisors</td>
<td>1</td>
</tr>
<tr>
<td>Part-time faculty with a mental health specialty</td>
<td>1</td>
</tr>
</tbody>
</table>
All M.Div. students training for ministry are expected to undertake personal counseling or therapy as part of their preparations.

Count
N=5

- Strongly agree: n=3
- Agree: n=1
- Neutral: n=1
All students training for ministry would be expected to participate in a peer support/personal growth group

Count
N=5

Strongly agree
n=3

Agree
n=2
All ministers serving congregations should be encouraged to enlist a trained consultant with whom they regularly meet to confidentially discuss issues arising in congregational ministry.

Strongly agree
n=1

Agree
n=4

Count
N=5
All ordained ministers should be encouraged to enlist a trained consultant outside of their congregation with whom they are regularly meet to confidentially discuss issues arising in congregational ministry.

Count N=5

Strongly agree
n=1

Agree
n=3

Neutral
n=1
This institution provides free or low-cost confidential counseling/therapy to:

- None of its Students: 1
- Some Students: 2
- All Students: 2

Count: N=5
Top five topics in order of importance that respondents would like to see strengthened at their institution*

1. Self-care, boundary setting, and self-awareness
2. Preaching and teaching about mental health and mental illness
3. Personal counseling/therapy requirement as a component of training for ministry
4. Mental Health First Aid skills for pastors
5. Making appropriate mental health referrals

*Responses for all options are found in a separate Excel file.
Respondents’ awareness of mental health resources available to congregations, mid councils, and seminaries

Only 1 is aware that $250,000 has been set aside to expand or initiate mental health ministries.

Only 1 is aware of the Mental Health Ministry website