Moji Javid, LCSW
JoAnne Forman, LMFT
Learning goals for today:

1. Understand basic cultural norms and practices regarding mental health in the Jewish community

2. Identify three potential ways to collaborate with spiritual communities

3. Experience one spiritual activity that can open discussions about mental health
### Mental Health and Faith

<table>
<thead>
<tr>
<th>Christian</th>
<th>70.6%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Evangelical Protestant</td>
<td>25.4%</td>
</tr>
<tr>
<td>Mainline Protestant</td>
<td>14.7%</td>
</tr>
<tr>
<td>Historically Black Protestant</td>
<td>6.5%</td>
</tr>
<tr>
<td>Catholic</td>
<td>20.8%</td>
</tr>
<tr>
<td>Mormon</td>
<td>1.6%</td>
</tr>
<tr>
<td>Orthodox Christian</td>
<td>0.5%</td>
</tr>
<tr>
<td>Jehovah's Witness</td>
<td>0.8%</td>
</tr>
<tr>
<td>Other Christian</td>
<td>0.4%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Non-Christian Faiths</th>
<th>5.9%</th>
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</thead>
<tbody>
<tr>
<td>Jewish</td>
<td>1.9%</td>
</tr>
<tr>
<td>Muslim</td>
<td>0.9%</td>
</tr>
<tr>
<td>Buddhist</td>
<td>0.7%</td>
</tr>
<tr>
<td>Hindu</td>
<td>0.7%</td>
</tr>
<tr>
<td>Other World Religions</td>
<td>0.3%</td>
</tr>
<tr>
<td>Other Faiths</td>
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</tr>
<tr>
<td>Unaffiliated (religious &quot;nones&quot;)</td>
<td>22.8%</td>
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<tr>
<td>Atheist</td>
<td>3.1%</td>
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<tr>
<td>Agnostic</td>
<td>4.0%</td>
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<tr>
<td>Nothing in particular</td>
<td>15.8%</td>
</tr>
<tr>
<td>Don't know</td>
<td>0.6%</td>
</tr>
</tbody>
</table>

http://www.pewforum.org/religious-landscape-study/
Mental health in the Jewish community
Understanding the Jewish Cultural Lens

- Variety of Jewish perspectives on mental illness
- General cultural norms
- Religious principles that impact mental health
Takeaways for clinicians

• Be mindful of each individual’s level of practice
• “Non-denominational” – is it really?
• Resources for more information and support
The Miracle Question

EVERYONE
IS WELCOME HERE

EVERYONE
BELONGS
Getting “REAL”
at Congregation Rodef Sholom
Opportunities for collaboration
Hosting Family-to-Family Program

Family-to-Family EDUCATION PROGRAM
Hosted at Congregation Rodef Sholom
Co-sponsored by NAMI Marin

The REAL Mental Health Initiative at Congregation Rodef Sholom is proud to host a NAMI Family-to-Family Education Series this fall.

Family-to-Family is a free, 12-session educational program for family, significant others and friends of people living with mental illness. It is a designated evidence-based program, shown to significantly improve the coping and problem-solving abilities of the people closest to an individual living with a mental health condition.

Class Schedule
Wednesdays
August 24–November 16
(no class October 12)
7:00 – 9:30 pm
Collaborating with Each Mind Matters

REAL LIFE. PEOPLE. CONNECTIONS.
The Mental Health Initiative at Rodef Sholom
Congregation Rodef Sholom invites you to a special evening with

Mary Widdifield & Elin Widdifield
co-authors of
Behind the Wall:
The True Story of Mental Illness as Told by Parents.

THURSDAY, MAY 19
7:00 – 9:00 pm
Hosted by:
Congregation Rodef Sholom
170 North San Pedro Road
San Rafael, CA 94903

Speaking from their personal stories, Mary and Elin will share their experience from both sides of the wall — as a parent of a child living with disordered thinking and as a loved one watching from the outside in disbelief and confusion.

Free and open to the public. RSVP to MHI@rodefsholom.org or 415.479.3441

The REAL Mental Health Initiative at Congregation Rodef Sholom is supported by the Lasker N. Tauber Family Foundation

Funded by counties through the state approved Mental Health Services Act (Prop. 63).
Participating at NAMI Walks 2015
Spiritual Activities for opening discussions about mental health
The Mental Health Tree
Comments?
Questions?