

## March 11 Meeting Recap

We've experienced what feels like a long, difficult and painful journey since our last meeting. Weeks of living through a pandemic has changed our world and presented us all with health ministry challenges beyond anything we could have envisioned.

We undoubtedly have many stories we want to share with one another, and I look forward to hearing how you are creatively caring for your communities. In the meantime, for those of you who missed the March 11 meeting, here is a recap:

We welcomed Advocate Faith and Mental Health Specialist Amy McNicholas who led us in a discussion on deescalating stress with vulnerable and potentially disruptive individuals in our faith settings. Amy emphasized that making connections with individuals experiencing stress is key to establishing a point from which we may be able to redirect the stress.

Amy shared that listening, validating and giving options to the individual is a good approach to any crisis, as opposed to using statements that imply telling or making individuals follow a particular request. She shared information about her work with the LOSS program (Loving Outreach to Survivors of Suicide) and the Companionship Program, which are great resources as we work with individuals experiencing loss.

Amy reminded us of the NAMI helpline 800-950-NAMI and Suicide Prevention Lifeline 1-800-273-TALK, and that she is a trained facilitator for the QPR Institute (Question, Persuade, Refer) a suicide prevention program. Amy has a wealth of knowledge and is available to any member of our Faith Community Nurse network. Contact her at [Amy.Mcnicholas@advocatehealth.com](mailto:Amy.Mcnicholas@advocatehealth.com).

We also were joined by Kirsten Peachey who gave an overview of the [\*\*Health Impact Pyramid\*\*](#) used in public health, describing how that correlates with a belief that Loving Communities are Healthier Communities.

Our Faith Community Nurse work intersects with each portion of the pyramid, and communities of faith are particularly well situated to strengthen the health of individuals through fostering Hopeful Imagination, Spirit Power and Relational Wisdom.

Kirsten suggested Gary Gunderson's book, Deeply Woven Roots, as a great exploration of ways faith communities can strengthen the health of communities.

Lastly, members of the Documentation Work Group gave an update from their February meeting. They reported they will need to investigate whether the EPIC system is feasible for the Advocate Faith Community Nurse Network. In the meantime, they will explore developing a training program for those interested in learning the currently used Henry Ford system.

Our next meeting was planned for May 13, but due to the extended stay-at-home order may be moved to an on-line format. Watch for further details coming soon.

Blessings on your ministry and care!

Sue Cox