
Partners in Health and Wholeness

North Carolina Council of Churches
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Partners in
HEALTH
and
WHOLENESS

Focus Areas

1. PHW's focus areas have always been:
 - a. Healthy Eating
 - b. Physical Activity
 - c. Mental Health
 - d. Tobacco/Nicotine and Vaping Education

 2. We have added state-wide staff who focus on:
 - a. Healthy Aging
 - b. Mental Health Advocacy and Education
 - c. Special Projects & Denominational Support
 - d. Opioid/Overdose crisis and Substance Use
 - e. HIV Advocacy and Education
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PHW Collaborative Pledge



PHW Collaborative Pledge: What is it?

- The PHW Collaborative Pledge is a commitment to continuing a journey of putting your faith into health action
- The form allows us to connect you with our statewide network. It also tells us about your ministry, what your goals are, and what challenges you face - so that we can shape our program to better support you.
- This is submitted ONCE every 12 months so that we have up to date information on your progress and updated contact information.
- Your faith community will receive a certificate!



PHW Collaborative - Eligibility

The Collaborative Pledge cycle is open between
January 15- November 30

WE REQUIRE THE FOLLOWING COMMITMENTS TO HEALTH AND WHOLENESS:

1. Maintaining tobacco-free buildings on worship grounds
 2. Serving healthy food and drink options at congregational activities, events, and meetings.
 3. Asking your clergy person or Faith Leader to complete the **Clergy Commitment**.
 4. Sharing the message of health as a faith issue.
 5. Integrating at least one congregation-based activity based on one or more of the SIX focus areas of the PHW program: 1) Tobacco/Nicotine and Vaping Education , 2) healthy eating, 3) increased physical activity, 4) mental health advocacy and education, 5) healthy aging or 6) overdose crisis/substance use.
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PHW Collaborative - How to apply

1. Go to our website > Click Programs > Click Collaborative Pledge
 2. Send your faith leader or clergy person the LINK to the Clergy Commitment
 3. Click the button at the bottom:
Click Here to Submit Collaborative Pledge
 - a. Unfortunately, you are not able to save and come back to the Pledge form. We highly recommend you print the form to prepare your responses BEFORE entering them. OR, we recommend you save your answers on a separate document as you fill out the form so that you do not lose your responses if the form closes for any reason.
 4. Once you have SUCCESSFULLY submitted the form, PLEASE check to make sure you have received a confirmation email.
 - a. A copy of your pledge submission will be sent to you and your faith leader.
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A “Health Lead” is the main point of contact in your health ministry.



PARTNERS IN HEALTH & WHOLENESS

An initiative of the NC Council of Churches

VOICES

ABOUT

PROGRAMS

RESOURCES

FAQS

EVENTS



COLLABORATIVE

MINI-GRANTS

THE OPIOID CRISIS: THE FAITH COMMUNITY RESPONDS

PHW Collaborative
Clergy Commitment

Listening Tour
Resources for the Opioid Crisis: The Faith Community Responds
Frequently Asked Questions About the Opioid Crisis the Faith Community Responds

HealthAndWholeness.org



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BIPOC (Black & Brown, Indigenous, People of Color) Mental Health Grant



BIPOC Mental Health Grants

- Must have a current PHW Collaborative Approval within past year
- The faith community must be predominantly of color, BIPOC
- Up to 50 grants, for projects between 5,000-10,000
- This is only for mental health projects
- ◆ More specifically, to provide assistance to ways that COVID-19 impacted Mental Health



BIPOC Mental Health Grants

- There will be quarterly opportunities to apply through May 2023
 - The first cycle will be May 2022
 - The Grant Application will be available soon
 - We need detail, detail, detail.
 - If your grant makes it through the first phase, we will reach out to set up a phone call to further discuss your grant application
 - Serious applicants only
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BIPOC Mental Health Grants

- If you haven't already done so- email me at Jessica@ncchurches.org to join our interest list and receive the grant application.
 - Sustainability, sustainability, sustainability
 - Think Big!
 - What are you seeing your faith community but also your larger community? Neighborhoods? With family and friends?
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Ideas: Please think outside the box!

- Offering reimbursement/ share cost program for professional therapy
- Building a collaboration with a licensed professional therapist
- Clergy Mental Health/ Staff mental health support
- Developing a strong referral network
- Suicide prevention
- Resilience skills to help with grief, anxiety, loneliness, and more
- Mental Health and Suicide Prevention trainings
- Develop Mental Health support team for your church
- Become a Trauma-Informed Faith Community
- Host speakers and develop cohorts for effective education



Ideas

- Burnout support
- Caregiver mental health support/ Respite care
- Older adult mental health concerns and more
- Young adults and children's mental health concerns
 - ACEs (Adverse Childhood Experiences)

These ideas are shared as a launching point for your own work,
please think beyond them and outside of the box!



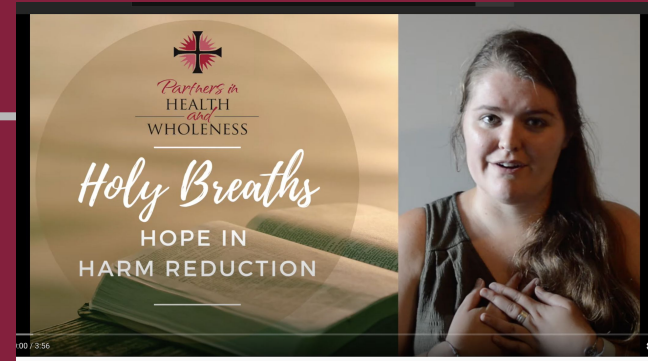
BIPOC Mental Health Grant

There will be 2-3 additional large grants (up to \$50,000) that are uniquely designed to lay the foundation for a Mental Health Resource Hub in Western, Eastern, and Central North Carolina as the development of an interfaith network with support and resources aimed at the acute nature of mental health needs across the state by region



Resource found on our website:

- [“Reimagining Healthy Ministries during COVID: How to keep health ministries engaged”](#)
 - [The Overdose Crisis: The Faith Community Responds Sunday School Guide](#)
 - [Sacred Series Toolkit: Becoming a Trauma-Informed Faith Community](#)
 - [Statewide Healthy Aging Resource Guide](#)
 - [Youtube Videos - Recorded webinar and short videos](#)
 - [Newsletter archive](#) (English and Spanish)
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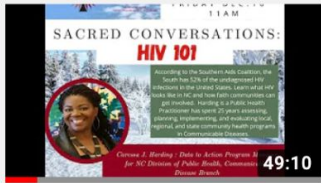


Visit our YouTube page to watch recording of our past events:



Staff Spotlight: Krista Westervelt, Healthy Aging...

23 views • 3 days ago



Sacred Conversations: HIV 101

4 views • 1 month ago



Sacred Conversations: Practical Peace...

36 views • 2 months ago



SACRED CONVERSATIONS: STIGMA

25 views • 3 months ago



Staff Spotlight: Brandy Murray, Program Coordinator

9 views • 5 months ago



Suicide Prevention Training - Rev. Jessica Stokes

6 views • 5 months ago



Staff Spotlight: Nicole Johnson Associate Director,...

7 views • 5 months ago



Get to know PHW

24 views • 5 months ago



Sacred Conversation: How to Host and Overdose...

22 views • 5 months ago



Citadel of Faith Christian Fellowship Inc. Award...

11 views • 6 months ago





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For questions about the special mental health grant, email
jessica@ncchurches.org

healthandwholeness.org



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