
Partners in Health and Wholeness

North Carolina Council of Churches
Rev. Jessica Stokes
jessica@ncchurches.org



Partners in
HEALTH
and
WHOLENESS

Partners in Health and Wholeness

An initiative of the North Carolina Council of Churches

- The North Carolina Council of Churches was founded in 1935
 - *We just celebrated our 85th anniversary!*
- We are a statewide ecumenical organization working towards a more just society for all.
- We represent 18 denominations. Across the state, our members denominations encompass over 6,200 congregations with about 1.5 million congregants.
- The Council enables denominations, congregations, and people of faith to impact our state on issues such as economic justice, human well-being, equality, compassion and peace, following the example and mission of Jesus Christ.

PHW is convicted that all people were created to live a full and abundant life. We are called to live out this vision.

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Partners in Health and Wholeness (PHW) is designed to bridge issues of faith, health, and justice.

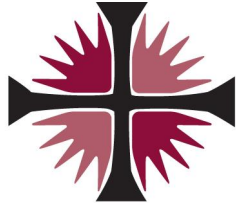
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Each year in North Carolina, thousands of people die of preventable diseases.

We believe that “health” is defined by many factors that support holistic (physical, mental, social, spiritual, and community) well-being.

03

We believe that faith communities remain an institution of great influence in the community.



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Being healthy. Being faithful.

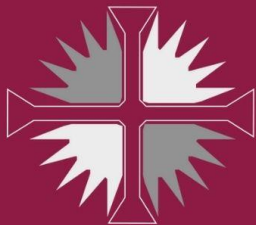
- PHW provides **resources, connections, and support** to faith communities on their various health projects and programs
- We aim to **establish trust** and partnership with faith communities.
- PHW is **FREE** to all faith communities
- We offer an individual **mini-grant for up to \$1,000**, or a community mini-grant for up to \$5,000
- We are **statewide**.
- We recognize the inequities in the healthcare system affecting BIPOC communities and people disproportionately impacted by economic inequalities

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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Collaborative Pledge & Mini-Grant
PHWinfo@ncchurches.org



Elizabeth Brewington
Overdose Response
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Eligibility Every 12 months

1. PHW
Collaborative
Pledge

2. PHW
Mini-Grant or
Community
Mini-Grant



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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.
-



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.
-

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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PHW Collaborative Pledge - Details

- PHW Collaborative Pledges must be received at least 3 weeks before applying for a PHW Mini-Grant.
 - When filling out the form, please type every name out fully with no abbreviations including congregation names, health lead names, and faith leader names.
 - Example: St. Maria's United Methodist Church
 - ◆ NOT: St Marias UMC
 - ◆ This will ensure your Pledge gets added properly to your account.
 - We also ask that you include as much detail as possible in the PHW forms. Include the 5 W's: Who, What, When, Where, and Why, and how frequently?
-



PHW Mini-Grant Opportunities



PHW Individual Mini-Grant - What is it?

- Up to \$1,000
- The mini-grant must be used to support your faith community's health ministry and its mission. The mini-grant should be used for projects that engage the congregants and fulfill a health need in the faith community and in the surrounding community.
 - ◆ Question to consider: Why is your project/program the best/most effective approach?
- Ten percent (10%) of the money awarded may be given to your health lead for them to use towards a part of your project or program.
- Mini-Grant plans must address one or more of PHW's SIX focus areas: 1) healthy eating, 2) physical activity, 3) tobacco/nicotine prevention and vaping education, 4) mental health advocacy, and 5) healthy aging,
6) overdose crisis/substance use



PHW Mini-Grant - Eligibility

- Your congregation must have submitted a PHW Collaborative Pledge within the last 12 months prior to applying for a PHW mini-grant.
- Your congregation cannot have received a PHW mini-grant in the last 12 months.
- It is crucial you offer **as much detail as possible** as our mini-grants are becoming more competitive.
- We have also updated what we fund, partially fund, and no longer fund- you can see this list on our website



Funding restrictions

- **Pamphlets:** Needs-based – Many organizations offer low or no cost pamphlets
- **Books:** Needs-based – Please reach out to PHW about specific books
- **DVDs:** Needs-based – Please reach out to PHW about specific DVDs
- **Door prizes & incentives** i.e. T-shirts, awards: up to 33% of the total budget – If direct connection to health ministry is clear
- **Copies:** Needs-based – If direct connection to health ministry is clear
- **Copier ink:** up to 33% of the total budget
- **Presenters:** Needs-based – preference towards PHW staff, local specialists, or low-cost presenters
- **Technology:** Needs-based – If direct connection to health ministry is made clear
- **Office Furniture:** We do not fund
- **Rent:** We do not fund
- **Utilities:** We do not fund
- **Salary:** We do not fund



PHW Mini-Grant - How to apply

- Once your Collaborative Pledge and Clergy Commitment has been approved, you will either 1) receive an email from PHW's Program Coordinator with the PHW individual Mini-Grant application link or 2) you can request an application through email - *PHWinfo@ncchurches.org*
- We are now requiring a COVID plan if your plans cannot be completed due to restrictions
 - More information about this is in the grant application



PHW Mini-Grant Options

We now have two mini-grant opportunities:

1. **Mini-Grant (standard):** Up to \$1,000 every 12 months for an individual faith community.
2. **Community Mini-Grant:** Up to \$5,000 also once every 12 months for a minimum of three (3) congregations working together on a unified goal



Mini-Grant Examples

- Health Screenings: Take basic vitals (blood pressure, weight, height, etc.) and provide participants with a printed report.
 - Health Fair: Host vendors and workshops, and provide educational resources to raise awareness related to important health issues.
 - Virtual Classes/Seminars/Workshops: Host a short workshop/seminar and/or educational course spanning several weeks. Invite health professionals and/or other experts who can speak on health issues and connect them back to faith.
 - Start a Community Garden: Reach out to local agencies (like NC Cooperative Extension) to being the process of growing your own food.
 - Mental Health First Aid trainings
 - Take-home seed projects for youth
-



Community Mini-Grant - How is it different?

- Must be a minimum of 3 congregations working together.
 - You can apply for up to \$5000.
 - One of the health leads will be the point of contact - the main health lead will be the one to submit the mini-grant application.
 - We expect the coalition to have already planned and discussed together the course of action for the mini-grant prior to submitting the application.
 - A copy of your form submission will be sent to each of the health leads listed.
 - Once each health lead has read the copy of the submission, each health lead must respond to the email with their agreement statement indicating their understanding of the grant eligibility guidelines and agreeing to the mini-grant application.
- ** We are unable to review the application until we have received an agreement statement from each health lead.**
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Special Opportunity: BIPOC Mental Health Grant

Many thanks to The Duke Endowment, we are able to award faith communities of color a grant towards mental health projects.

- The faith community must be predominantly of color, BIPOC (Black and Brown, Indigenous, Persons of Color)
- \$5,000-10,000 toward mental health efforts projects per grant.
- We plan to award 50 grants in this range, throughout the entire state, starting this spring.
- There will be 2-3 additional large grants (up to \$50,000 each) 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

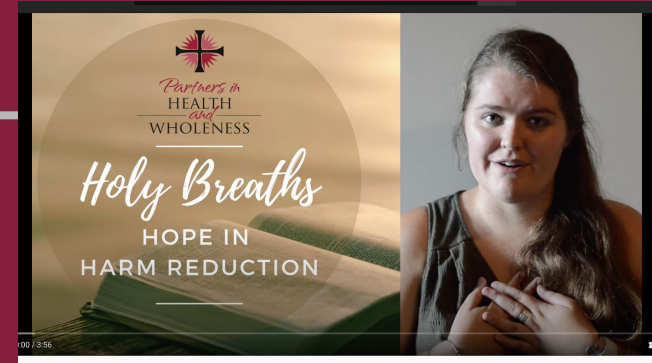
For more information, reach out to Jessica at Jessica@ncchurches.org



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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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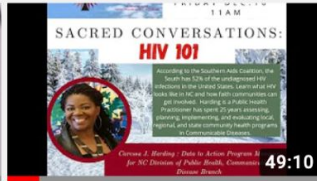


Visit our YouTube page to watch recording of our past events:



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



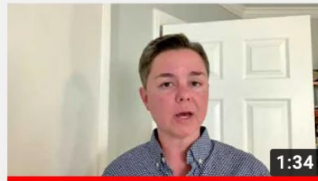
SACRED CONVERSATIONS: STIGMA

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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Brandy Murray at PHWinfo@ncchurches.org

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

healthandwholeness.org

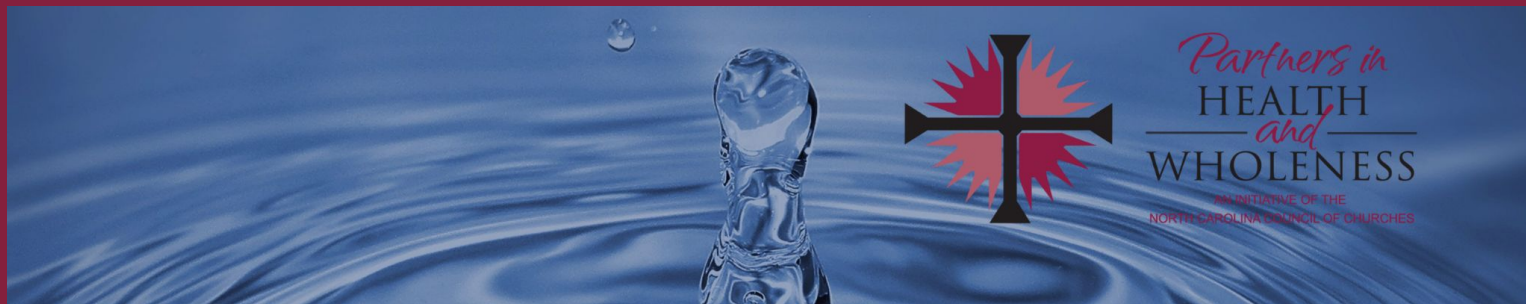


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Questions & Answers



Upcoming Events:



Sacred Conversations

Wholly Sacred and Beautifully Ordinary: Water

Feb 11

11 am or 6 pm

Register for Zoom Info



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Upcoming Events:

FAITH HEALTH CONNECTION: HIV ADVOCACY

FEBRUARY 16 @ 11:00 AM - 12:30 PM

NC Aids Action Network has been working since 2010 to improve the lives of people living with HIV in the state of North Carolina. Join to learn about the work, policies that affect people living with HIV and how to get involved in legislative advocacy.

RITA MCDANIEL
NC AIDS ACTION NETWORK
COMMUNITY ORGANIZER

MATT MARTIN
NC AIDS ACTION NETWORK
GRASSROOTS ADVOCACY MANAGER


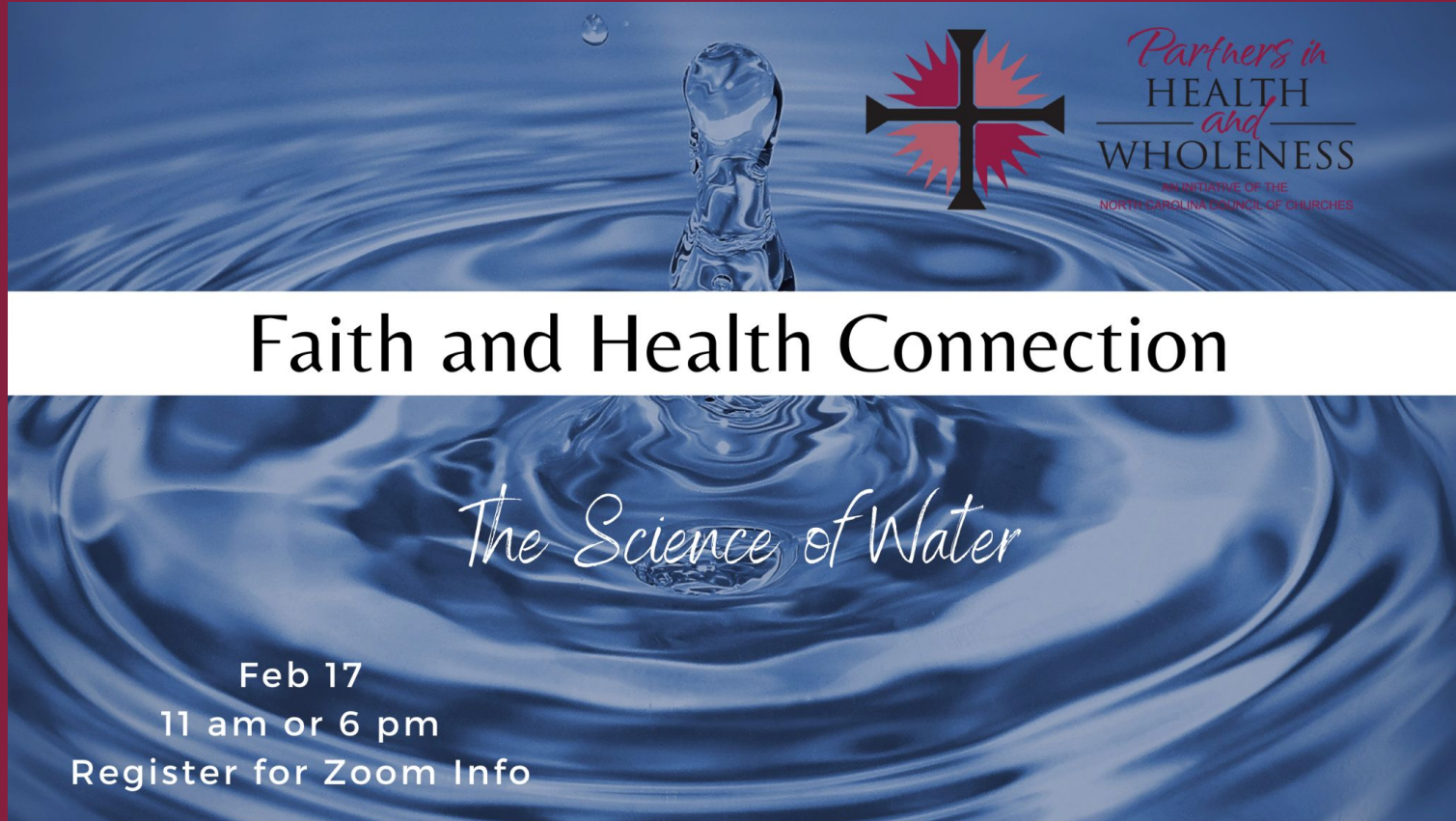
WEDNESDAY, FEB 16.
11AM-12:30PM

**Faith Health Connection:
HIV Advocacy in NC**

FOLLOW US @HEALTHANDWHOLENESS
NCCOUNCILOFCHURCHES
WEBSITE : [HTTP://WWW.NCCHURCHES.ORG/](http://www.ncchurches.org/)



Upcoming Events:



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AN INITIATIVE OF THE
NORTH CAROLINA COUNCIL OF CHURCHES

Faith and Health Connection

The Science of Water

Feb 17
11 am or 6 pm
Register for Zoom Info

Upcoming Events:

FAITH AND HEALTH CONNECTION: THE OPIOID SETTLEMENT

FEBRUARY 24 @ 12:00 PM - 1:00 PM

In 2021, it was announced that North Carolina would receive \$750 million from the multistate settlement with opioid pharmaceutical distributors Cardinal, McKesson, AmerisourceBergen, and Johnson & Johnson. This money will soon be coming to counties, cities, and the general assembly.

On February 24th from 11:00 am – 12 noon, the North Carolina Conference of the United Methodist Church, The Northern Piedmont District of the Western North Carolina Conference of the United Methodist Church, and Partners in Health and Wholeness is hosting the first of a series of webinars titled Faith and Health Connection: the Opioid Settlement. The webinar will focus on why we as people should care about this settlement and what it could mean for the communities we serve. We'll learn more about the background of the Opioid Settlement, "What is the Memorandum of Agreement?", and most importantly, ways congregations can get involved in advocating for the spending of this money in our state.

[CLICK HERE TO REGISTER](#)





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