



THE HOPE DEALER

Newsletter of the Faith-Based Initiative

By Sarah Mays and Jennifer Street

Mental Health Awareness Month

Mental Health Awareness Month is recognized in May of every year and was established to increase awareness of the importance of mental health and wellness in Americans' lives and to celebrate recovery from mental illness. Reducing the stigma that surrounds mental illness is one of the most important ways that we can help those in recovery from mental illness. Reducing stigma around mental illness also helps to open up conversations about mental health. Below, there is a list of easy ways to help reduce stigma around mental illness in your community.



The [National Alliance on Mental Illness \(NAMI\)](#) has some great ideas on ways we all can break stigma around behavioral health challenges.

1. Talk openly about mental health. Social media has become a great space for positivity.
2. Educate yourself and others – respond to misperceptions or negative comments by sharing facts and experiences.
3. Be conscious of language – remind people that words matter.
4. Encourage equality between physical and mental illness – draw comparisons to how they would treat someone with cancer or diabetes.
5. Be honest about treatment – normalize mental health treatment, just like other health care treatment.
6. Show compassion for those with mental illness.
7. Choose empowerment over shame


Faith-Based Initiative Goals:

- Connect individuals struggling with mental health issues and/or substance use to treatment.
- Facilitate understanding of what treatment and recovery are.
- Increase knowledge of what mental health issues and substance use are.
- Spread awareness of the Faith-Based Initiative certification and its requirements.
- Understand the continuum of care and collaborate with it.
- Help groups understand and implement the best practice model.
- Promote and improve effectiveness of the faith-based initiative and how it connects the community with recovery and support services.

Statewide Certified Recovery Congregation

Virtual Town Hall

Join us on Monday, May 22nd from 11 am - 12pm CDT




What is Fentanyl?
with Dr. Brian Winbigler

Answering These Important Questions:
What do we need to know?
What are the Risks?
What are Some Basic Precautions?

Register Here!



tinyurl.com/nhfs5sxh



Coordinator Spotlight
Jennifer Knisley
Region 2 Lifeline Coordinator



Jennifer facilitates recovery efforts across the sixteen county area of Region 2. She educates those in recovery and the community with a specific goal in mind, reducing the stigma of substance misuse by establishing lifelines and support services for individuals in need.

Jennifer is a person in recovery from substance use and uses her story in hope of reaching those still in the grips of addiction. Her passion is helping others and she believes it is her purpose to be of service to the community. She is a Certified Peer Recovery Specialist (CPRS), a CCAR recovery coach, and is working to become a Licensed Alcohol and Drug Abuse Counselor (LADAC).

Jennifer attends Grand Canyon University working toward her Bachelor's of Science in Addiction Counseling.

Fun Fact: "I am obsessed with American Bald Eagles. I follow multiple live nests every year so I can watch baby Eaglets hatch and grow. My obsession is so grand that The Eagle Sanctuary is the only reason I visit Dollywood! Did you know Dollywood houses the largest Eagle Sanctuary in our country? Their majestic beauty and survival skills keep me mesmerized on a daily basis!"

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Upcoming Events

West Tennessee

- 05/19/2023—Mental Health Awareness Event, Jackson, TN, 10a-12p, contact Sarah Mays for more information at sarah@jimpresent.org
- 05/20/2023—10a-2p, Jackson, /Madison County Health and Safety Fair

Middle Tennessee

- 06/24/2023—Summertime Drive-In Cinema and Resource Fair, 670 Tn-232, Dover, TN 5pm start and movie at dark

East Tennessee

- 06/10/2023—Faith and Recovery Day - Claiborne County, 10a-3:30p, The Olde Church Event Center, Cumberland Gap, TN
- 07/22/2023—Faith and Recovery Day—Anderson County, 9a-1p, First United Methodist Church, Oak Ridge, TN
- 8/25/2023- Overcoming Addiction: Suffering Well; Faith Promise Church, Knoxville, TN, 5:30p-9p, Register at www.sufferingwell.eventbrite.com

STATEWIDE
CRISIS LINE
HELP IN A MENTAL HEALTH CRISIS
855-CRISIS-1 TN.gov/CrisisLine
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