

Engaging Service Members, Veterans, and their Families Through Faith-based Partners

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Webinar

November 14, 2019



SAMHSA
Substance Abuse and Mental Health
Services Administration

SAMHSA Welcome



Cicely K. Burrows-McElwain, L.C.S.W.-C.

Military and Veteran Liaison
National Policy Liaison Branch,
Division of Regional and National Policy/Office of Policy, Planning, and
Innovation, SAMHSA

Disclaimer

The views, opinions, and content expressed in this presentation do not necessarily reflect the views, opinions, or policies of the Substance Abuse and Mental Health Services Administration (SAMHSA), or the U.S. Department of Health and Human Services (HHS).

SAMHSA Background



Since 2008, SAMHSA has partnered with states and territories to strengthen behavioral health systems serving **Service Members, Veterans, and their families** (SMVF), providing technical assistance (TA) through its SMVF TA Center.

SAMHSA leads efforts to ensure substance use and mental health issues among all Americans, including SMVF, are well understood.

SAMHSA's SMVF TA Center



SAMHSA ★ SMVF TA CENTER

Service Members, Veterans, and their
Families Technical Assistance Center

- Strengthening ongoing collaboration among military and civilian stakeholders
- Providing a centralized mechanism for cities, states, and territories to learn, connect, and share
- Increasing awareness of and access to resources and programs that strengthen behavioral healthcare systems for Service Members, Veterans, and their families (SMVF)
- Supporting coordinated responses to the behavioral health needs of SMVF
- Encouraging cities, states, and territories to implement promising, best, and evidence-based practices

Technical Assistance Methods

The SMVF TA Center provides training and technical assistance through activities such as:

- Policy Academies
- Implementation Academies
- Webinars
- Learning communities
- Onsite and virtual expert consultation
- Resource dissemination

Webinar Objectives

- ✓ Recognize the spiritual and emotional needs of SMVF and better understand the role that faith-based communities can play in SMVF community integration and transitions
- ✓ Facilitate information dissemination for expanding and growing partnerships between communities and faith-based organizations
- ✓ Provide examples and lessons learned for convening faith-based learning events; bringing faith-based, community, and SMVF partners together to help prevent SMVF suicides; and addressing other mental health issues

Webinar Objectives (cont'd)

- ✓ Share relevant resources and tools to faith-based and community organizations in order to support SMVF and their caregivers
- ✓ Identify training events and resources, and explore opportunities for strengthening partnerships and coordination

Our Presenters Today



Chaplain Juliana M. Leshner,
M.Div., Ph.D., BCC
National Director
VA Chaplaincy
U.S. Department of
Veterans Affairs



Monty Burks, Ph.D., CPRS
Director
Faith-based Initiatives
Tennessee Department of
Mental Health and
Substance Abuse Services

Serving the Spiritual Needs of Our Veterans

Chaplain Juliana Leshar, M.Div., Ph.D., BCC
National Director of VA Chaplaincy
U.S. Department of Veterans Affairs



SAMHSA
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Choose  VA

Serving the Spiritual Needs of Our Veterans

November 14, 2019

***SAMHSA's Service Members, Veterans, and
their Families Technical Assistance Center***



Choose  VA

VA Chaplaincy

VISION STATEMENT

VA Chaplaincy envisions that Veterans and families will have access to the highest quality of spiritual care. VA will employ clinically educated and skilled Chaplains who are fully integrated as members of the Veterans Health Administration (VHA) interdisciplinary healthcare teams. Chaplains will ensure free exercise of religion for Veterans enterprise-wide.



VA Chaplaincy

Profile of a VA Chaplain:

- A VA Chaplain is someone who has a call within a call.
- A VA Chaplain is someone who has a strong foundational faith – endorsement.
- A VA Chaplain is called to ministry for people of all faith traditions and backgrounds.

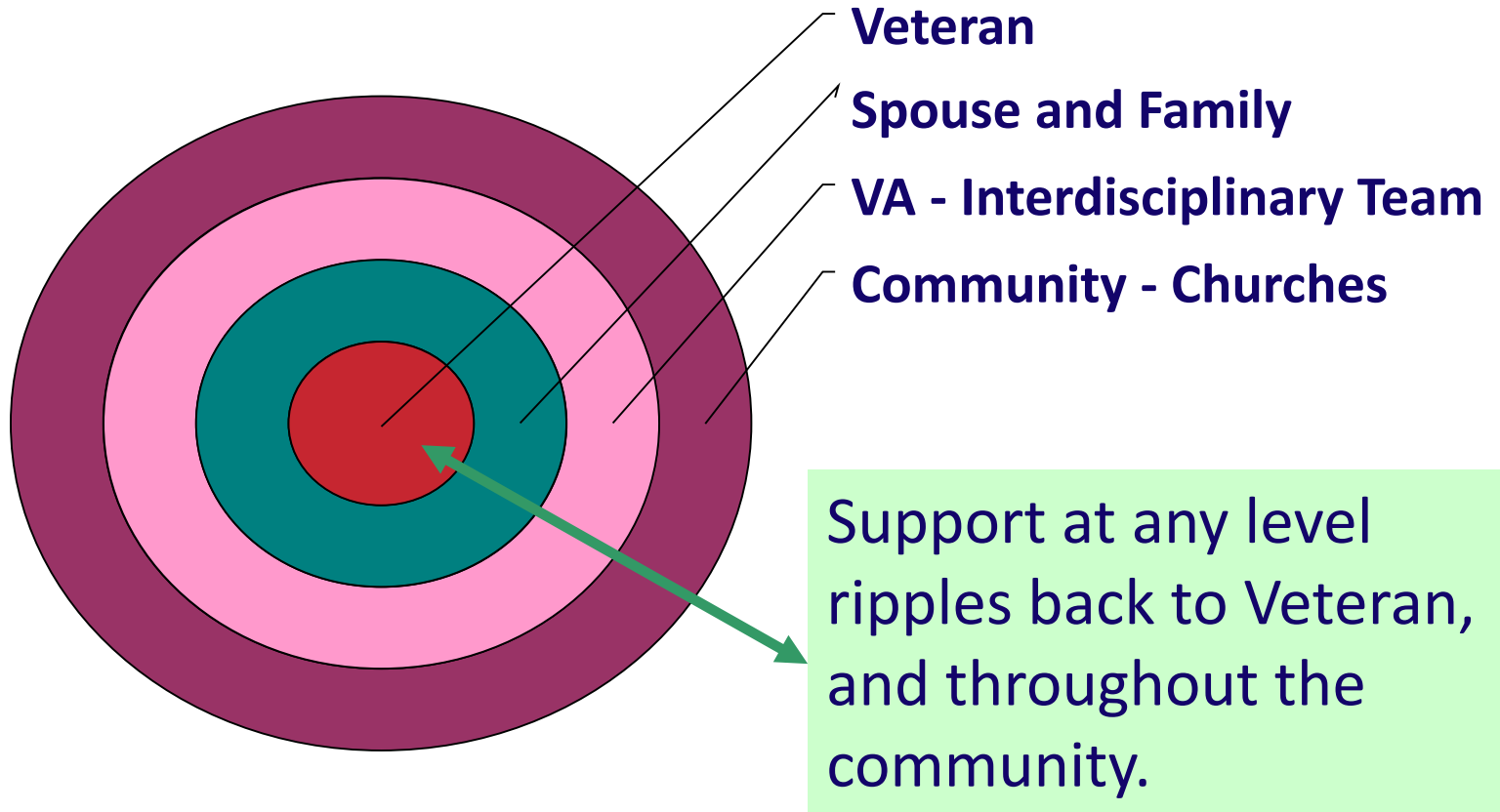


VA Chaplaincy (cont.)

- A VA Chaplain is someone who serves as a clinical provider in a healthcare setting.
- A VA Chaplain is not a lone ranger and serves on an interdisciplinary treatment team.
- A VA Chaplain is someone who hears the Veteran's story.
- A VA Chaplain is someone who honors the faith of the Veteran.



Concentric Circles of Care



Community Clergy Training Program

- 20 Chaplain Facilitators
- Training events include four learning modules:
 - Military Culture and the Wounds of War
 - Pastoral Care with Veterans and Their Families
 - Mental Health Services and Referrals
 - Building Community Partnerships

“One suicide is too many, especially when that one is your loved one. Because Veteran suicide impacted my life, I’ll do what I can to mitigate the suicide rate. Pastors need to be reminded that troubled Veterans need support and community.”

— Stated by Female Pastor at Recent CCTP Event



Choose  A

Background of Moral Injury

Da Costa Syndrome – Following Civil War, term used by Dr. Da Costa who discovered unexplainable heart palpitations in some Veterans

Soldier's Heart – Another term for the Da Costa Syndrome

Shell Shock – Following World War I, term given to describe hopeless panic and confusion present in some Veterans

Post-traumatic Stress Disorder – Flashbacks, Hyper-arousal, Avoidance



Choose A

Background of Moral Injury (cont.)

Moral Injury - Happens when we transgress our basic moral beliefs and expectations. It can occur when we've done our best in impossible circumstances or when we've simply failed.

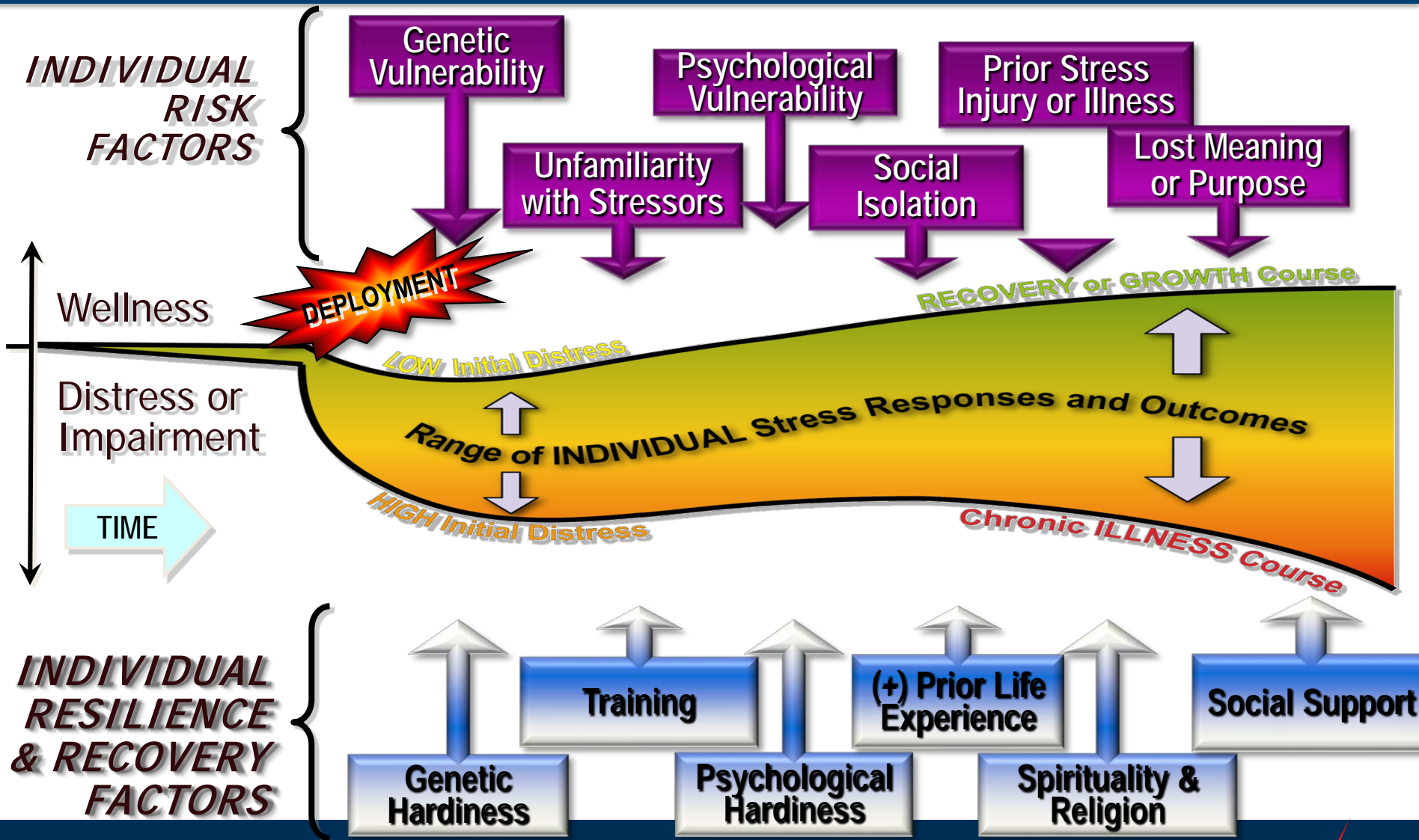
Confession and Restoration of King David – Psalm 51

“⁴Against you, you only, have I sinned and done what is evil in your sight; ⁷ Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow. ¹² Restore to me the joy of your salvation and grant me a willing spirit, to sustain me. ¹⁷ My sacrifice, O God, is a broken spirit; a broken and contrite heart you, God, will not despise.”



Choose  A

Stresses Contributing to Moral Injuries



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Moral Injury - Spiritual Component

This injury is brought about by bearing witness to perceived immoral acts, failure to stop such actions, or perpetration of immoral acts, especially those that are inhumane, cruel, depraved, or violent, bringing about pain, suffering, or death of others. - R. Brock & G. Lettini, [Soul Repair: Recovering from Moral Injury After War](#).



Choose  VA

Moral Injury - Spiritual Component (cont.)

“Many traumatized persons have felt the bonds and connections of life tragically severed. Trauma made them feel cut off from God, from others, and from themselves.”

- J. McBride, Spiritual Crisis

“Crisis no matter what its source – emotional, physical, economic, political – is always in some way a spiritual crisis. Crisis always involves the destruction of meaning.”

- A. Boisen, Religion in Crisis and Custom



Choose  A

Spiritual Reactions to Moral Injury

1. Confusion about God
2. Loss of community
3. Altered sense of meaning in/of life
4. Loss of previously sustained beliefs
5. Confusion about core ethical beliefs
6. Confusion about morality



Choose  VA

Spiritual Reactions to Moral Injury (cont.)

- 7. Grief/loss of relationship with God and others
- 8. Questions of theodicy
- 9. Feeling dirty and unworthy
- 10. Feeling permanently damaged
- 11. Feeling angry at self – blaming self
- 12. Feelings of guilt



Needs of a Person in Spiritual Distress

1. A safe presence with whom to lament.

“Talk to me about the truth of religion and I'll listen gladly.

*Talk to me about the duty of religion and I'll listen
submissively. But don't come talking to me about the
consolations of religion or I shall suspect that you don't
understand.” - C.S. Lewis, A Grief Observed*

2. A journey of meaning-making and discovery.

3. A supportive network to “hold them up” during difficult times of painful struggle.



Choose A

A Meaning-making Journey

“Man’s search for meaning is the primary motivation in his life, it is not a secondary rationalization of instinctual drives.” – Victor Frankl

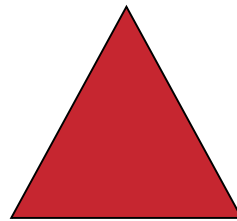
What is needed on the journey?

- *Sitting in spiritual pain and struggle, when there are no answers.
- *Conversations that are honest and straightforward.
- *Conversations about difficult subjects, especially the mystery of life and death.

Consider a **Meaning Triangle**:

Attitudes: Stances Toward Life

Creativity: Given to Life



Experiences: Received From Life



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Participating in Rituals

1. Rituals evoke a sense of “sameness” and continuity.
2. Rituals renew our commitment to culture, faith, and family.
3. Rituals reaffirm meaning.
4. Rituals set boundaries that allow a freedom and safe environment within which to express conflicting emotions.
5. Rituals symbolize an encounter with the transcendent.



The American Veteran is God's gift to us.
Freedom is their gift to the world.



Choose **VA**

**Ch. Juliana Lesher, M.Div., Ph.D., BCC
National Director, VA Chaplain Service**

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Choose 

Tennessee Faith-based Initiative

Monty Burks, Ph.D., CPRS
Director of Faith-based Initiatives
Tennessee Department of Mental Health
and Substance Abuse Services



SAMHSA
Substance Abuse and Mental Health
Services Administration



Department of
**Mental Health &
Substance Abuse Services**

Tennessee Faith-based Initiative

Making the Connection

Facts:

- The negative labor market and economic effects of the opioid crisis have been substantially more severe in Tennessee than they have been nationwide.
- Between 1999 and 2015, the volume of prescription opioids per capita in Tennessee rose 710 percent, or about 14 percent annually.
- The rise in opioid prescriptions from 1999 to 2015 led the labor force participation rate for both prime-age men and women to decline.

Facts (cont.):

- In 2015, opioids kept 28,200 men in Tennessee out of the labor force.
- In 2015, opioids kept 38,700 women in Tennessee out of the labor force.
- The detrimental effect of opioids on labor markets holds true for both rural and nonrural counties

Numbers:

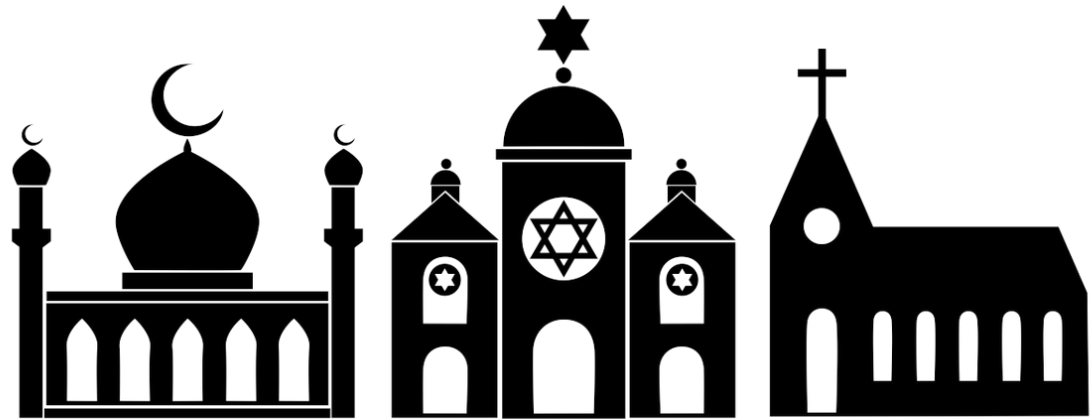
- From 1999 to 2015, the rise in opioid dependency and resulting decline in prime-age labor force participation cumulatively cost Tennessee's economy nearly 900 million work-hours.
- $900,000,000 \times \$7.25$ (current minimum wage)
- \$6,525,000,000 in lost wages



Paradigm Shift: Faith Community

Partnering with Tennessee's faith community to effectively reimagine the conversation around recovery:

- Supplementing organic strategic capacity
 - ✓ Over 12,000 congregations/institutions
 - ✓ Over 3.5 million people of faith



Faith-based Initiative Goals

The goals of the Faith-based Initiative are to

- Connect individuals struggling with addiction to treatment,
- Facilitate understanding of what treatment and recovery are,
- Increase knowledge of what addiction is, and
- Understand the continuum of care and collaborate with it.

Faith-based Initiative Goals (cont.)

The goals of the Faith-based Initiative are to

- Help groups understand and implement the best practice model, and
- Promote and improve effectiveness of the Faith-based Initiative and how it connects the community with recovery and support services.

Getting Started

Resources to access and leverage across your state might include the following:

- Community Anti-drug Coalitions
- Treatment and Recovery Courts
- Addiction Recovery Programs (ARP) Agencies
- Local Health Departments
- Health Educators
- Local Law Enforcement Agencies
- Colleges /Universities

See descriptions of each at:

<https://www.tn.gov/content/tn/behavioral-health.html>

Build the Capacity

- Certified Peers
- Faith-based Community Coordinators
- Project Lifeline
- Tennessee Recovery Navigators



Network of Certified Peer Recovery Specialists

- Help others on the path to recovery from mental illness or substance use.
- They have firsthand experience with mental illness and/or substance use and can offer support and understanding.
- Use their personal recovery to help others.
- Promote self-determination, personal responsibility, and empowerment.

For more info:

<https://www.tn.gov/behavioral-health/mental-health-services/cprs/peer-recovery-services/certified-peer-recovery-specialist-program.html>

Certified Peer Recovery Specialists

Team members:

- Each CPRS has a minimum of 2 years in active recovery
- Each CPRS is willing to share their personal success story



Faith-based Community Coordinator

- A group of individuals with lived experience that will be responsible for recruiting, training, and certifying congregations as Recovery Congregations
- There are three Faith-based Community Coordinators (one in each of Tennessee's Grand Divisions)
- Each one is housed in an established Substance Abuse Prevention Coalition across the state

For more info:

<https://www.tn.gov/behavioral-health/substance-abuse-services/faith-based-initiatives.html>

Best Practice Model

- Provide Spiritual/Pastoral Support according to your congregation
- View addiction by its definition - as a treatable disease
- Embrace and support people in recovery and walk with them on their journey

https://stateoftennessee.formstack.com/forms/certified_recovery_congregations

Best Practice Model (cont.)

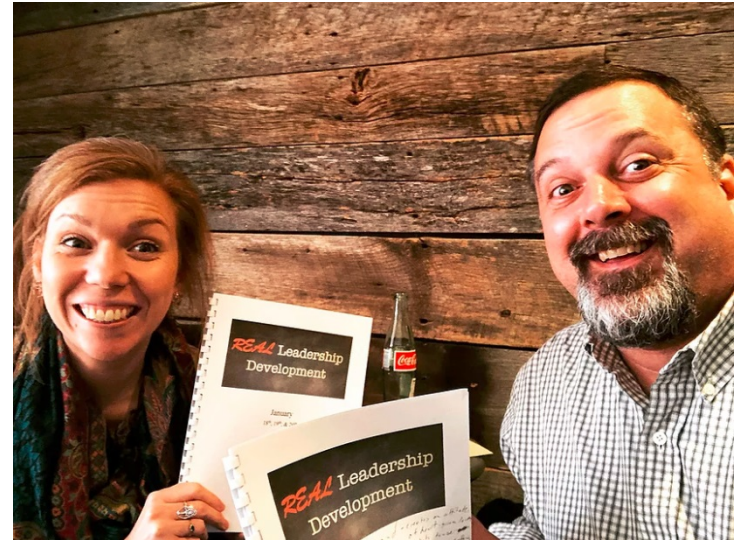
- Disseminate recovery information that the Tennessee Department of Mental Health and Substance Abuse Services will provide
- Host or refer individuals to recovery support groups
 - TN Project Lifeline will help guide, if needed
- **Become a Certified Recovery Congregation**

https://stateoftennessee.formstack.com/forms/certified_recovery_congregations

Types of Support Ministries: Recovery-friendly Congregations

Recovery support is not just 12 Steps:

- Employment services and job training
- Outreach
- Life skills
- Relapse prevention
- Spiritual and faith-based support
- Housing assistance and services
- Education
- Childcare
- Family/marriage education



Types of Support Ministries: Recovery-friendly Congregations (cont).

- Recovery support is not just 12 Steps:
 - Substance use education
 - Case management and individual services coordination, providing linkages with other services
 - Self-help and support groups (e.g., 12-step groups, SMART Recovery®, Women for Sobriety)
 - Parent education and child development support services
 - Transportation to and from treatment, recovery support activities, employment, etc.
 - Peer-to-peer services, mentoring, and coaching

QR Scan Code

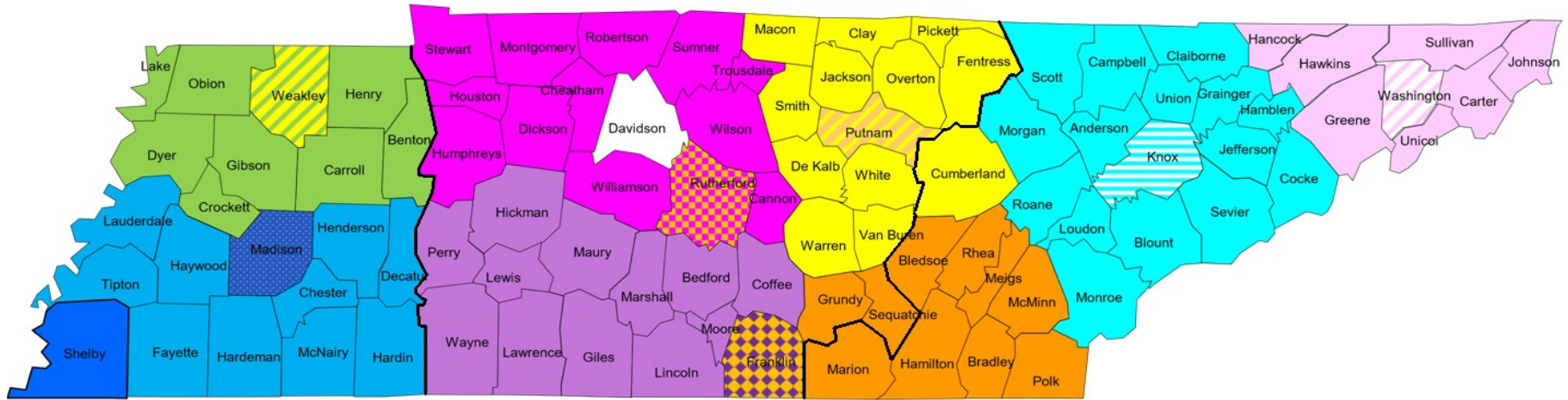


Faith-based Community Coordinator

- 521 Certified Recovery Congregations
- Educational Forums in All 95 Counties
- Increased Awareness of Recovery Support Resources Statewide



Faith-based Community Coordinator Map



West Tennessee

Kristen Wilson
(731) 694-0502
kristen.faithbasedcoordinator@gmail.com

Middle Tennessee

Jaime Harper
615-603-9092
jharper@pc4s.org

East Tennessee

Sarah Keel
865-850-6884
skeel@metrodrug.org

What Is the Lifeline Peer Project

The Lifeline Peer Project was established to reduce the stigma related to the disease of addiction and increase community support for policies that provide for treatment and recovery services.

Project approaches include:

- Establishment of evidence-based addiction and recovery programs
- Educational presentations for civic groups, faith-based organizations, and community leaders to increase understanding of the disease of addiction and support for recovery strategies.

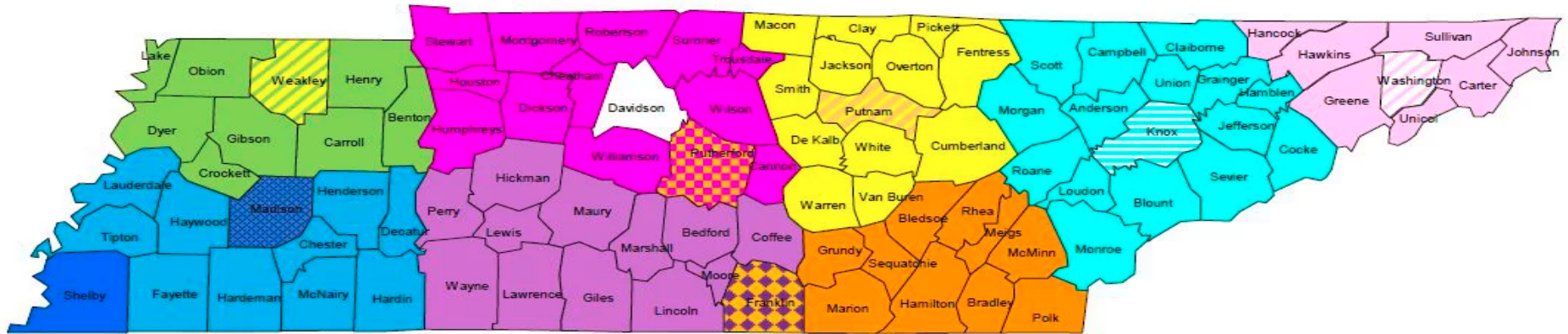


Lifeline Peer Project

- There are 10 Lifeline Peer Project Coordinators
- Each located in Substance Abuse Prevention Coalitions across the state
- Lifeline's outcomes:
 - Over **4,713** recovery trainings
 - Referred **8,734** people to treatment and recovery support services
 - Started over **463** new recovery meetings



Lifeline Coordinator Map



Region 7

Memphis Area Prevention Coalition

Contact: Lincoln Coffman
lcoffman@memphisprevention.org
 901-289-9706

Region 6 N

Weakley County Alliance for a Safe and Drug Free Tennessee

Contact: Brannon Powell
brannonpowell@yahoo.com
 731-223-2755

Region 4

Nashville Prevention Partnership

Contact: Kirk Johnson
kirk@npponline.org
 615-715-1017

Region 3 N

Power of Putnam
 Contact: Nathan Payne
npayne2012@comcast.net
 865-266-9764

Region 2

Metropolitan Drug Commission
 Contact: Jason Goodman
jgoodman@metrodrug.org
 865-321-7107

Region 1

Insight Coalition of Washington County
 Contact: Jason Abernathy
jason@insightalliance.org
 423-384-6150

Region 6 S

Community Anti-Drug Coalition of Jackson-Madison County

Contact: Dianne Sherrod
dsherrod@tnlifeline.com
 731-694-3161

Region 5 N

Community Anti-Drug Coalition of Rutherford County

Contact: Will Taylor
wiltaylor37031@gmail.com
 615-203-9066

Region 5 S

Franklin County Prevention Coalition

Contact: Allen Burnette
allenburnette@gmail.com
 931-308-7689

Region 3 S

Franklin County Prevention Coalition

Contact: Dave Hodges
davidchodges@gmail.com
 931-709-1161

Supervisor

TN Department Mental Health and Substance Abuse Services

Contact: Monty Burks
monty.burks@tn.gov
 615-308-3163



What Are Tennessee Recovery Navigators?

- A network of CPRSs in long-term recovery who provide access points to treatment and recovery resources.
- Their primary responsibility is to meet patients who have recently overdosed in the ER/ED.
- They inform a patient about the services available to help them enter treatment and eventually long-term recovery.
- **Our goal:** By meeting patients in EDs, break the cycle of overdose and increase the number of individuals who are connected with treatment and recovery resources.

For more info:

<https://www.tn.gov/behavioral-health/substance-abuse-services/treatment---recovery/treatment---recovery/tennessee-recovery-navigators.html>

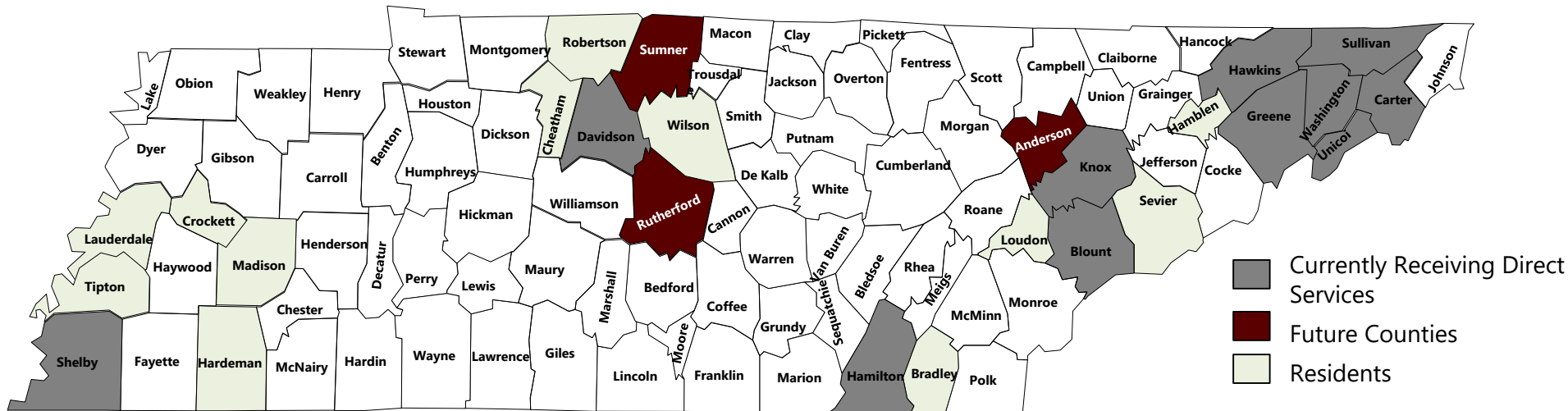
Role of the Navigator

- The Navigator IS:
 - Certified Peer Recovery Specialist
 - Using lived experience to connect with individuals
 - A resource for ER/ED teams to navigate the treatment and recovery continuum
- The Navigator ISN'T:
 - Law enforcement
 - **Doctor, therapist, or clinician**
 - Counselor
 - Sponsor



Recovery Navigators, 2018

Where Are We – Counties with Navigators



Over 900 patients served

Counties of Residence

- Homeless (no county)
- Bradley
- Carter
- Cheatham
- Crockett
- Davidson
- Greene
- Hamblen
- Hamilton
- Hardeman
- Hawkins
- Knox
- Lauderdale
- Loudon
- Madison
- Robertson
- Sevier
- Shelby
- Sullivan
- Sumner
- Tipton
- Unicoi
- Washington
- Wilson

Tennessee Recovery Navigators are peers in long-term recovery who can serve as an access point to treatment and recovery resources. Their responsibility is to meet patients who have recently overdosed in the Emergency Department and connect them with the substance abuse treatment and recovery services they need.

The Connection

- **Faith-based Community Coordinators** recruit and build relationships with congregations willing to follow the best practice model
- **Project Lifeline** works with the volunteer Recovery Congregations to build recovery support programs
- **Tennessee Recovery Navigators** work with Project Lifeline to identify Community based resources including, but not limited to, Recovery Congregations
- All three work to help guide individuals into treatment and support services

Finishing Pieces

- Connecting the faith community to hospitals and treatment programs through Faith-based Community Coordinators, Project Lifeline, and Recovery Navigators
- Connecting the Faith Community to recovery support programs and resources
- Congregations identifying champions to become Peer Recovery Specialist



Additional Information:

Tennessee Recovery Congregations: Faith-based Toolkit

- https://www.tn.gov/content/dam/tn/mentalhealth/documents/TDMHSAS_Faith-Based_Toolkit.pdf

Certified Peer Recovery Specialist Program

- <https://www.tn.gov/behavioral-health/mental-health-services/cprs/peer-recovery-services/certified-peer-recovery-specialist-program.html>

Lifeline Peer Project

- <https://www.tn.gov/behavioral-health/substance-abuse-services/prevention/prevention/lifeline-peer-project.html>

Additional Information (cont.):

Tennessee Recovery Navigators

- <https://www.tn.gov/behavioral-health/substance-abuse-services/treatment---recovery/treatment---recovery/tennessee-recovery-navigators.html>

Tennessee Faith-based Initiatives

- <https://www.tn.gov/behavioral-health/substance-abuse-services/faith-based-initiatives.html>



How you choose to look at someone doesn't change them, it changes you!

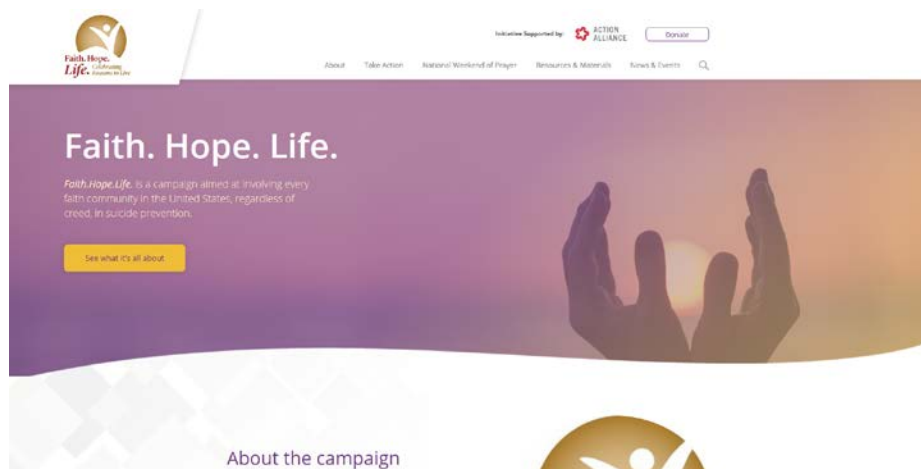


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Additional Resources:

National Action Alliance's "Faith. Hope. Life." Campaign

- <https://theactionalliance.org/faith-hope-life>



SAMHSA's SMVF TA Center E-Newsletter – “Topics in the News”

- <https://signup.e2ma.net/signup/1820873/1777480/>

Questions?

Contact SAMHSA's SMVF TA Center



SAMHSA ★ SMVF TA CENTER

Service Members, Veterans, and their
Families Technical Assistance Center

345 Delaware Avenue

Delmar, NY 12054

Phone: 518-439-7415, ext. 5272

Email: smvftacenter@prainc.com

Thank You!

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

www.samhsa.gov

1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TDD)