

## Temple Isaiah Mental Health Initiative (Lexington, Massachusetts) 2012 – 2018

### “Conversation” Programs — speakers mostly Temple members; open to congregation and friends only

- Coping with Stress, Worry, and Anxiety
- Dealing with Life’s Traumas
- Resilience of the Soul
- Distinguishing Sadness, Grief, and Depression – What We Need to Know for Healthy Coping
- Film: *Pack Up Your Sorrows* and discussion about living with Bipolar Disorder
- Presentation on the opioid crisis with Maggie Giles

### Larger Programs open to and publicized in Greater Boston community

- A Community Dialogue About Mental Health — featuring Kitty Dukakis and former governor Michael Dukakis with a panel of Temple Isaiah congregants
- Living Well with Mental Health Challenges: Recovery and Resiliency — two speakers both with personal lived experience with mental illness, one a successful community psychiatrist and the other director of a consulting service focused on successful transition from medical model of behavioral health services to recovery-based
- Getting Rid of the Stigma of Mental Illness—with Kim Mueser, PhD., Director of Boston University Center for Psychiatric Rehabilitation
- Bridgewater State Hospital: Keeping A Commitment to Much Needed Change — hosting and co-sponsoring a panel discussion organized by NAMI Central Middlesex
- The Many Faces of Addiction: What We Should Know — speakers included Kevin Hill, M.D., addiction psychiatrist and director of the Substance Abuse Consultation Service at McLean Hospital, a social worker who leads family support groups, and a person with lived experience in addiction recovery
- Caring for Someone with Dementia (in collaboration with Temple’s Navigating the Challenges of Aging Committee) — speakers included a rabbi who is a hospice chaplain, a neurologist, and a woman telling her story as the wife of someone with Alzheimer’s
- Through Thick and Thin: Exploring Body Image and Eating Disorders - Keynote Speaker, Jodi Galen, Ph.D., a licensed psychologist with a psychotherapy practice in Lexington who specializes in treating people with eating disorders
- Spirituality and Mental Health with keynote speaker David H. Rosmarin, PhD., Director of the Spirituality and Mental Health Program at McLean Hospital scheduled for March 18, 2018
- Co-sponsored Family to Family Class with NAMI to educate and support family and friends of people living with a mental illness
- Training of Jewish educators on how divorce affects children and families scheduled for April 2018
- Mental Health First Aid training scheduled for May 2018 – training adults to recognize signs and symptoms in adolescents

### Other programs or activities within the congregation

Mental health feedback meetings — attendees of house meetings invited for follow-up discussion

Presentation to Temple Isaiah Board—What is stigma? What kinds of stigma are there? Why stigma? What are the effects of stigma? What does research show may be ways to fight stigma? What does all this have to do with us in Temple Isaiah? Do we know what to do in situations?

Feeling Comfortable in ‘Uncomfortable’ Situations — training session for Bikur Cholim volunteers

Training session for facilitators of small-group discussions at our programs

Teen event on depression and anxiety including sharing of resources for treatment and activities to relieve stress

**Presentations outside of congregation**

At local church; at Union for Reform Judaism Biennial; at Limmud Boston