

BIBLICALLY-INFORMED

EVIDENCE-INFORMED

TRAUMA-INFORMED

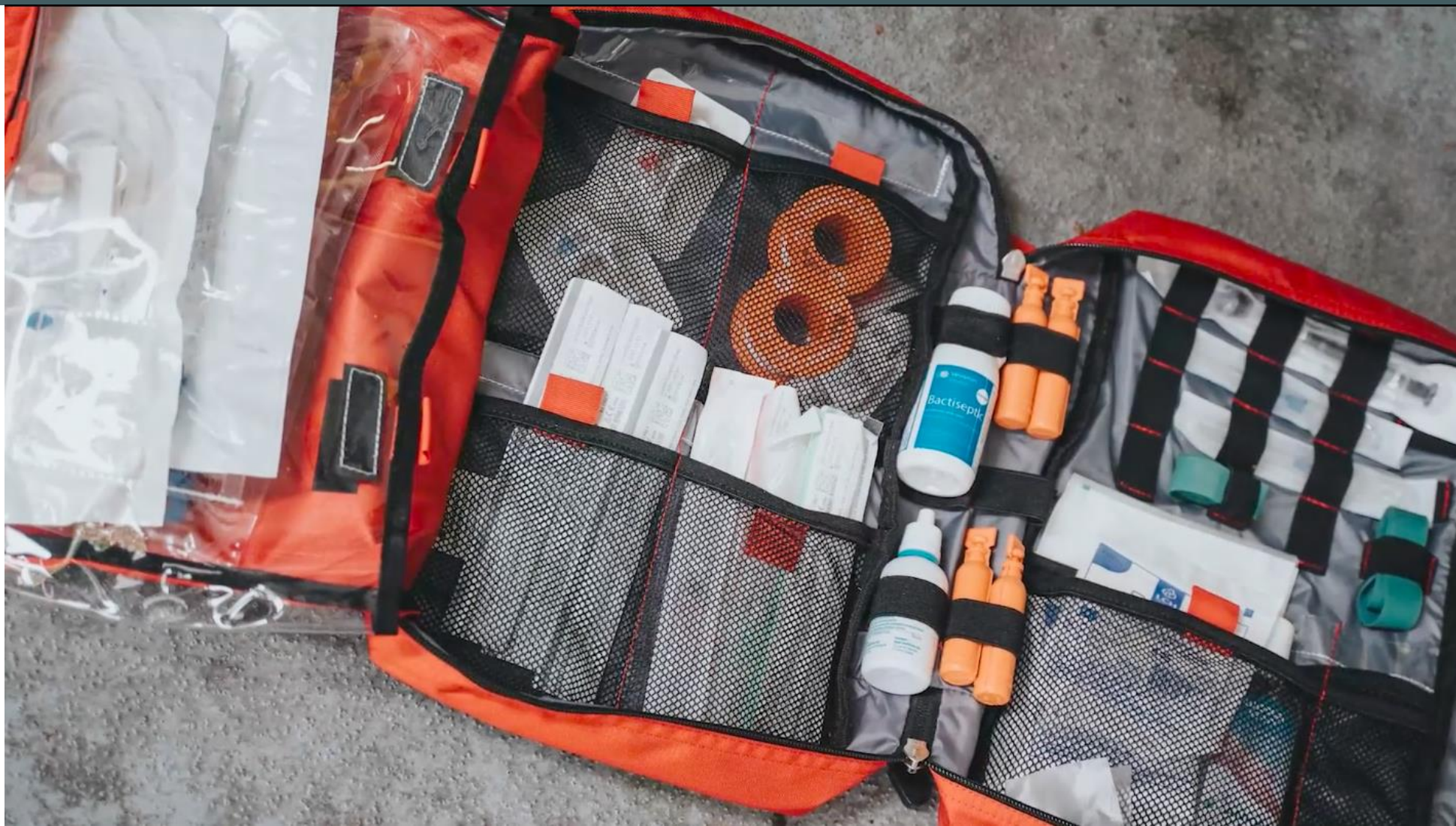


SPIRITUAL FIRST AID™

Mental health is complex. Helping doesn't have to be.



DOES YOUR ORG. HAVE A FIRST AID KIT?



GOAL 1: ORGANIZE YOUR “FIRST AID” KITS



BLESS Needs



BLESS CPR

GOAL 2: RESEARCH-BASED SKILLS



Small actions that research shows make a big difference when helping others struggling with **mild stress** to **mass trauma**.

GOAL 3: ADD ACTIONABLE TOOLS TO YOUR “FIRST AID” KITS



- For you
- For your team
- For church engagement

THE MENTAL HEALTH CRISIS



Mental health is a
common cause of
homelessness

Homelessness
makes existing
mental health
conditions worse



CRITICAL CARE GAP

More people need help than there are professional helpers available. Without the proper training, you or others in your organization are likely to...

Not know what to say.	Not know what to do.
Miss the signs of trauma.	Mistake everything for trauma.
Experience burnout.	Experience compassion fatigue.

It doesn't have to be this way...

With Spiritual First Aid, you'll learn practical knowledge and skills that take the guesswork out of helping.

The result...

You can feel more confident in the care you give and have peace of mind knowing you made a difference.

A dark teal clipboard icon with a white circular hole at the top center. The word "TAKEAWAY" is written in orange, uppercase letters on a dark teal rectangular background at the top of the clipboard. The main body of the clipboard is white and contains the text "Together, we can begin to reverse the mental health crisis." in a dark teal font, with "Together" in orange.

TAKEAWAY

Together, we can begin to reverse the mental health crisis.

SPIRITUAL FIRST AID BASICS



GUIDING SCRIPTURE

"May the Lord answer you when you are in distress...May he send you help from the sanctuary and grant you support." (Psalm 20:1-5)

SPIRITUAL FIRST AID DEFINED

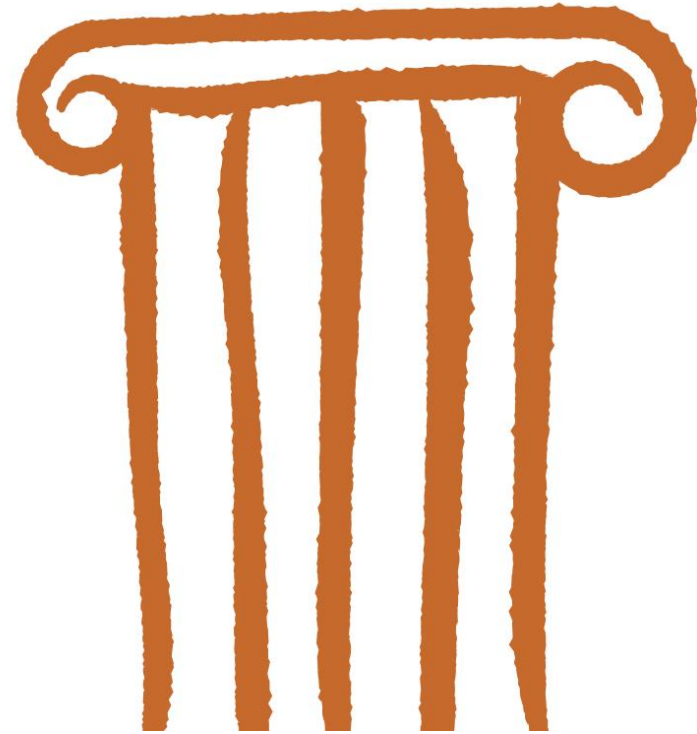
Spiritual First Aid teaches frontline peer-to-peer spiritual and emotional care and trauma-informed best practices using our proven BLESS CPR helping framework.

SPIRITUAL FIRST AID ESSENTIALS

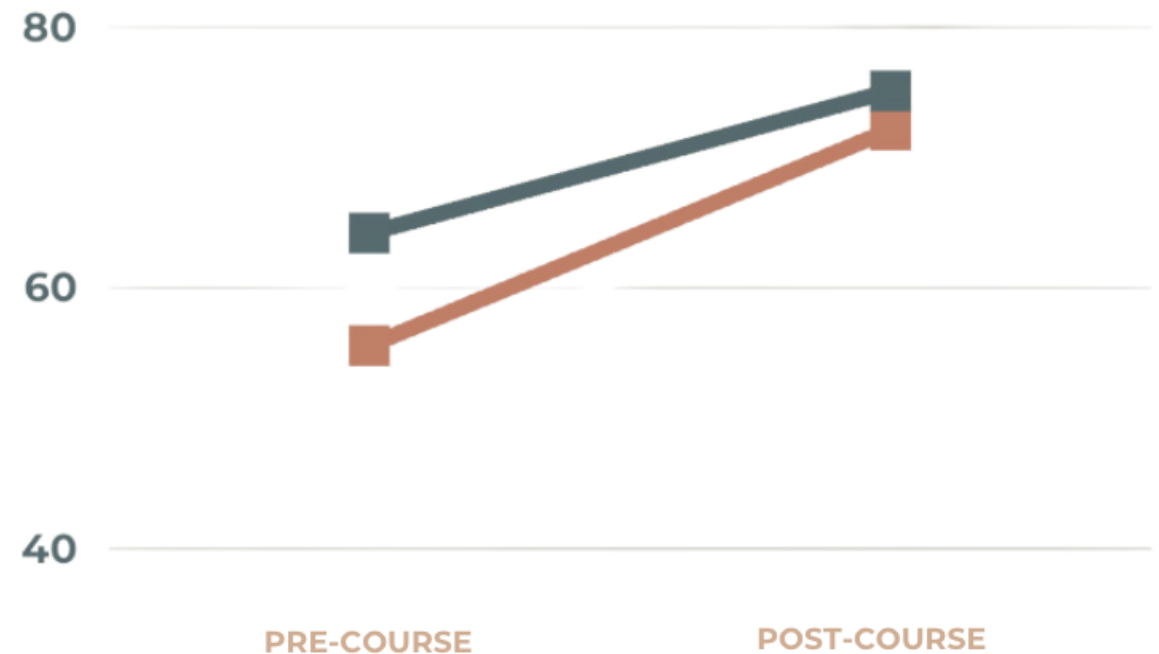
Biblically-informed

Evidence-informed

Trauma-informed



Research led by Georgia State University's Center for the Study of Stress, Trauma, and Resilience shows the course Improves helpers' recognition of and responses to unmet needs, traumas, and safety issues.



■ Participants demonstrated a significant increase in their endorsement of humble and practical responses to a variety of needs.

■ Participants were more likely to choose direct ways of assessing and responding to safety risks (e.g., suicidal thoughts).

FRONTLINE PEER-TO-PEER HELPING SIMPLIFIED



Provides immediate assistance and relief for urgent unmet needs and traumas affecting mental health and overall well-being.

BLESS NEEDS DEFINED



The **five basic needs** our research shows are most likely to cause distress when they go unmet.

Biological needs are physical in nature, such as health concerns.

Livelihood needs are largely socioeconomic, like having a safe place to stay and meeting basic needs.

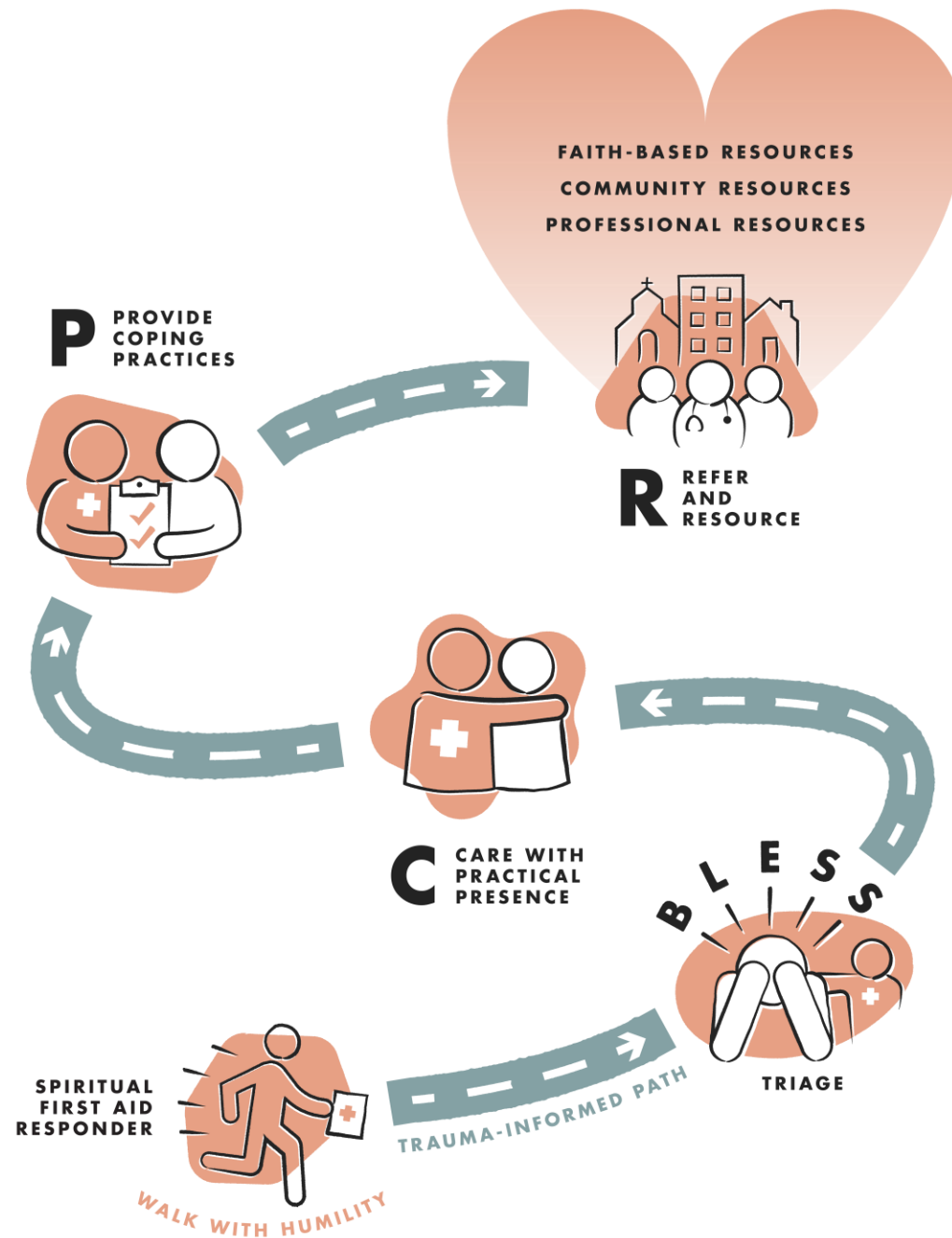
Emotional needs relate to mental health and include our thoughts, feelings, and actions.

Social needs address our connection with others and sense of belonging.

Spiritual needs include our desire to connect with God and find meaning in life.



BLESS CPR is Spiritual First Aid's holistic, step-by-step framework for providing spiritual and emotional care.



WALK WITH HUMILITY

SPIRITUAL
FIRST AID
RESPONDER



WALK WITH HUMILITY

Humility is a virtue that helps you to be more other-focused by having an accurate view of your strengths and weaknesses.

The *spiritual care continuum* helps us decide when, where, and how to use (or not use) spiritual care actions.



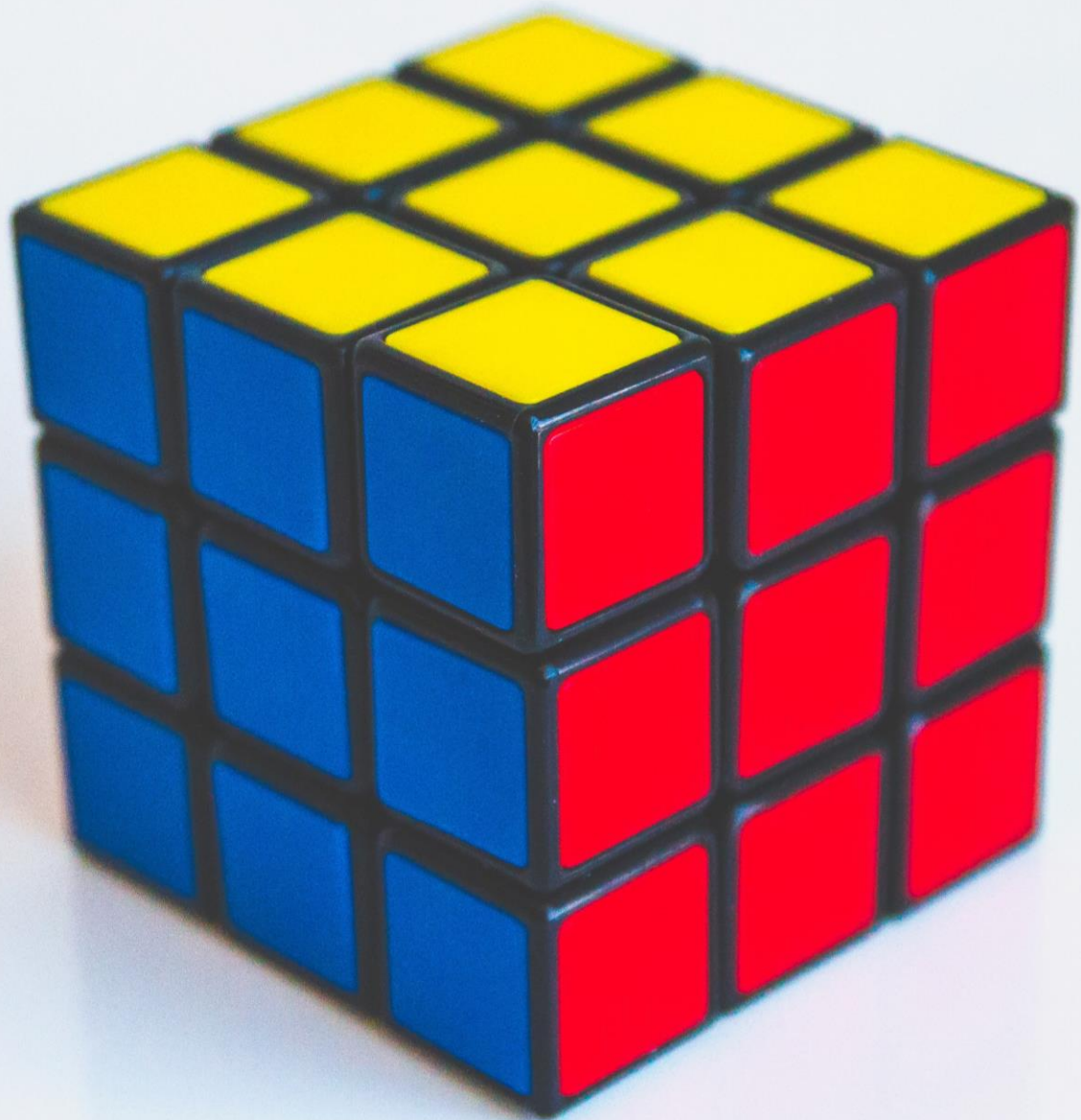
The *trauma-informed path* is the road we walk with others when providing Spiritual First Aid.

Step 1. BLESS triage is a method for quickly sorting helpees' struggles by working with helpees to collaboratively identify their most pressing unmet needs.



TRAUMA-INFORMED PATH

LITY







Step 2. Practical

presence is about being there for others spiritually, emotionally, and physically in tangible ways.



C CARE WITH
PRACTICAL
PRESENCE



Step 3. Coping practices are skills and strategies that helpes can use to endure challenges and hardships.

P PROVIDE COPING PRACTICES



TRAUMA-INFORMED
BEST PRACTICE





ШЛЯХ ДЛЯ
ПОДОЛАННЯ ТРАВМИ

ЗНАЙДІТЬ
НАЙНАГАЛЬНІШУ
ПОТРЕБУ

МІЗ ПОВАГОЮ
ІНІОСТІ



5-4-3-2-1 GROUNDING PRACTICE

(SUBTLE SPIRITUAL CARE APPROACH)

Acknowledge **FIVE** things you see around you.

Acknowledge **FOUR** things you can touch around you.

Acknowledge **THREE** things you hear.

Acknowledge **TWO** things you can smell.

Acknowledge **ONE** thing you can taste.

5-4-3-2-1 BLESS GROUNDING TECHNIQUE

(Obvious Spiritual Care)

Acknowledge **FIVE** ways you've seen God provide for your health (biological needs)

Acknowledge **FOUR** ways you've seen God provide for your daily needs (livelihood needs).

Acknowledge **THREE** ways you've seen God provide for you when you felt overwhelmed (emotional needs).

Acknowledge **TWO** ways you've seen God provide for you through the kindness of others (social needs).

Acknowledge **ONE** way you've seen God provide for you spiritually (spiritual needs).

Step 4. Refer and Resource

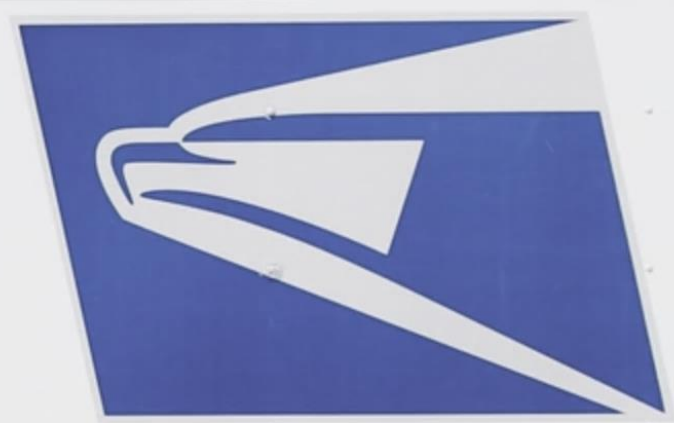
Resources are what people need for optimal functioning.

FAITH-BASED RESOURCES
COMMUNITY RESOURCES
PROFESSIONAL RESOURCES



R REFER
AND
RESOURCE

Referring is the process of directing helpes toward services and resources they need to address unmet BLESS needs and trauma.



www.usps.com



SAFETY PROTOCOL

"SOS" HELPING ACTIONS

Safety issues need to be referred.

Overtures ("red flags") should be directly asked about (e.g., withdrawing, giving away possessions, making threats).

Seek to make a "warm handoff" (i.e., direct referral) when possible.



BLESS CPR CARD TOOL

BLESS Need (my most pressing unmet need):

Coping Practices (ways I can reduce distress):

Practical Presence (who I can turn to for support):

Referrals (additional services and supports where I can get help):

Visit www.spiritualfirstaid.org for additional resources.



**STEP 2. CARE WITH
PRACTICAL PRESENCE
(DEEP DIVE)**



WHAT NOT TO SAY



Don't Cry.



An illustration on a light-colored, crumpled paper background. In the bottom left corner, there are two simple line-art figures of people, each consisting of a circle for a head and a larger circle for a torso. To the right of these figures is a large, hand-drawn speech bubble with a tail pointing towards them. Inside the speech bubble, the text "Don't feel bad." is written in a bold, black, sans-serif font. The speech bubble has two short lines at the top and bottom right corners, suggesting movement or emphasis.

Don't feel bad.



It's God's will.

The image features a light-colored, crumpled paper background. In the bottom-left corner, there are two simple line drawings of people's heads and shoulders, represented by circles. A large, hand-drawn speech bubble with a tail pointing towards the people is positioned on the right side of the image. Inside the speech bubble, the text "I understand." is written in a bold, black, sans-serif font. There are two short, parallel lines above the top-left corner of the speech bubble and two below the bottom-right corner, suggesting motion or emphasis.

I understand.



It could be worse.



You'll get through this.

BUMPER STICKER THEOLOGY ↓

Everything happens
for a reason



Everything happens
for a reason



PRACTICAL PRESENCE TOOL

Stop what you're doing and focus on the situation.

Appreciate and understand the person's state: "I can see you're upset."

Facilitate validation of the person's experience: "It makes sense you feel upset."

Explore resolutions: "How can I help?"

HELPING SCENARIO

It's a typical day at the rescue shelter you lead. You notice Susan, one of your volunteers, who seems shaken by a call she took at the front desk. Before you can check on her, you see her begin talking to John, who recently started coming to your shelter thanks to his friend Mary. Susan and John seem visibly upset, so you walk toward them to see what has happened.

As you near, you overhear Susan saying: "I'm sorry to inform you that Mary was in a serious accident. She is being transferred to Little Company of Mary Hospital intensive care unit."

John turns away and begins staring at the wall motionless, with a glazed look on his face. He leans against the wall as if he is about to faint. He then sinks his head into his hands as he begins to cry.

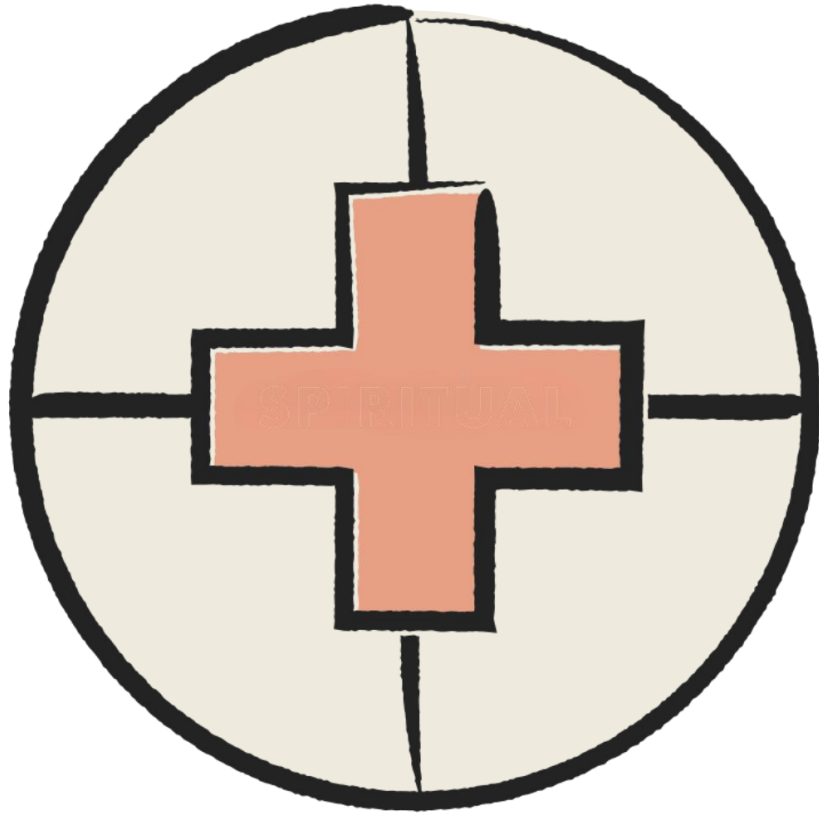
Trying to empathize with John, Susan gently says, "I'm sorry, I understand exactly what you're feeling; the same thing happened to my grandmother. God's will won't always make sense. But the pain goes away; I promise. It could have been so much worse."

John angrily responds to Susan: "You have no idea what I'm going through."

A dark teal clipboard icon with a white circular hole at the top center. The word "TAKEAWAY" is written in orange, uppercase letters on a dark teal rectangular background that is part of the clipboard's top edge.

TAKEAWAY

Your **presence**
says more than
your words.



ACTIONABLE TOOLS YOU CAN USE TO MAKE A DIFFERENCE

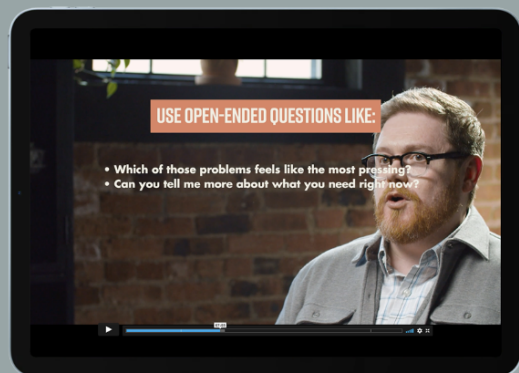


WWW.FIGHTTHEMENTALHEALTHCRISIS.ORG

JOIN THE SPIRITUAL FIRST AID COMMUNITY

Get Free Weekly Resources

We're serious about helping you grow as a Spiritual First Aid Responder. **Join our community of over 40,000 mental health champions already subscribed to our newsletter, and we'll send a FREE resource to your inbox every week.**



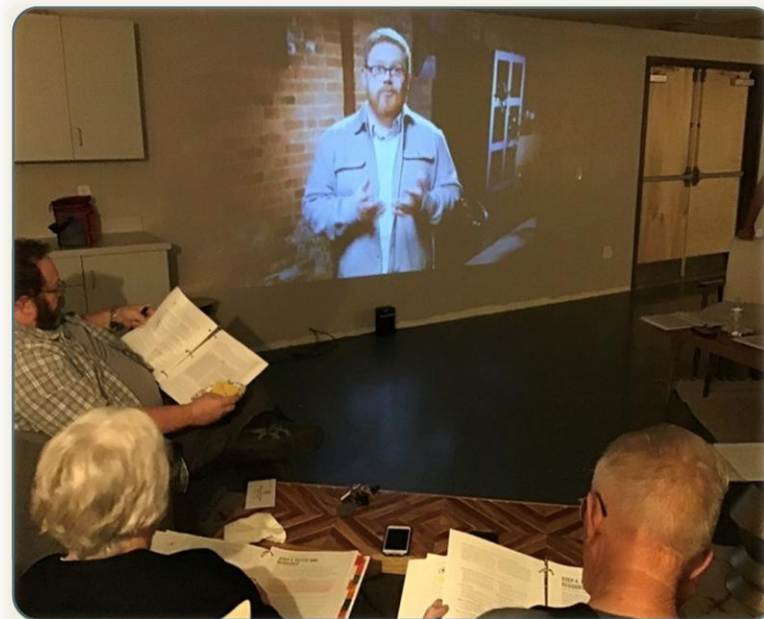
Submit



WWW.SPIRITUALFIRSTAID.ORG



**On-demand
courses**



**Facilitator-led
group courses**



**Trainer-led and
facilitator-led workshop
courses**

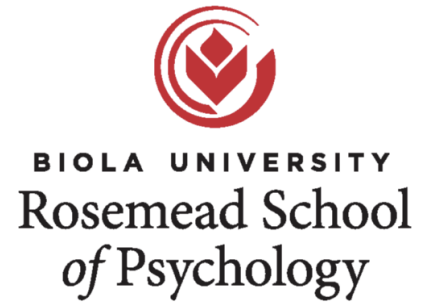
3-STEP CHURCH ENGAGEMENT PLAN



LAMENT TO HOPE



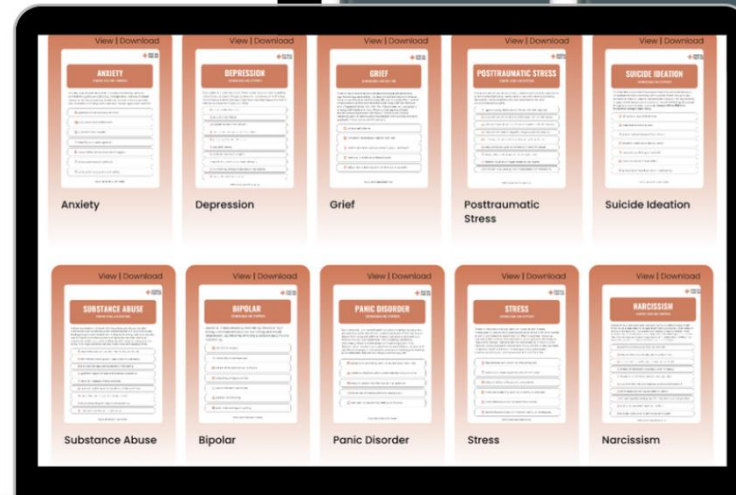
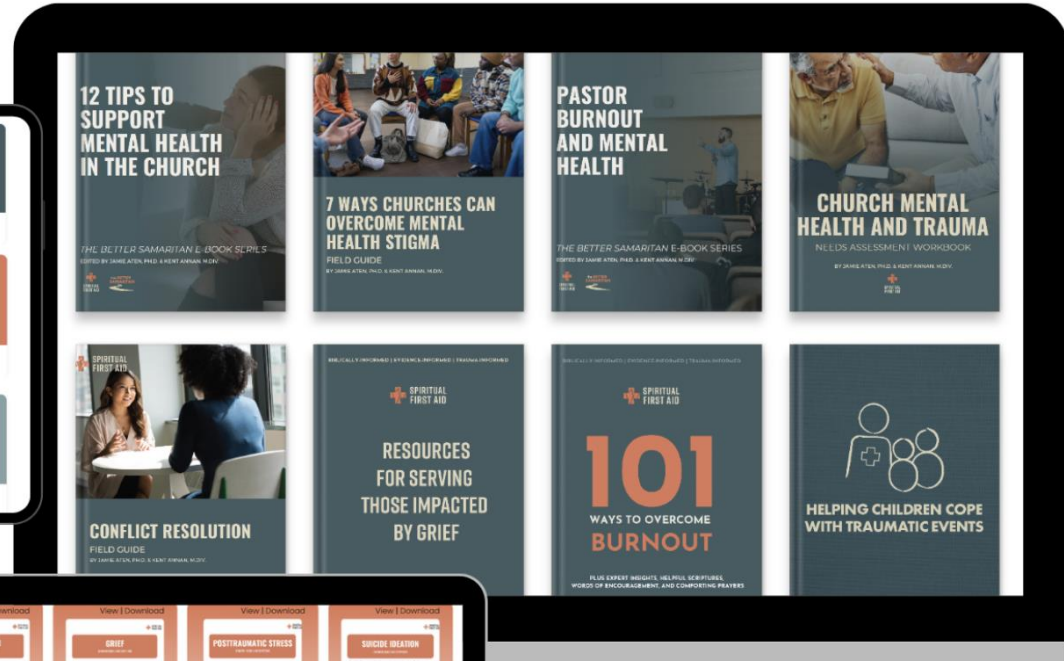
CHURCH MENTAL HEALTH SUMMIT 24



Free Virtual Event October 10, 2024

WWW.CHURCHMENTALHEALTHTOOLKIT.ORG

- ✓ Interactive flip cards
- ✓ Downloadable fact sheets
- ✓ Actionable planning tools
- ✓ Mental health guides
- ✓ Expert interviews
- ✓ Proven church strategies



A dark teal clipboard icon with a white circular hole at the top center. The text is centered on the white surface of the clipboard.

**OVERALL
TAKEAWAY**

Mental health is complex. **Helping doesn't have to be.**

CLOSING REFLECTIONS

**How can you
envision using
Spiritual First Aid?**

WWW.SPIRITUALFIRSTAID.ORG

INFO@SPIRITUALFIRSTAID.ORG

WWW.FIGHTTHEMENTALHEALTHCRISIS.ORG

WWW.CHURCHMENTALHEALTHTOOLKIT.ORG

