

# You are Beautiful and Complex. Tell us about YOU—

## DBUCC WISE Survey

1. Throughout your life you have learned many ways to cope with challenges. What are the skills, comforts, and remedies you have relied up on to help you through times of difficulty, pain, and stress? Check all that apply:

- Prayer/meditation
- Walking/physical exercise
- Talking to a trusted friend/pastor/family member
- Spending time in Nature
- Crafting/reading/hobbies
- Helping Others
- Seeking Professional Help/Medication
- Self-help reading/exercises/research
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_

2. What are feelings that come on a regular basis, are difficult to experience, and that you wish you had community support for managing? Please rank your choices with a 1 by your highest priority, a 2 by your next priority, etc.

- Anxiety
- Grief
- Depression
- Stress/Feeling Overwhelmed
- Insecurity/Low Self-Esteem
- Anger/Impulse Control
- Loneliness
- Suicidal Thoughts
- Cravings
- Fear
- Compassion Fatigue
- Guilt/Shame

\_\_\_\_\_ Other: \_\_\_\_\_

\_\_\_\_\_ Other: \_\_\_\_\_

3. Keeping your priorities from the last question front and center, what programs and ways of being present, can you imagine our faith community offering that could help with the challenges you and our community experience? Please rank your choices with a 1 as your highest wish for us to implement, a 2 for your next priority, etc.

\_\_\_\_\_ Parent Support, such as group support for struggling parents, information sharing, etc. If so, for what age range? Circle one: 0-8 9-12 13-18

\_\_\_\_\_ Parents and Their Adult Children

\_\_\_\_\_ Teen Programs

\_\_\_\_\_ Grief

\_\_\_\_\_ Caregiver Support

\_\_\_\_\_ Suicide Intervention

\_\_\_\_\_ Big Issue Anxiety Support (state of nation, world, planet)

\_\_\_\_\_ LGBTQIA+

\_\_\_\_\_ Relationship Struggles

\_\_\_\_\_ Men's Support

\_\_\_\_\_ Women's Support

\_\_\_\_\_ Addiction

\_\_\_\_\_ End of Life Issues

\_\_\_\_\_ Living with Disabilities

\_\_\_\_\_ Loss of Pet

\_\_\_\_\_ Connecting Spirituality to our Mental Health Struggles

\_\_\_\_\_ Other: \_\_\_\_\_

\_\_\_\_\_ Other: \_\_\_\_\_

4. In the same way, what Activities and Education would you like to see our Church develop to address the mental health issues you identify?

\_\_\_\_\_ Support Groups

\_\_\_\_\_ Meditation.

\_\_\_\_\_ Speakers on Mental Health Topics

\_\_\_\_\_ Nature Immersion –nature walks, retreats, forest bathing

\_\_\_\_\_ Laughter Yoga

\_\_\_\_\_ Intentional Friendship Get Togethers (lunches/movies/walks)

\_\_\_\_\_ Mental Health First Aid Training

\_\_\_\_\_ Half-day Seminars on Selected Topics

\_\_\_\_\_ A Library of Referral and Reference Material

\_\_\_\_\_ Other: \_\_\_\_\_

\_\_\_\_\_ Other: \_\_\_\_\_

5. Looking at our surrounding community of Diamond Bar, what do you see as current mental health issues and how do you envision DBUCC reaching out and impacting the need?

\_\_\_\_\_ Student support for the nearby high school (peer pressure, grade and college stress, loneliness)

\_\_\_\_\_ Cultural isolation/depression (seeking out individuals in our neighborhoods who have left their home country, struggle to adjust in their new community.

\_\_\_\_\_ Gaming and Media Addiction

\_\_\_\_\_ Increase in racial, homophobic and other divisional/hate mongering tensions

\_\_\_\_\_ Other: \_\_\_\_\_

\_\_\_\_\_ Other: \_\_\_\_\_

6. We seek to enter into an engaged, supportive, active ministry with those who struggle with mental health issues. We seek to embrace our faith partners and our neighbors in community and love. To be successful we must have many of us participating in a heart-felt giving of time and talent.

What activity would you be willing to undertake either as a leader or a support person as we delve deeply into our calling to become WISE around mental health?

\_\_\_\_\_ Co-lead a peer-to-peer support group on a topic that is important to me.

\_\_\_\_\_ Be a mentor, a support person to someone struggle with a mental health issue.

\_\_\_\_\_ Collect and organize mental health resources.

\_\_\_\_\_ Help to organize events/seminars for mental health awareness.

\_\_\_\_\_ Share your own mental health journey

\_\_\_\_\_ Other: \_\_\_\_\_

Thank you for completing this survey. While the survey is anonymous, your voice matters very much, because through this we can develop a program that targets the issues that matter most to you and our church. This required you to think about your feelings and the struggles of people close to you. Please know that we are together, that you are not alone—with any of the feelings that you have identified. We as a family will be there for each other. At the same time, do not hesitate to seek professional help if you find your feelings are overwhelming. It is always okay to ask for help.

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