

Dear DBUCC Partner:

DBUCC is beginning an exciting journey in which we as a church family seek to become informed advocates for individuals struggling with mental health challenges.

In doing so we will become part of a national effort by the UCC to choose to become **WISE**. This acronym means we are **Welcoming, Inclusive, Supportive, and Engaged** around issues of mental illness.

How we do this is up to us. We will decide what our own WISE journey will look like, in unique and personal ways that are right for our congregation and surrounding community.

This is where YOU come in.

Your input is vital to our getting this right. This must be a process that serves ALL of us right where we are, including the good, the bad, the ugly!

We have created an anonymous survey you are invited to take.

It is a living, evolving document. We realize that what is true now may not be true or necessary six months from now, but this gives us a place to start. Also, we are a small church already immersed in many vital ministries, and our ability to tackle all the needs revealed in this survey is likely to be beyond our capacity, at least in the short-term. But just because the task is overwhelming, we have NEVER shied away from moving into the places of pain, heartache, and need, and we're not about to start now!

A couple more thoughts: If the categories given do not fit your needs, please give us your own thoughts in the spaces provided. This is meant to be truly a reflection of your own perception of the mental health challenges we face. Do not try to fit your ideas into statements that don't work for you.

You may answer according to your own personal need as well as what you perceive to be the needs of the congregation based on your experience with it.

With each checkmark or contribution you make, we ask that you rate it in importance against the other needs you have checked. This will help us determine priorities.

Thank you for taking this survey.

Vicki Hoffner
MHN Board Member

Rev. Dr. Jeanne Favreau-Sorvillo
Pastor, Diamond Bar UCC

Let's Be WISE Survey

1. What are feelings and states that are so distressing you wish you had community support and help for ways to cope? Please rank your choices by putting a Number 1 by your highest priority, a 2 by your next priority, and so forth.

- _____ General Anxiety
- _____ Grief
- _____ Depression
- _____ Stress/Overwhelmed
- _____ Insecurity, Low Self-Esteem
- _____ Anger, Impulse Control
- _____ Loneliness
- _____ Suicidal Thoughts
- _____ Fear
- _____ Isolation
- _____ Compassion Fatigue
- _____ Social Anxiety
- _____ Guilt and Shame
- _____ Other: _____
- _____ Other: _____

2. Following on the feelings you identified in Question 1, what topics would you like us to address? Please rank your choices. Put a Number 1 by your highest priority, a 2 by your next highest, and so forth.

- _____ Parent Support. *If so, circle what age range:*
0-8 / 9-12 / 13-18
- _____ Parents and their Adult Children
- _____ Teens in Crisis
- _____ Occupational Struggles
- _____ Chronic Pain and/or Illness

Let's Be WISE Survey

- _____ Grief
- _____ Caregiver Support
- _____ Suicide Intervention
- _____ Big Issue Anxiety (state of nation, world, planetary crisis)
- _____ Financial Stress
- _____ LGBTQ Issues. *If so, what specifically, i.e: coming out, identity acceptance in a world that doesn't get it, other:* _____
- _____ Relationship Struggles
- _____ Men's Support
- _____ Women's Support
- _____ Teen Support
- _____ Addiction Support
- _____ End of Life Issues (*We already have a very successful Aging Group. But perhaps there are critical needs at the more extreme end of the aging spectrum*)
- _____ Living with Disabilities
- _____ Finding Meaning in the midst of Despair
- _____ Loss of Pet Support
- _____ Domestic Violence Support
- _____ Adjusting to Life after Prison Release
- _____ Other: _____
- _____ Other: _____

Let's Be WISE Survey

3. What activities would you like to see our church develop to address the mental health challenges we identify?

- Support groups
- Meditation
- Talks by targeted professionals
- Nature immersion—nature walks, retreats, forest bathing
- Laughter Yoga
- One to One Mentoring
- Seminars on Selected Topics
- A Library of Referral and Reference Material
- Other: _____
- Other: _____

4. What do you see as mental health needs of Diamond Bar that our church may wish to impact as part of our commitment to becoming WISE?

- Student support (*Workshops on peer pressure, drug use, vaping, suicide ideation, etc. targeting the high school students right around the corner from our property*)
- Cultural isolation/depression/despair (*Seeking out individuals in our neighborhoods isolated because of immigration from home country and drawing them into community, accessing resources for them*)
- Gaming and Media Addiction
- Other: _____

Let's Be WISE Survey

5. **We are a church, not a mental health facility. We cannot undertake primary treatment or counseling for any mental health struggle. But in a supportive role, we can seek to embrace our sisters and brothers and ourselves in community and love. This will take many of us volunteering our time and effort. We do not need training, other than what we may seek as our mission to provide the best support we can. But we must have big hearts, patience, tolerance, and a spirit of follow-through.**

If this ministry speaks to you, what sort of volunteer effort would you be willing to undertake in our commitment to become WISE?

- _____ Co-lead a peer-to-peer support group on a topic that is important to me.
- _____ Be a mentor, a support person to someone struggling with a mental health issue.
- _____ Collect and organize mental health resources.
- _____ Contact mental health professionals to request their participation in seminars.
- _____ Be a member of the committee to develop the WISE covenant and action steps that will be submitted to the church for a vote and ultimately sent to the MHN Board of the UCC. *If you want to be on this committee, please contact the church office soon to express your interest.*
- _____ Other: _____

Thank you for completing this survey. Even though it is anonymous it required you to think about your feelings and the struggles of people close to you. This is so helpful as we work to address the mental health needs of the congregation. Please know that we are together, that you are not alone—with any of the feelings 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.

Vicki Hoffner
MHN Board Member

Rev. Dr. Jeanne Favreau-Sorvillo
Pastor, Diamond Bar UCC