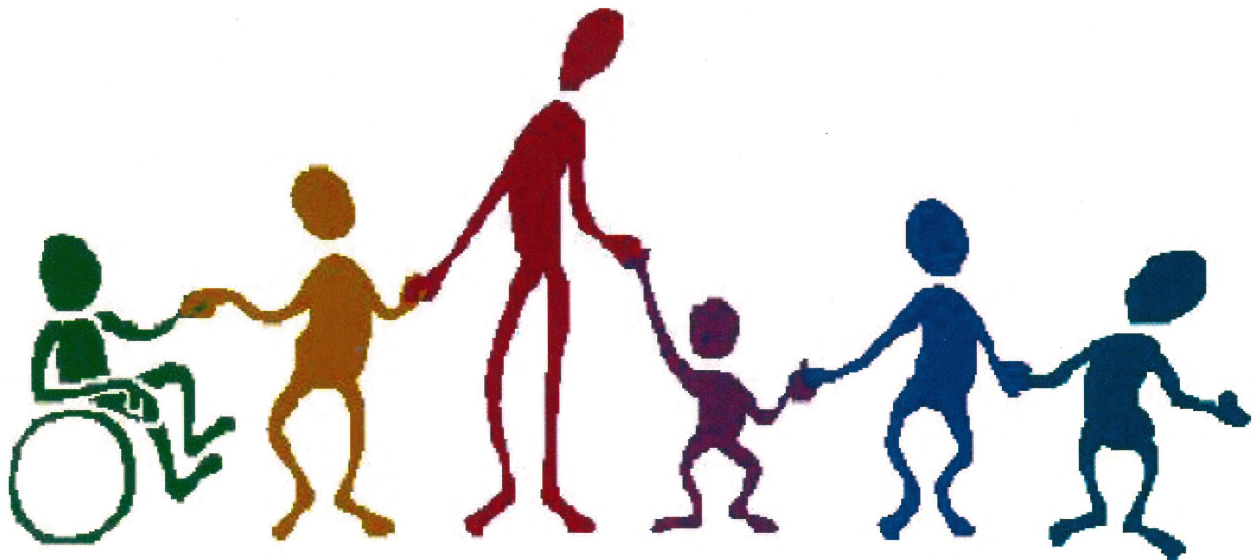


# S.A.F.E.

## Spirituality and Faith Empowers

### TRAINING PROGRAM AND HANDBOOK

A Guide For Mental Health Providers and Faith Leaders



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*Available August 1, 2015*

## **S.A.F.E. Training Program**

**S.A.F.E.**, an acronym for **Spirituality and Faith Empowers**, is a 3-Day (18 Hrs) cultural competency training program that was designed to equip mental health providers with the tools to (1) become knowledgeable about the role of spirituality and faith in the lives of the children, youth, adults, and families they serve; (2) identify and eliminate the barriers that prevent providers from including spirituality and faith in the delivery of services to consumers/clients of faith; (3) learn culturally responsive strategies for assessing and including spirituality in services; and (4) become equipped to engage and collaborate with the faith community in a meaningful way to effectively meet the needs of those within communities of faith.

**S.A.F.E.** also helps the faith community to (1) become knowledgeable about its role in addressing the mental, physical, and social needs of its diverse community members; (2) identify and eliminate the barriers that prevent communities of faith from assessing mental health services; (4) develop strategies for reducing stigma; (5) learn culturally responsive strategies for working with diverse community members within their respective communities of faith; and (6) become equipped to engage and collaborate with system of care professionals in the delivery of services to their various community members.

By the end of the **S.A.F.E. Training Program**, participants will meet the following learning objectives

1. Become more knowledgeable about key terms, such as: spirituality, religion, and faith, and to know what distinguishes these terms from one another.
2. Identify some of the values and beliefs of the major religions and how knowledge of those beliefs can be helpful in the delivery of services to diverse faith community members.
3. Learn strategies for reducing stigma in communities of faith.
4. Become familiar with the rationale for the inclusion of spirituality in the delivery of services.
5. Become knowledgeable about strategies for assessing the need and desire for the inclusion of spirituality and faith in services provided by systems of care.
6. Become better equipped to integrate spirituality and faith in the delivery of services.
7. Become knowledgeable about strategies for engaging the faith community in the service delivery to communities of faith.
8. Become equipped to work in collaboration with systems of care to improve the mental, physical, spiritual, and social needs of diverse faith communities.
9. Become more culturally responsive in meeting the mental, physical, spiritual, and social needs of diverse faith communities.

The **S.A.F.E. Training Program** is appropriate for mental health professionals, case managers, physicians, law enforcement, juvenile justice professionals, educators, faith leaders, and community members.

## **S.A.F.E. TRAINING HANDBOOK**

The **S.A.F.E. Training Handbook** serves as a guide to help both system of care providers and faith leaders to reach the objectives that have been listed above. This informative guide will provide the rationale for the inclusion of spirituality and faith in recovery based on the current research. The barriers for the inclusion of spirituality and faith will be explored from the perspectives of system of care, faith communities, and consumers and their families. The **S.A.F.E. Training Handbook** will provide the basic tenets of a wide variety of religious and spiritual beliefs as well as strategies for care providers and faith leaders to consider when there is the need to integrate spirituality and faith in the delivery of services of people of faith. Best practices will be discussed for integrating spirituality and faith, as well as a variety of assessment tools. The **S.A.F.E. Training Handbook** will provide a sample agenda for the **S.A.F.E. Training Program**, Sample Discussion Group Questions, Spirituality Assessments, Sample Vignettes, Pre and Post Assessments, and Evaluations.

**For Info about S.A.F.E. Training Program and S.A.F.E. Training Handbook, please contact:  
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