



## Mental Illness Awareness Week 2020

*"Whoever suffers from mental illness 'always' bears God's image and likeness in himself, as does every human being. In addition, he 'always' has the inalienable right not only to be considered as an image of God and therefore as a person, but also to be treated as such."*

*Saint Pope John Paul II*

Peer pressure, academic stress, uncertainty about their future, parental pressure and technology are just some of the more common causes of stress and pressure on young people today. Now add the effects that Covid-19 is having on our lives, and it's little wonder why 1 in 5 teens experience some form of Mental Illness. It is for this reason that the Diocese of Davenport Office of Faith Formation will be providing parishes and schools with resources to observe MIAW 2020 as well as Live-Virtual Events with expert presenters on the topic of mental illness and ministry with young people.



Roy Petitfils

Roy Petitfils is an internationally recognized expert in understanding and raising teenagers. While he resides in Lafayette, Louisiana where he works as a therapist at Pax Renewal Center, he is an internationally sought after speaker who uses humor, passion, clinical and life experience to help adults connect with teens and teens to know, understand and love themselves. Roy holds a Masters in Mental Health and School Counseling from the University of Louisiana, Lafayette. Roy is an award winning author with several accomplished books concentrating on teenagers.

## Our Presenters



Sean Robinson

Sean Robinson has worked in the Diocese of Columbus Office of Youth and Young Adult Ministry for over eleven years. During that time he helped to coordinate diocesan-wide summits to address the opioid epidemic, trauma-informed pastoral care in parishes and schools, and suicide prevention/intervention/post-vention. Sean has also chaired the NFCYM Youth on the Margins Project Team in the development of *Restoring Mercy and Hope to All Young People; A Process for Developing a Comprehensive Pastoral Plan*.

# Event Details

## HELPING HURTING TEENS

**Tuesday, October 6<sup>th</sup>**  
**10-11:30AM for Clergy/Ministry Leaders\***  
**7-8:15 PM for Parents & Adults**

Anxiety, depression, self-injury, sexual orientation, suicidal ideation. These are just a few things ministers, catechists, teachers, parents and others involved in the lives of today's teens face. It can be daunting to help teens who are dealing with these issues. Many adults think "I'm not a psychologist...How can I help these teens?" While there are limits to what non mental health professionals can do, there is much more you can do than you probably think. You'll leave this session with a better understanding of these issues and with a clearer understanding of the critical role you can play in pastorally caring for today's hurting teens.

## CAUGHT BETWEEN THE ROCK AND THE HARD PLACE: WELLNESS 101

**Wednesday, October 7<sup>th</sup>**  
**10-11:30 AM for Clergy/Ministry Leaders\***  
**7-8:15 PM for Parents, Adults & Teens**

It's no secret that life is demanding and if we're not careful, we can lose our mental, physical and emotional health in the process. That is not God's will for us nor ministry. In this workshop you'll learn processes and gain tools for greater self-awareness, more effective boundary setting, personal psychological hygiene, develop better professional and personal relational habits as well as explicit spiritual and religious tools that support them all.

## DEVELOPING A PASTORAL RESPONSE PLAN

**Friday, October 9<sup>th</sup>**  
**10-11:30AM: Clergy/Ministry Leaders\***

How does a parish or school respond to the signs of mental illness? This workshop will explore the key considerations and resources for developing a pastoral response plan built around a team approach that includes: 1) Fostering Well-Being. 2) Prevention & Awareness. 3) Intervention, Response and Referral. 4) Post-vention & grief support. 5) Self Care Plans.

*\* Pre-Registration required. Register at [www.davenportdiocese.org/miawregistration](http://www.davenportdiocese.org/miawregistration).*



Evening Programs Live-Streamed at Diocese of Davenport Facebook Page  
Daytime Programs conducted on Zoom