

**The Meros Center**  
**Certificate of Community Health Ministry**

Community Health Ministry 012: Mental Health Ministry  
Wisconsin Lutheran College  
Milwaukee, Wisconsin  
Lecturer: Jason Jonker MS  
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**Catalog Description**

CHM-012 Mental Health Ministry

This course focuses on Christian ministry around the issues of mental health and illness. It covers the scope of mental illness and explores how the church can be salt and light in a world of increasing despair and anxiety. Learners will be exposed to techniques that help individuals make lifestyle choices that improve mental health, and explore a law and gospel approach to addiction.

**Required Texts**

All readings are included in CANVAS

**Course Content & Requirements**

This self-study course consists of six instructional modules. All course content is located in Canvas and access to Canvas is required for completion of the course and overall certificate program. Tutorial videos on how to find your way in Canvas can be found at: <https://community.canvaslms.com/t5/Video-Guide/tkb-p/videos#student-videos>. For additional assistance please email Training@meroscenter.org.

**Videos, Readings, Quizzes**

This course consists of 6 modules of content, which include two videos, readings, and a quiz. There is also an introductory video for the course. For each module, please read the assigned readings, watch the videos, and take the quiz to show your mastery of the content.

## Overview

Module	Video Lesson Titles	Readings/Videos
Module 1	Christianity and Mental Illness  Types of Mental Illness, Warning Signs, Prevalence & Incidence	Ethiopian Infanticide Religion is a Miracle Drug  Common Types of Mental Illness Warning Signs of Mental Illness Prevalence and Incidence
Module 2	Risk and Protective Factors  Introduction to Motivational Interviewing	Risk and Protective Factors (SAMHSA) Risk and Protective Factors (Alaska) How Genetics and Environment Interact  Spirit of Motivational Interviewing Spirit of Motivational Interviewing Verses Roadblocks to Listening
Module 3	Deaths of Despair  Motivational Interviewing OARS	Deaths of Despair, pages 1-10  OARS Framework Am I Doing This Right
Module 4	The Meaning Crisis  Ambivalence and Change Talk	Frequent Church Goers Have Better Mental Health  Ambivalence and Change Talk
Module 5	Opportunities to Serve  Sharing Input and Resources	Developmental Relationships  Elicit Provide Elicit EPE and Drinking Examples EPE 5-Step Process
Module 6	Context of Resilient Recovery  Inside a Resilient Meeting	Sample Resilient Lessons (optional)

## Additional Content

Additional resources (article and video) are provided that discuss potential harms that could be experienced from mental health therapy.

You are also welcome to explore additional videos from Resilient Recovery Ministries, which are located at: <http://www.youtube.com/@resilientrecoveryministries>

## Course Completion

In order to receive acknowledgment of successfully completing the course, you must achieve at least a 70% mark on each of the six module-based assessments as well as at least an 80% mark on the final assessment. You may repeat these assessments as many times as necessary to pass.

Students will have access to the course for one year and must complete all course requirements within that timeframe.

**All course content was developed by:**

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