

Temple Isaiah Mental Health Initiative (Lexington, Massachusetts)—2012-2016

“Conversation” Programs—speakers mostly Temple members; open to congregation and friends only

“Coping with Stress, Worry, and Anxiety”

“Dealing with Life’s Traumas”

“Resilience of the Soul”

“Distinguishing Sadness, Grief, and Depression – What We Need to Know for Healthy Coping”

In planning—showing film “Pack Up Your Sorrows; presentation on the opioid crisis with Maggie Giles

Larger Programs open to and publicized in Greater Boston community

“A Community Dialogue About Mental Health”—featuring Kitty Dukakis and former governor Michael Dukakis with a panel of Temple Isaiah congregants

“Living Well with Mental Health Challenges: Recovery and Resiliency”—two speakers both with personal lived experience with mental illness, one a successful community psychiatrist and the other director of a consulting service focused on successful transition from medical model of “behavioral health services” to “recovery-based”

“Getting Rid of the Stigma of Mental Illness”—with director of Boston University Center for Psychiatric Rehabilitation

“Bridgewater State Hospital: Keeping A Commitment to Much Needed Change”—hosting and co-sponsoring a panel discussion organized by NAMI Central Middlesex

“The Many Faces of Addiction: What We Should Know”—speakers included director of the Substance Abuse Consultation Service at McLean Hospital, a social worker who leads family support groups, and a person with lived experience of addiction recovery

“Caring for Someone with Dementia” (in collaboration with Temple’s Navigating the Challenges of Aging Committee)—speakers included a rabbi who is a hospice chaplain, a neurologist, and a woman telling her story as the wife of someone with Alzheimer’s

In planning—“Body Image and Eating Disorders”

Other programs or activities within the congregation

Mental health feedback meeting—attendees of house meetings invited for follow-up discussion

Presentation to Temple Isaiah Board—What is stigma? What kinds of stigma are there? Why stigma? What are the effects of stigma? What does research show may be ways to fight stigma? What does all this have to do with us in Temple Isaiah? Do we know what to do in situations?

“Feeling Comfortable in ‘Uncomfortable’ Situations”—training session for Bikur Cholim volunteers

Training session for facilitators of small-group discussions at our programs

Presentations outside of congregation

At local church; at Union for Reform Judaism Biennial; at Limmud Boston