

What is Mental Health First Aid (MHFA)?

You are more likely to encounter someone—friend, family member, or neighbor—in an emotional crisis than someone having a heart attack. Just as CPR teaches you how to respond to someone in a medical crisis, MHFA prepares participants to assist someone experiencing a mental health crisis. You will learn situational skills to intervene and help someone experiencing a mental health problem. You will learn:

- Signs and symptoms of mental illness
- Risk and safety assessment
- Intervention strategies

Mental Health First Aid is an 8-hour course that teaches you how to help someone who may be experiencing a mental health or substance use challenge. The training helps you identify, understand and respond to signs of addictions and mental illnesses.

Get involved and make a difference. Register for the course offered at HOPE UCC.

To register visit: <https://hopeuceventbrite.com>

\$20 Material fee payable at the door (Checks made payable to Linden Oaks Behavioral Health)

Continuing education units are available for \$50. 8.0 CEUs for: LCPC/LPC, LCSW/LSW, LMFT, CPDU, RN, and Psychologist.

Monday, June 4th, 6:30-8:30pm, Wednesday, June 6th, 6:30-8:30pm
Monday, June 11th, 6:30-8:30pm, Wednesday, June 13th, 6:30-8:30pm
All 4 sessions must be attended for certification/CEU's

HOPE United Church of Christ
1701 Quincy Ave., Suite 27, Naperville, IL 60540.
Office: 630.922.0470

Tell a friend about Mental Health First Aid and encourage them to get trained with you!

Because we can all be more aware and more informed.

Let's make Mental Health First Aid as common as CPR!

Marie Higgins

HOPE UCC Education Ministry Chair



News & Notes



Movie Night @ HOPE UCC

Ladies and gentlemen, children of almost all ages, join us **Friday, May 11** for a fantastic movie night. "The Greatest Showman" (Rated PG) will begin at 7:00 p.m. Bring a comfy chair, something to drink and your imagination. We will supply the popcorn. No cost, no kidding!

Please Help to Keep HOPE UCC Clean

Would you please help us all to make HOPE fit for guests by volunteering to clean HOPE once or twice or more (or even get into the rotation and clean about every 6 – 8 weeks)? It only takes about an hour if you have a partner and is usually done between Thursday and Saturday, so it looks nice for Sunday morning. There are many flexible ways of doing it.

You can:

- Do it as a couple or small group.
- Find a partner and either do it at the same time or divide the chores and clean based on your personal schedule. It only needs to be done by Sunday morning, so HOPE looks nice for all of us, our guests, and anyone coming to visit looking for a church.
- Get your family together, pick a date (or dates) and do it!
- Do it as an individual as your schedule allows.
- Any combination of these or others we haven't thought of!!

Cleaning consists of vacuuming, disinfecting the bathrooms and kitchen area, wiping tables, taking out the garbage and recycling and generally fixing any messes you might see.

We will provide a mentor to get you started, a simple outline of what needs to be done, show you where the cleaners and cleaning equipment are stored, and a key to get in the door so you can clean at your convenience. Also, if you can't make an assigned week, one of the other teams will trade with you so you have flexibility in scheduling.

If you would be willing to help, please contact me at pndempsey@aol.com, Home: 630 357 5434, or Cell: 630 235 3042.

Thank you in advance!

Nick Dempsey

Resource and Operations Committee



Sharing Joys & Concerns

Please keep these people & events in your prayers:

- † Pray for the family and friends of Bonnie W., who passed away from a five-month battle with cancer. (Jeanne)
- † Let us pray for friends who have been struggling in their relationship and have recently separated. (Shannon)
- † Please pray for Thomas, my dad, as he continues to struggle with life and everything it offers – good and bad. (Courtney)
- † Prayers needed for Vicke P., who is in ICU with heart and breathing issues. (Jeanne)
- † Pray for Chris' cousin, Adam, who is battling cancer. He has accrued enormous debt and has had to leave his job due to his illness. Please pray for him and his family to get through this difficult time. (Jolene)
- † Let us pray for cousin Marijo W. Her health insurance situation is almost resolved, and she will be starting her treatment soon. We pray the treatment is effective and pray Marijo has strength and courage to get through this. (Jolene)
- † Pray for continued healing and a good health outcome for Jackie T. (Sally B.)
- ☺ Praise! Rhys will be one year old this Thursday! He is healthy, happy, and making amazing progress! Happy Birthday, Rhys!
- ☺ Thanksgiving that Jackie is back here at HOPE UCC today!



Celebrating Birthdays

05/10 Rhys David – **Happy 1st Birthday!**
05/17 Ava Manderino

If we've missed your birthday, please email
HOPE's Office Manager at
HOPE@shareHOPE.org.

HOPE LIBRARY

You may reserve items (books, videos or tapes) by calling HOPE's Office Manager at (630-922-0470) during office hours; by checking them out at HOPE UCC any time it is open; or by calling **Les & Jackie Pierce**, HOPE Librarians, at (630) 369-0485.

HOPE'S Leadership

Pastor	Lucas King
Moderator	Mike Manderino
Des. Moderator	Erin Cooley
Past Moderator	Becky McCabe
Treasurer	Les Pierce
Secretary	Julie Hapke
Registrar	Jane Trotta
Community Life	Shannon Lane
Education	Marie Higgins
Pastor-Parish	Tim Higgins/Jay Hruska
Marketing & Communications	Jenn Revoldt
Missions	Jolene Fiscella
Resource & Operations	Nick Dempsey
Worship	Mary Kroening
Librarians	Les & Jackie Pierce
Photo Archive	Anna Ahonen
Webmaster	Jenn Revoldt

Quest

ADULT QUEST – 9 a.m. @ HOPE UCC

"Come join us as we explore a variety of topics that impact our lives.
Bring some ideas that you would like to discuss."

~ Les Pierce - Adult Quest Facilitator

KID'S QUEST – Sundays during Worship

HOPE United Church of Christ

1701 Quincy Avenue, Suite 27
Naperville, IL 60540-6684

The Reverend Lucas King

Pastor Lucas' Cell – 720-378-2858
Pastor Lucas' Email – pastor@sharehope.org

Office Phone – 630-922-0470
Office Email – hope@sharehope.org
Website – www.sharehope.org

Office Hours:



Tuesday - Thursday - 9 a.m. to 2 p.m.

**Deadline for additions or corrections to the next issue of
HOPE Happenings is May 16, by 2 p.m.**

Announcements for Sunday due by Wednesday of each week.

Thanks!

UPCOMING EVENTS @ HOPE UCC

<p>May 9, Wednesday</p> 	<p>PADS Dinner @ First Congregational UCC, Naperville (Please see article for more information.)</p>
<p>May 11, Friday</p> 	<p>Movie Night @ HOPE UCC (7 p.m.) Join us for a fantastic movie night. "The Greatest Showman" (Rated PG) will begin at 7:00 p.m. Bring a comfy chair, something to drink and your imagination. We will supply the popcorn. No cost, no kidding!</p>
<p>May 13, Sunday</p> 	<p>Rainbow Faith @ HOPE UCC (1-3 p.m.) HOPE's ministry to support those in the LGBTQ+ community who are looking for a place to wonder and explore their faith. Find out more at: www.meetup.com/Rainbow-Faith-LGBTQ-Christians/ If you have questions, would like to participate or support this ministry, please contact Pastor Lucas.</p>
<p>May 15, Tuesday</p> 	<p>Evening Explore Your Faith (7 p.m.) Meets at Hruska's residence, Naperville, on the first and third Tuesday of each month.</p>
<p>May 16, Wednesday</p> 	<p>Explore Your Faith Breakfast (7:30 a.m.) Meets at Quincy's Restaurant, 1112 E. Ogden Avenue, Naperville.</p>
<p>May 17, Thursday</p> 	<p>Women Out to Lunch (Noon) Join the women of HOPE on the third Thursday of each month. Lively conversation, great food & warm fellowship is waiting for you at Giordano's Restaurant at 119 S. Main Street, in downtown Naperville. Parking is available in the lot across from the restaurant or the Van Buren Parking Building.</p>
<p>May 20, Sunday</p> 	<p>Strengthen the Church Special UCC Offering (During Worship)</p>
<p>May 20, Sunday</p> 	<p>The Landing (Youth Ministry) @ HOPE UCC (11:30 a.m.- 1:30 p.m.)</p>
<p>May 23, Wednesday</p> 	<p>Explore Your Faith Breakfast (7:30 a.m.) Meets at Quincy's Restaurant, 1112 E. Ogden Avenue, Naperville.</p>
<p>May 27, Sunday</p> 	<p>Rainbow Faith @ HOPE UCC (1-3 p.m.) HOPE's ministry to support those in the LGBTQ+ community who are looking for a place to wonder and explore their faith. Find out more at: www.meetup.com/Rainbow-Faith-LGBTQ-Christians/ If you have questions, would like to participate or support this ministry, please contact Pastor Lucas.</p>
<p>May 30, Wednesday</p> 	<p>Explore Your Faith Breakfast (7:30 a.m.) Meets at Quincy's Restaurant, 1112 E. Ogden Avenue, Naperville.</p>
<p>June 4, Monday</p> 	<p>Mental Health First Aid – Session #1 of 4 (6:30 – 8:30 p.m.) Mental Health First Aid is an 8-hour course that teaches you how to help someone who may be experiencing a mental health or substance use challenge. The training helps you identify, understand and respond to signs of addictions and mental illnesses. Get involved and make a difference. Register for the course offered at HOPE UCC. Please see article and flyer for more information.</p>
<p>June 5, Tuesday</p> 	<p>Evening Explore Your Faith (7 p.m.) Meets at Hruska's residence, Naperville, on the first and third Tuesday of each month.</p>

COMMUNITY ANNOUNCEMENTS

(This is the spot to share your personal announcements.
Submit items to the HOPE UCC Office by Tuesday, 2 p.m.)



**OF ADULTS HAVE
A MENTAL HEALTH
CONDITION**

About Open Door

We are a regional, patient-centered health care organization providing education, prevention, diagnosis and treatment services to those who have or are at risk for Sexually Transmitted Infections, including HIV/AIDS, in addition to the greater LGBTQ community.

We provide trustworthy, stigma-free care in English and Spanish including, but not limited to:

- Primary adult medical care
- Behavioral health & substance use
- STI testing & treatment
- HIV specialty medical care
- PrEP HIV prevention medication
- Hormone administration & monitoring

For more info visit www.odhcll.org

FREE MENTAL HEALTH SCREENINGS

EVERY FRIDAY IN MAY • 1 - 4pm

May 4, 11, 18 & 25, 1-4pm
Open Door's Aurora Health Center
157 S. Lincoln Ave. Ste. K, Aurora

Open Door's Elgin Health Center
1665 Larkin Ave., Elgin

Walk-ins welcome but appointments appreciated. Please call the Health Center closest to you for an appointment or for info.

**It's OK to talk.
It's OK to need help.**



Mental Health First Aid Course



What You Learn

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

Topics Covered

- Depression and mood disorders
- Anxiety disorders
- Trauma
- Psychosis
- Substance Use disorders

Mental Health First Aid teaches about *recovery* and *resiliency* – the belief that individuals experiencing these challenges can and do get better, and use their strengths to stay well.

The Mental Health First Aid Action Plan

- Assess for risk or suicide or harm
- Listen nonjudgmentally
- Give reassurance and Information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

Interventions Learned

When you take a course, you learn how to apply the Mental Health First Aid action plan in a variety of situations, including when someone is experiencing:

- Panic attacks
- Suicidal thoughts or behaviors
- Nonsuicidal self-injury
- Acute psychosis (e.g., hallucinations or delusions)
- Overdose or withdrawal from alcohol or drug use
- Reaction to a traumatic event

The opportunity to practice - through role plays, scenarios, and activities - makes it easier to apply these skills in a real-life situation.

Register for the course at HOPE UCC today.

To register visit: <https://hopeucc.eventbrite.com>

\$20 Material fee payable at the door (Checks made payable to Linden Oaks Behavioral Health)

Continuing education units are available for \$50.

8.0 CEUs for: LCPC/LPC, LCSW/LSW, LMFT, CPDU, RN, and Psychologist. / 8.0 CPDUs for Educators.

Monday, June 4th, 6:30-8:30pm, Wednesday, June 6th, 6:30-8:30pm

Monday, June 11th, 6:30-8:30pm, Wednesday, June 13th, 6:30-8:30pm

All 4 sessions must be attended for certification/CEU's

HOPE United Church of Christ

1701 Quincy Ave., Suite 27, Naperville, IL 60540. Office: 630.922.0470. www.sharehope.org

**Tell a friend about Mental Health First Aid and encourage them to get trained with you!
Let's make Mental Health First Aid as common as CPR!**

