



BTCSA builds **connections** between congregations and service providers, **trains** people to be **companions** with one another for mental and behavioral health, brings **hope** and **compassion** to our city through cohorts of congregations in each district, and makes known the **resources** available to all for continued **wellness**.

5 Steps to Becoming a Behavioral Health and Wellness Friendly Congregation:

1. Consult the clergy and senior leadership of your congregation
2. Form your initial team (3-8 people who will be trained and become the leaders of your congregation's initiatives)
3. Connect with BTCSA Project Coordinator and your local Cohort Leader
4. Have your team attend the training sessions with your cohort.
5. Develop a plan of how to be an ongoing Behavioral Health and Wellness Friendly Congregation.

6 Core Training Modules at no charge:

1. Companionship Training [3.5 hours]
2. Becoming a Trauma-Informed Organization [1.5 hours]
3. Family & Friends [4 hours]
4. Suicide Prevention [2 hours]
5. Building a Mental Health Program in Your Organization [2.5 hours]
6. Mental Health Resources [2 hours]
7. 1 Elective Training of your choosing [varies]

Training will be about 18 hours and is the foundation of BTCSA. Various Elective Training Modules are offered each month.

Our Team:

WELLNESS CHAMPIONS in each faith community will be trained to help provide support both within the faith community and in neighborhoods.

COHORTS will be made up of faith communities in a geographic area of the city and will train together, serve together and collaborate in monthly meetings.

COMMUNITY OUTREACH SPECIALISTS in each city council district/county precinct will support the Wellness Champions by helping to navigate resources and services.

COMMUNITY OUTREACH MANAGER will work citywide and with each District's Outreach Specialist to help support the Bridges to Care Cohorts.

COHORT LEADER NETWORK will be made up of leaders from within each cohort and convene monthly to review and assess needs, strategize and make adjustments.

STEERING COMMITTEE is a small group of community leaders who meet weekly to learn, grow, and strategize to further the mission and vision of the BTCSA.

BEHAVIORAL HEALTH NETWORK will meet monthly to assess overall needs and provide additional support.

Goals:

- 100 congregations throughout San Antonio, 10 congregations per council district, 200 to 300 trained San Antonians
- Increase in use of formal and informal social supports
- Increase in knowledge of mental health services
- Increase in the number of people seeking counseling from communities in proximity to the cohorts
- Increase in awareness of the stigma and reduction in the stigma associated with mental health and wellness
- Increase in collaborations between service providers
- Increase in knowledge of signs and symptoms and understanding of mental health disorders
- Increase in number of referrals for counseling