

PARTIAL WORKSHOP DESCRIPTIONS FOR HEALTH SUMMIT

COURSES

Foundations of Health Ministry (Awaiting description) 4 full days

Mental Health First Aid (MHFA) 2 full days AM & PM certification via the mental Health Foundation UK

Mental Health First Aid is a supportive non-clinical intervention that is used to assist an individual who is experiencing a mental health crisis. This nationally recognized course gives in depth training on the crucial actions to take when faced with such circumstances. You will learn the 5 key components to Mental health First Aid which can be applied to the mental health problems of depression, anxiety disorders, psychosis and substance use disorders.

The Health Food Educator Course - (Foundation) Course Summary (5 full days)

This course is aimed at helping individuals interested in health or someone with a health professional background to gain a greater understanding of the links between health and nutrition. It overviews the basics of nutrition including carbohydrates, proteins and fats from a functional perspective. We will also look at how food works inside the body to promote health or disease including the main underlying contributors to disease processes.

The psychology and behaviour of eating will be covered with group work looking at strategies to support health behaviour change. We also will review cooking methods and meal and menu planning. Menu items such as health drinks, dips, salads, cooking with grains, pulses and nuts; and also some dessert items will be covered (depending on risk assessment of venue). The practical skills of cookery demonstration will be taught with the opportunity for each student to be assessed by giving their own health food demonstration.

Depression Recovery 2 full days

This course will give an overview of how to run a depression recovery course.

Have you ever wondered how to help someone who is depressed? The 8-week Depression Recovery Program developed by Dr Nedley will help you. As a director or facilitator you will have the knowledge and skills to run a program that enables those with depression to learn how to get more out of life by enhancing mental functioning. Often treatment for depression is solely medication and / or counselling; however, this program is holistic, addressing many of the lifestyle habits that underpin recovery such as diet, exercise, sleep cycles, as well positive mental thinking patterns. Results of Dr Nedley's program run in 2007, 95% of the participants reported significant improvements in their depression with 54% reporting no depression at all.

Forgive To Live 2 full days

This course will present the scientific evidence for the physiological and emotional impact of forgiveness. It will also explore the spiritual benefits. With an emphasis on wholistic wellbeing, the course seeks to highlight both the negative impact of unforgiveness and the positive outcomes when forgiveness is expressed and experienced.

Taster Course – This will be a fusion of the Hydrotherapy, Massage and Laughter therapy courses which will run as full half day course on Sunday morning (AWAITING COURSE DESCRIPTIONS)

WORKSHOPS

Adverse Childhood Experiences: Prospective and Prevention (awaiting description)
Drug endangered children & youth (awaiting description)

Emotional Education (Awaiting description)-

CHIP – A taste of CHIP – How to use CHIP in evangelism. This three hour session will provide you with the biblical basis for a programme such as CHIP. It will give you the highlights of CHIP's mission, outreach, target audience and purpose and its growth and impact in the British Isles. Presenters will share with you how to access CHIP leadership training. You will get a snapshot of the MicroCHIP and CHIP programme content. Additionally you will hear case studies and testimonials of individuals who have undertaken the CHIP programme and the physical, emotional, social and spiritual impact it has made on their lives.

Health Ministries General Training (3 hrs) "Healing and Wholeness: Enabling Churches to be a Center for Health in the Community"

This seminar prepares your congregation's members and/or health ministry team to understand community health issues, principles of health, and health behavior change; identify community resources for use in the congregation; implement successful congregational health surveys; and plan and implement successful health awareness so that the church may become a center for health and wholeness in the community.

OR

Engaging Nurses in Health Ministries (3 hrs) "Faith Community Nurses: Catalysts for Wholeness"

A Faith Community Nurse (also called Parish Nurse) is a registered nurse who practices in a congregational setting and whose focus is on the intentional care of the spirit, promoting wholistic health, and preventing or minimizing illness within the faith community. If you sense a calling from God for joining ministry in this way, then this course is for you.

H.E.A.L. Educator (3 days) Awaiting course description.

Health screening (2 sessions)

The aim of this session is to inform the participant how to screen for the basic health numbers. The reasons for screening and the benefits in relation to health prevention and promotion will be explored. It will focus on the theory which supports each test, the requirements for performing and analysis of the result of the test. The tests will be body mass index, pulse, blood pressure, waist measurement, Harvard test, carbon monoxide, peak flow, spirometry test, blood testing which involves haemoglobin, glucose and cholesterol

Living Free – Finding Freedom from Habits that Hurt (run over 4 half days Tuesday – Friday) but can be attended as individual segments.

This comprehensive course will provide attendees with an in depth overview of the following: (although a more condensed version will appear in Summit Event brochure)

Lifestyle Links for Taming Stress and Depression. Participants in this workshop will learn:

- ✓ Lifestyle links for reducing stress and depression and improving energy
- ✓ How nutrition affects stress system activity and immune health, and what you can do about it
- ✓ How exercise really can “go to your head”
- ✓ How to manage multiple priorities and build balance into your life

Freedom Session Two: **Understanding and Overcoming Food Cravings and Overweight.** Those who attend this workshop will discover:

- ✓ Simple secrets for achieving and maintaining a healthy weight
- ✓ Lifestyle links for managing type 2 diabetes and metabolic syndrome
- ✓ How food cravings and addictions develop and how to conquer them
- ✓ Nutrition and lifestyle tips for building a better brain, body, and habits

Freedom Session Three: **The Addicted and Learning Brain—Designed for Recovery. Workshop.** In this workshop we explore:

- ✓ The learning and addicted brain and how to overcome addictions
- ✓ The body/mind/spirit connection in forming new habits
- ✓ The entertainment trap: are we entertaining ourselves to death?
- ✓ More lifestyle links for improving brain health

Freedom Session Four: **Staying the Course: Mind Set Matters.** No lifestyle workshop is complete without learning:

- ✓ The powerful link between attitude and disease
- ✓ How to develop a mind-set for success
- ✓ Seven goals for a Designer lifestyle
- ✓ Secrets for maintaining Designer lifestyle goals over time

Older Person’s Health Strategy – 1 half day - Friday AM workshop

This workshop gives an overview of the BUC training which will focus on the emotional, physical, spiritual and social health needs of our older members. It will highlight the events that will form the key part of the strategy and identify the resources necessary for training and delivering support to older members in our churches and community.

Planning a health outreach event (1 session)

The objective of this workshop is to enable the participant to plan a successful health outreach event. It will reflect on Jesus model of wholistic health and healing. A checklist will be processed, which is designed to help you think about some of the issues when organising small/community events. The responsibility for public safety rests with event organiser(s) therefore the legal requirements will be explored.

Sexual Health Promotion: The Good Stuff! (2 sessions)

You know the benefits of physical exercise! Do you know the benefit of sexual health? This workshop will inform you of the benefits of sexual health and sexual intimacy. The workshop will commence with setting the scene for sexual health promotion and then explores the terms: sex, sexuality and sexual health. It will discuss the elements of sexual health. Reflecting on research evidence we will explore how the good stuff is beneficial to your health. As a result of this awareness one will appreciate that we are wonderfully and fearfully made!

Ten steps approach to funding (1 session)

The aim of this workshop is to inform the attendee of the fundraising process and the ability to successfully complete a funding application. It will identify and discuss 10 steps approach to funding your health project. It will commence with outlining your project and end with completing a successful funding application. Examples of some the different stages will be distributed.

The Obesity Epidemic: "Adventists Say Yes to Healthy Kids and Families: Building an Integrated Initiative to Fight Obesity" (3 hrs) Childhood obesity is a major epidemic in the world. Studies say that a child who is obese at age 10-13 has 80% chance of being an obese adult. Obesity is linked to diabetes, heart disease, cancer and other major killers. This seminar will provide a model for an integrated approach the Adventist church can take to address this epidemic.

Weight management – 2 full days. This 2 day course is for trainers who will run the 10 week Weight Management for Life programme. Amongst the segments of the course participants will learn about the following: Your Healthy Weight; Developing a Physically Active Lifestyle; Your Nutrition in Detail; Eating for Good Health; Daily Living Choices; Managing Stress; Staying Motivated; Weight-Loss Medications & Surgeries; Children & Obesity; Focusing on Your Future.

WELLNESS Expo – This will be a 2 day course. Day 1 identifies the theory and day 2 will include the practical session.

The WELLNESS Expo training will involve the following:

The **WELLNESS-Package** is the essential message of wellness including up-to-date, simple yet scientifically sound education about prevention of disease and health promotion and is outlined in the easy to remember **WELLNESS-Acronym**. The **WELLNESS-Acronym** communicates eight straightforward steps toward health improvement that are expressed as follows: Water, Exercise, Lifestyle, Love (self, others, God), Nutrition, Environment, Sunshine, Sleep.

The **WELLNESS-Acronym** is displayed upon professionally designed exhibition panels and on complementary handouts provided to participants at each **WELLNESS-Event**. Associated free health screening activities and demonstrations aid in providing an innovative and interesting way to deliver the **WELLNESS-Package** to the public.

WELLNESS-Events are a group of direct face to face health improvement initiatives and interventions that take the form of programs for the general public designed to expedite the improvement of health behaviours in our society.

WELLNESS-Events include the integration of free health screening activities, motivational interviews, cooking demonstrations and motivational health talks all of which complement the principles relayed at each event and support and encourage lifestyle changes that result in positive health outcomes.

PLENARY SESSIONS

Domestic Violence in Faith Communities - " ENDITNOW: Myths, Facts and a Call to Action in the Adventist Church" (45minutes) Domestic Violence is very real in faith communities. 1 in 3 women suffer abuse from an intimate partner. This session will discuss myths and facts about abuse, and the Adventist response through the ENDITNOW initiative and other efforts.

Improving Emotional Intelligence for Whole Person Wellness: "Building Resilience to Face Life's Challenges– (60 minutes) Resilience is the ability to face life's challenges, trauma, and losses with a positive mental outlook and minimal mental and emotional distress. This seminar will focus on how to

improve emotional intelligence and identify thinking patterns that can enhance mental and emotional health facilitating resilience.