Spirituality 101: For Providers
July 27, 2011
1 - 5 pm

Agenda

Opening: Images of Spirituality
Jairo Wilches and William Kruse, M.Div
Co-Chairs, SMC Spirituality Initiative

Overview of SMC and State Spirituality Surveys
Lily Ng
Former Intern, SMC BHRS Office of Diversity

Spirituality and Treatment: A Background and History
Dr. Paul Yang, M.D., Ph.D.
Psychiatrist, SMC BHRS
Q & A

2:35 pm: Break (10 minutes)

“Power of Love” Video

Health Benefits and Implications of Different Spiritual Approaches
Dr. Paul Yang, M.D., Ph.D.
Psychiatrist, SMC BHRS
Q & A

Meditation
Jairo Wilches
Co-Chairs, SMC Spirituality Initiative

Personal Story of Recovery
Hanna Harrington
Client/Consumer

Mandala Workshop
Gretchen Grant
Artist
Amy Sullivan, MFT
SMC BHRS Provider

Closing
What is the Spirituality Initiative?

Under the auspices of the Office of Diversity and Equity (ODE) and San Mateo County Behavioral Health and Recovery Services (SMC BHRS), the Spirituality Initiative plans and implements its activities in collaboration with county staff, community partners, consumers/clients, faith leaders, family members and others in the community.

Mission

To build opportunities for clients/consumers, family members, providers and community members to collaboratively explore, increase awareness of, and support spirituality and its relationship to health and well-being, in particular, for those with and/or at risk of co-occurring alcohol/drug addiction and mental health challenges.

Vision

Behavioral Health and Recovery Services fully embraces and integrates spirituality when working together with individuals, families and communities to facilitate one wellness and recovery.

Our Values

Hope
We recognize that hope is the simplest yet most powerful tool in fostering one’s healing

Inclusiveness
We recognize that spirituality is a personal journey and individuals should not be excluded based on their spiritual beliefs and practices.

Cultural humility
We recognize that an attitude of respect and openness is necessary in creating a welcoming and inclusive space for everyone.

For questions or comments about the Spirituality Initiative, please contact:

Jairo Wilches
JWilches@co.sanmateo.ca.us
650-573-2890

William Kruse
BKruse@churchfortoday.net
510-506-3815

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