

## How can people express spirituality?

Spirituality can play an important role in many people's lives and is unique to each person. It can include writing, meditation, prayer, 12 step groups, religious services, time in nature, reconciliation, and yoga.

## How can I get more involved?

Attend a Spirituality Initiative meeting:

- 2nd Tuesday of the month (except December), 12:30-2:00pm, visit [www.smchealth.org/Spirituality](http://www.smchealth.org/Spirituality) for meeting dates and locations.

## Spirituality Initiative

The Spirituality Initiative is an interfaith collaborative of clients, providers, community members and partners, faith leaders and county staff.

They promote the vital role of spirituality in the recovery journeys of many who live with mental health and/or substance use conditions, those for whom faith is a key component.



The Spirituality Initiative was founded by a group of clinicians, consumers and family members who saw a need to incorporate spirituality in mental health and substance use treatment.

*Funded by voter-approved Prop. 63 - Mental Health Services Act (MHSA).*

**For more information, visit**  
[www.smchealth.org/Spirituality](http://www.smchealth.org/Spirituality)



Behavioral Health & Recovery Service  
Office of Diversity and Equity  
[www.smchealth.org/ODE](http://www.smchealth.org/ODE)  
(650) 573-2541

# Spirituality

## in Mental Health & Substance Use Recovery



**COUNTY OF SAN MATEO**  
**HEALTH SYSTEM**  
BEHAVIORAL HEALTH & RECOVERY SERVICES

## How does spirituality support health and well-being?

Spirituality can help many people with mental health and/or substance use conditions find the support they need.

### Spirituality:

- fosters hope, which is a simple yet powerful tool that promotes recovery.
- welcomes everyone into recovery regardless of their spiritual beliefs and practices.
- cultivates respect and openness, which are necessary for creating a welcoming space for everyone to recover within the greater community.



## Why should I consider spirituality in treatment?

According to a San Mateo County Health System survey (2010 & 2016), many mental health and substance use clients and their providers report that spirituality is a helpful tool in recovery and wellness.

However, less than half of providers report discussing spirituality with clients.



Discussing spirituality during mental health and substance use treatment can help support the recovery and wellness of clients, families, and the greater community.

## How can I incorporate spirituality in treatment?

Consider the following free trainings and tools to help foster a discussion about your client's spirituality.

- **Spirituality Assessment Card**  
Use Behavioral Health and Recovery Services' assessment to help your client discuss his/her views about spirituality, mental health, substance use, and recovery.
- **Spirituality Courses**  
Learn how to use spirituality in mental health and substance use treatment.
- **Photovoice, Digital Storytelling**  
Help your clients express feelings and identity through visuals.
- **Spirituality Policy**  
A BHRS policy has been developed to provide guidelines and clarification on including spirituality as part of treatment with your clients. View the policy on our website below.

**More information is available at [www.smchealth.org/Spirituality](http://www.smchealth.org/Spirituality).**