

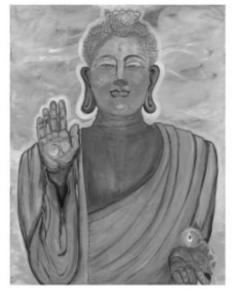
"Responding to Extreme States with Loving Receptivity:

Honoring the Spirit's Transformative Journey"

Presented by: The Bay Area Mandala Project

Outline

- Introduction
- Spirituality and the Mental Health Connection
- Our Stories
- Intro to Being with Extreme States Training (BEST)
- ▶ Sharing & Q/A



MANDALA PROJECT

Cardum S.Harmon@2004

~Mysticism, Metaphysics & Divine Manifestation~

Intense Spiritual Experience

Personal transformation through spiritual awakening is an honored rite of passage in many indigenous cultures. In the West, such transformative moments have been referred to as spiritual emergency and spiritual emergence.

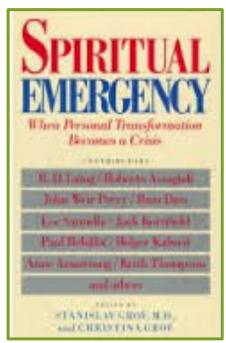


The Importance of Meaning

Intense spiritual experience is often misunderstood, leading to stigma, alienation, hospitalization and if unaddressed, can lead to mental health challenges like trauma and depression.

Research

► There has been a wealth of global, national and local research exploring the connection between the importance of an individual's spirituality and their mental wellness.



Dr. Stanislav and Christina Grof, with the esteemed contributions from R. D. Lang, John Weir Perry and Jack Kornfield.

DSM-IV



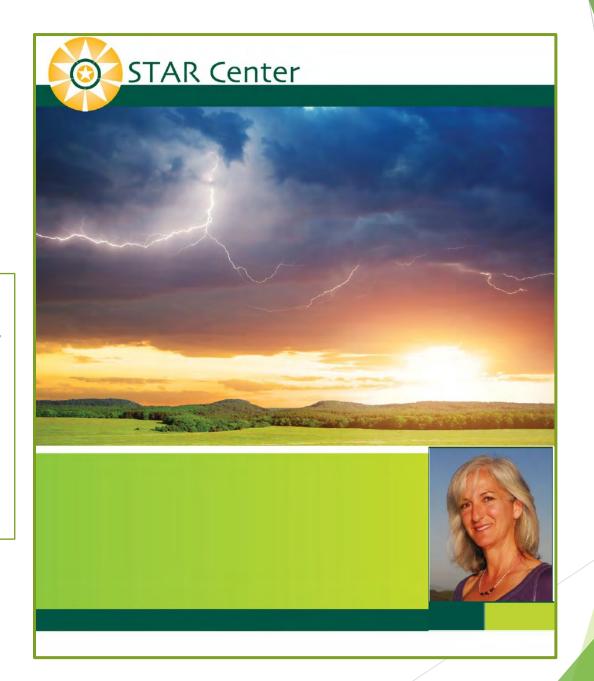
- David Lukoff, PhD. trains mental health professionals globally on spiritual emergencies.
- He is the co-author of the DSM-IV category, "Religious or Spiritual Problem," focusing on Mystical Experiences as a type of spiritual problem that can present as a mental disorder.

www.spiritualcompetency.com

National Investigation

The NAMI STAR Center's
"Competence, Intense Spiritual
Experiences, and Mental
Health: A Self-help, Peer
Support and Service Provider
Technical Assistance Tool,"

written by Rev. Laura Mancuso



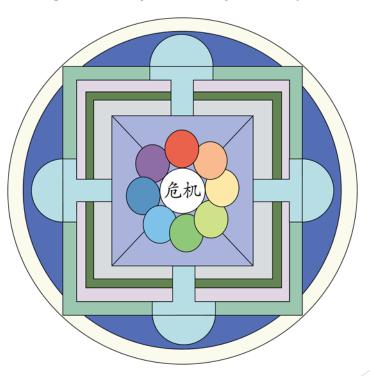
Alameda County Behavioral Health Care Services

"Psychosis as a Spiritual Crisis: An Opportunity for Growth" featuring Jay Mahler, Michael Cornwall, Ph.D., David Lukoff, Ph.D, Rev. Laura L. Mancuso, Ruth Villaseñor and Cardum Harmon



The Bay Area Mandala Project

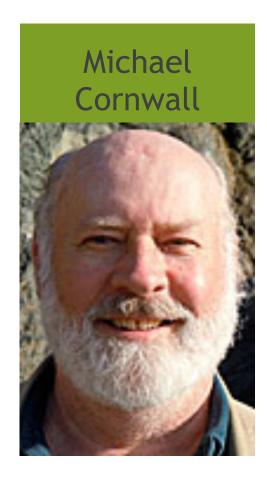
► This Bay Area Mandala peer-led workshop aims to demonstrate an effective way to be with people in intense spiritual experience by focusing on loving receptivity and the importance of honoring one's spiritual journey.



TOPICS

- Mental health crisis interpreted as an intense spiritual experience
- How ways they were supported during their experience helped or hindered their well being
- Various ways to support that can be helpful
- How seeing mental health crisis as spiritual can help you to see life differently.

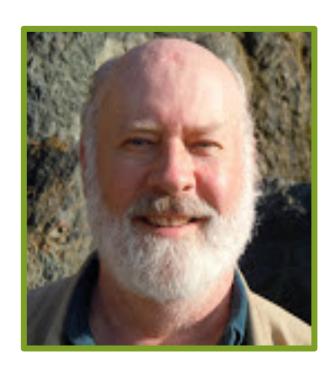
Our Stories





Michael Cornwall, PhD

Being withExtremeStatesTraining



WWW.MICHAELCORNWALL.COM



Outreach/Education

- Mandala Warmline for Individuals experiencing mental health challenges who are in need of peer support or resource referrals.
- Outreach to Community and Faith-Based Alliances
- Training to other mental health

Mandala Sanctuary (1-3 months)

- 12 beds with Safe Room
- 1st Episode: extreme altered states of psychosis and mania
- Minimal or no exposure to antipsychotics or mood stabilizers
- Referrals transported from PES, mobile crisis units or by family/support network
- 24/7 staff trained in:
- Intentional Peer Support (IPS),
- Being with Extreme States Training (BEST)
- Emotional CPR (ECPR)
- Family Systems based therapy meetings with

Continuum of Care

For those in need of further referrals after crisis stabilization:

- TAY Sys of Care
- Adult Sys of Care

Mandala Mobile

- Structure: 2 Staff (One MFT/LCSW, One Peer)
- **Purpose:** Assess crisis situation and determine best environment for person in crisis
- Intervention Methods: Family Systems
 Therapy- Respond to crisis calls; gather
 individuals and their support networks
 together for communal decision making

Referral Sources Community Outreach

&Training:

- PES (John George, Alta Bates/Herrick)
- BHCS Crisis Services
- Board and Care Homes
- Individuals & Families
- Schools & Community

Community Healing Room

- WRAP Groups
- Harm Reduction Groups
- Hearing Voices Groups
- Special Messages Groups
- Movement and Exercise
- Mindfulness Practices (Yoga and Meditation)
- Art and Expression
- Community Garden for Nutritious Meals at Sanctuary and Respite
- Network of Peer Supporters

Mandala Crisis Alternative (4-6 weeks)

- 12 beds
- Alternative to psychiatric hospital for crisis stabilization
- People on/off meds, people with multiple episodes
- Nurse practitioner and on-call peer support 24/7 trained in:
- Intentional Peer Support (IPS),
- Being with Extreme States Training (BEST)
- Emotional CPR (ECPR)
- Family Systems based therapy meetings with support network

Harm Reduction

Holistic Health Approach for those tapering off meds

Mandala Respite (2 weeks)

- 9 -12 beds
- Prevention option to advert an oncoming
- People on/off meds, people with multiple episodes
- House Manager, Peer support 24/7 trained in:
- Intentional Peer Support (IPS)
- Being with Extreme States Training (BEST)
- Emotional CPR (ECPR)

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Sharing Q&A



FOR WORKSHOP DETAILS & RESOURCES

Visit our website:

www.bayareamandalaproject.org

► CONTACT: <u>Bayareamandalaproject@gmail.com</u>



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