

# *Solihten Update*

A Solihten Institute Publication

## Onward and Upward

The monthly format of the *Solihten Update* **Ongoing Resources – Continuing to Move Forward** has shifting its publication dates to Tuesdays (with some exceptions) and is sent to the Inboxes of Executive Directors/CEOs; Center Board Chairs/Presidents; Clinical and Training Directors; Administrative Personnel; and Development Personnel within each Center. Please continue to feel free to distribute this information to other staff members as you see fit. Or you are welcome to request staff members be added to the Institute’s master distribution list by emailing Laurie Pechie, ([lauriep@solihten.org](mailto:lauriep@solihten.org)).

**Former First Lady Rosalynn Carter** worked tirelessly to improve the quality of life for people around the world including her advocacy for mental health. Mrs. Carter received many honors for this work, among them the Volunteer of the Decade and “Into the Light” awards from the National Mental Health Association. She also was the recipient of the **National Samaritan Award** in 2001. This award was established by the (then) Samaritan Institute in 1989 to pay tribute to individuals who have made significant contributions to human health and growth, demonstrated a religious/spiritual sensibility in their work, and personally and professionally exemplified the ideals of “mind body spirit and community.”



Mrs. Carter was one of three former **First Ladies** that the Institute had the privilege of honoring with the National Samaritan Award. **In 1995 Mrs. Betty Ford** was recognized for her courageous work in establishing the Hazelden Betty Ford Foundation providing comprehensive inpatient and outpatient additional and mental health care for adults and youth. **Mrs. Ford also provided the recommendation to Mrs. Gore to include the Samaritan Institute in the White House Conference on Mental Health under the Clinton Administration in 1999.** The Institute was again represented at this National Conference in 2013.

In 1997, **Mrs. Barbara Bush** was given the honor for her bravery in sharing her own mental health journey that included suicidal ideations in the 1970s. She was also forthcoming about her regret about not seeking out professional help sooner. To use her platform to shine a light on mental health and the power of seeking help is one of her many contributions to making this world a better place.

***We thank all of these women for their care of so many.***

**Informational Categories:**

<b>Management Resources/Financial Viability</b>
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<b>Management Resources/Financial Viability</b>
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→ **Solihten 2023 Board Presidents Roundtable ... A Meeting for CONNECTION**

This year we have implemented a new approach for the Solihten Institute Board President Roundtable, which is to have a two-year cycle of designated topics based on the fact that many people in this leadership position on average serve for two-year terms.

One of the most important aspects that the Solihten Network offers is **connections**. These come in the form of a relationship with the Institute staff members, but also with other role-based personnel from around the country. Over the last number of years, the Institute has worked to broaden the opportunities for personnel-based affinity groups. These meetings are based on the model of Executive Director Leadership Consultation Groups (LCGs), of which many of your Center Executive Directors participate.

This expansion has included a group specifically for **Board Presidents/Chairs**, which can also be extended to the President or Chair-Elect. The group is facilitated by Institute staff, as well as the Chair of the Solihten Institute National Board of Directors, Jim Hayes who is also the Executive Director of Mind & Spirit Counseling Center in Des Moines, Iowa. *No other Center Executive Directors are in attendance for these meetings.*

Below is a document that provides additional information, the final meeting in 2023 is on:

**Thursday, December 14 Evaluations:**

**Topic: Board Self Evaluation, Executive Director Annual Review**

**4:00 PM EST**

**3:00 PM, CST**

**2:00 PM, MST**

**1:00 PM, PST**

**11:00 AM, HST**

**[Board President Roundtable 2023 Activities](#)**

→ **Outcome Measures Workgroup**

**Removing Pieces of Opposition to Using Outcome Measures**

**Friday, December 8**

1:00 – 2:30 PM, Eastern  
12:00 – 1:30 PM, Central  
11:00 AM – 12:30 PM, Mountain  
10:00 – 11:30 AM, Pacific  
8:00 – 9:30 AM, HST

**Zoom Information:**  
<https://us02web.zoom.us/j/82194613992>  
Meeting ID: 821 9461 3992

**Identified Pieces of Concern through the Lens of the Institute Staff**

- A Client's Perspective
- One Therapist's Thoughts
- An Executive Director Implementation Thoughts
- Thoughts from around the Network

Next Session, Speaker:  
**Joseph M. Currier, PhD**

Following the buzz that was generated by the 2023 Solihnten Annual Conference presentation that discussion one (of many) Outcome Measurement Tools, the Institute followed with the development of an **Outcome Measures Workgroup**. This is an opportunity for **any affiliated Center personnel with interest** to gather with your colleagues to discuss this topic in more detail.

Please note that this is the **second meeting, but attendance at the first session is NOT a requirement** for ongoing participation. Information on the first session:

- Process notes: this session was not recorded to create a safe space for participants to openly discuss both opportunities and challenges related to the implementation or ongoing use of Outcome Measures.
- **A slide deck with notes that were taken without attributing them to an individual source is available [HERE](#).**

**Rather**, this is a chance to think about how we can **remove some of the barriers** to effectively using a client measurement tool:

- ✓ Laurie Pechie will be speaking from the perspective of a client who is actively using an outcome measurement tool
- ✓ One therapist has provided some insights on how *their perspective* around using it
- ✓ Bob Johnson will temporarily put his Executive Director cap back on to discuss ways in which he reduced staff resistance while addressing concerns

- ✓ Fonda Latham is going to facilitate small group discussions based on what you will hear in this session, as well as your own experience

In the first quarter of 2024, a third session will be held with a guest speaker, Joseph Currier, PhD who is both a research psychologist, as well as a practicing clinician.


We hope to see you on December 8!

### Zoom Information

<https://us02web.zoom.us/j/82194613992>

Meeting ID: 821 9461 3992

## Employee Retention/Hiring

 **49% OF AMERICANS LIVE IN** a mental health workforce shortage area



The Behavioral Health Care Workforce:  
Shortages, Barriers, & Solutions

[Click to view the full infographic](#)



### About this infographic

The United States is facing a significant shortage of mental health professionals, with nearly half of the population living in mental health workforce shortage areas. Additionally, the behavioral health care workforce suffers from a lack of diversity. Many individuals have limited access to mental health care and the COVID-19 pandemic has further intensified the demand for these essential services.

To address these challenges, our new infographic presents various strategies to enhance the behavioral health care workforce. These include partnering with communities, expanding the paraprofessional workforce, and addressing burnout. By implementing these initiatives, we can bolster the capacity of the mental health care system and improve access to quality care for all individuals.

## Clinical Focus/Application

### *Spiritually Integrated Psychotherapy – One Class at a Time*

## **Spiritually INTEGRATED Psychotherapy** *Across Modalities, Approaches and Populations* **New Content for Continues in the Spring 2024**

For clinicians who are interested in adding to their knowledge for practicing spiritually integrated psychotherapy (SIP), Solihten is **continuing this offering** of individual didactic “*a-la-carte*” classes focused on key aspects of this work.

These classes will be in an interactive didactic format led by an exciting combination of faculty members and renown clinicians, supervisors, and expert researchers in their fields. Some are known to the Solihten Network along with some new faces. There will be no preparatory readings and two (2) CE hours will be available for each offering.



**Next Offering: Working with Spiritual Struggles in Spiritually Integrated Psychotherapy**  
**Kenneth Pargament, PhD**

**Friday, January 19**

**1:00 –3:00 pm, Eastern**

**12:00 –2:00 pm, Central**

**11:00 am –1:00 pm, Mountain**

**10:00 am –12:00 pm, Pacific**

**8:00 –10:00 am, HST**

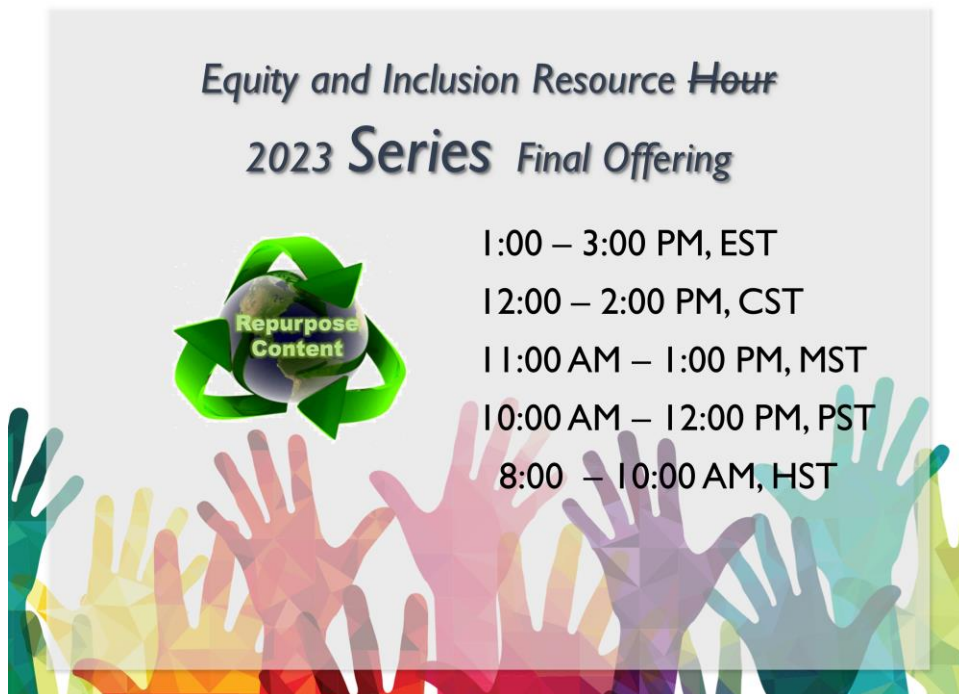
**If you have not already done so, registration is required by**  
**Friday, January 5, 2024: <https://tinyurl.com/SolihenSIPONEJAN>**

**Remaining Offering Information [HERE](#)**

## Equity and Inclusion

As the Institute continues to address, with intentionality, our lack of diversity within our own leadership ranks, we are looking to provide resources to support affiliated Centers. *If you have additional resources on equity and inclusion, please direct them to [Laurie Pechie](#)*

**\*\* Equity and Inclusion Resource Series, Solihthen Institute**



**On December 15<sup>th</sup> in place of our scheduled Equity and Inclusion Resource Series, we are re-purposing that time to have a [virtual Public Square style meeting](#) to assess our efforts to date to incorporate our BIDE principles in the Institute, support our local Center work in this arena, and begin planning for this work in 2024.**

**[We hope as many of you as possible will be able to attend this important opportunity.](#)**

Join Zoom Meeting

<https://us02web.zoom.us/j/84337891373>

Meeting ID: 843 3789 1373

## Fundraising/Marketing in the New Normal

### ↳ 3 Traps to Avoid in Year-End Fundraising

According to a [mid-year survey](#) of nonprofits, nearly 44 percent expect a decline in year-end fundraising revenue due to a recent slowdown in giving. Anxiety and hard times can lead to

questionable tactics. We've seen it before: Short-term wins can erode donor trust, spark animosity among "competing" organizations, and increase donor fatigue.

No matter how tempting they may seem, here are three tactics to avoid as we seek gifts in the final quarter of the year.

Click to read the [full story](#) (free sign up required)

**Employee Morale and Soothing Practices**

⚙️ **Action for Happiness Calendar**

**December Kindness 2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 4 Support a charity, cause or campaign you really care about	 5 Give a gift to someone who is homeless or feeling lonely	 6 Leave a positive message for someone else to find	 7 Give kind comments to as many people as possible today	1 Spread kindness and share the December calendar with others	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment
11 Buy an extra item and donate it to a local food bank	12 Be generous. Feed someone with food, love or kindness today	13 See how many different people you can smile at today	14 Share a happy memory or inspiring thought with a loved one	8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them
18 Ask for help and let someone else discover the joy of giving	19 Contact someone who may be alone or feeling isolated	20 Help others by giving away something that you don't need	21 Appreciate kindness and thank people who do things for you	15 Say hello to your neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Give thanks. List the kind things others have done for you
 25 Treat everyone with kindness today, including yourself!	26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy	22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh

**ACTION FOR HAPPINESS**      **Happier · Kinder · Together**




**Solihnten Update - Lite Archives**

The **Solihnten Update - Lite** is being distributed in addition to the full monthly version, **Solihnten Update: "Ongoing Resources – Continuing to Move Forward"** that is usually sent on the first Tuesday of each month and covers a range of resources and a lot of information. **The Lite edition focuses on a single topic** and is published on a rolling basis driven by the content needs for work of the Solihnten Network. It will be sent to the Inboxes of Executive Directors/CEOs; Center Board

Chairs/Presidents; Clinical and Training Directors; Administrative Personnel; and Development Personnel within each Center. Please feel free to distribute this information to other staff members as you see fit.

\*\*Denotes resources from the *Equity & Inclusion Resource Series*. The Equity and Inclusion Taskforce of the Solihten Institute National Board of Directors sponsors this offering.

- ☀️ \*\*A.23 2023 DEI Series, March 22
- ☀️ \*\*B.23 2023 DEI Series, Session Two, June 1
- ☀️ \*\*C.23 2023 DEI Series, Session Two Resources, June 9
- ☀️ D.23 Juneteenth, June 14
- ☀️ F.23 Upcoming Education and Training, October 3
- ☀️ G.23 State of the Solihten Institute

### *Solihten Update Archives*

Prior issues of the *Solihten Update* can be found in the member resources section of the Solihten Institute website: <https://solihten.org/protected-pages/training-and-education/updates-ongoing-resources/>

Each Center has a personalized log-in that has been provided to the Center Leadership. That information is available from *Steve Duson*.

### *Other*

before you send that email, ask yourself: is this a december problem or a january problem?