Brief Overview of the 14 Online Health Minister Learning Modules

Introduction to Faith and Health
Participants in this introduction module will develop a common language, concept, and understanding of faith and health. Participants will explore assumptions of health and wellness, definitions of individual and community health, and defining foundational tenets of health ministry. A brief history of health ministry will be covered.

Understanding Chronic Diseases & Its Relationship with Whole Person Health
In this module, participants will learn about leading chronic diseases and their risk factors. The goal of this module is to educate participants on the leading chronic diseases and their risk factors so that participant can improve his/her own health, as well as the health of others, and more effectively direct individuals to appropriate services based on their symptoms and risk factors.

Nutrition and Wellness: Becoming the Best Version of You
The purpose of this module is to give participants a practical and concise introduction to nutrition and wellness and to demonstrate how keeping the body healthy is a part of being faithful to God. A self-assessment tool will help participants increase their awareness and understanding in how to care for themselves.

Spiritual & Self-Care Practices for Health Ministry
This module will help participants reflect upon their life and ministerial experience. Participants will learn about different spiritual practices including practicing mindfulness and theological reflection. Participants will explore how their pastoral, professional, and personal experiences in health ministry relate to God, others, and their individual spiritual formation. Engaging in regular spiritual self-care is emphasized in this module.

Mental Health: Raising Understanding & Decreasing Stigma for You and Your Faith Community
This module will explore the role of the faith community in raising awareness and attention to the important topic of mental health. Participants will discuss mental illness and how it impacts the life of a faith community as a healing place. We will explore how faith communities and faith leaders can approach this topic and what resources and supports they may offer their congregants. Mental Health First Aid training (youth and adult) will be discussed.

Health Ministry Models – Models of Practice, Support, & Networking
This module will help participants to examine various health ministry models through a multitude of lenses from faith communities and community and hospital-based networks. Common health ministry models will be explored, such as faith community nursing, health ministers, and congregational health and wellness committees. Essential tools in building a health ministry will be discussed. Participants will explore health ministry tools that help congregations improve coordination and communication between different ministry models.

Communicating and Organizing for Health Ministry
This module will introduce how to develop critical thinking, participatory learning, and community organizing strategies and styles for whole person health. This module will explore also what active listening is and how active listening truly assists a person in the helping relationship. Active listening techniques and roadblocks to communication will help participants understand the dynamics of healthy interpersonal communication. Participants will have an opportunity to view and comment on sample role plays that use various listening techniques.

Healthcare & Health System
This module will provide a brief overview of health insurance and health policies and their impact on various groups, such as primary care providers, hospitals, and faith communities. Participants will engage in an interactive discussion on how congregations, faith leaders, health ministers, and faith community nurses will play critical roles in educating congregants and the community about how to access the right health care at the right time and the right place. Participants will learn about healthcare laws impacting nonprofit hospitals and how this may impact their work with communities, especially faith communities.

Health Literacy
This module is designed to help health ministers define what health literacy is, address health equity and advance health literacy in their health ministry practice, combat misinformation and disinformation, and seek out health information and resources from credible and trustworthy sources to share with their various audiences.

Asset Mapping
This module will help participants better understand the communities in which they live and worship. Participants will be introduced to the concept of community asset mapping and its role in identifying resources available within the community. They will also engage in an exercise to identify resources and assets in their community using asset mapping tools. Participant findings will be discussed and utilized to map the collective resources of their neighborhoods and communities.

Advance Care Issues: End of Life & Palliative Care
Participants will discuss advance care issues and end of life terms and resources, such as hospice, advance directives, and living wills. Also participants will discuss how their faith community can take approaches regarding this topic to provide resources and supports for their congregants.

Accountability, Professional Responsibility, and Legal Considerations
This module will explore how a health minister's decisions and actions reflect and are guided by client, personal, and professional ethical considerations. Ethical concerns in health ministry include the principles of client autonomy, the right of self-determination in health care decisions, confidentiality, beneficence/non-malfeasance, the obligation to do good and not to do harm, & the distribution of limited resources. In addition, health ministers consider the virtue ethics, such as caring, forgiveness, and compassion, in their decision making. Case studies will help participants understand liability and accountability issues in various contexts and settings.