

## 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      Amy Sullivan, MFT  
Artist                      SMC BHRS Provider

#### Closing

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## 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  
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William Kruse  
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510-506-3815



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