

Prevention as Intervention: Protective Factors and Sustained Recovery



Faith Community Assessment Survey

How well does your faith community support and enhance protective factors of mental health?

I. How often do clergy check in with community members or families of community members who struggle with mental health challenges? (*circle one*)

Never Rarely Occasionally Regularly

II. How often do lay leaders (or other community members) check in with those who struggle with mental health challenges?

Never Rarely Occasionally Regularly

III. How often does your faith community host services or lead prayer for those affected by mental health challenges?

Never Rarely Occasionally Regularly

IV. How often does the faith leader speak about mental health in sermons, khutbah, etc?

Never Rarely Occasionally Regularly

V. How often does your faith leader encourage other extra-religious protective factors (e.g. exercise, journaling, non-religious therapy)?

Never Rarely Occasionally Regularly

V. On a scale of 1 - 10, how comfortable would you feel speaking about your mental health to your faith community? (1 being very uncomfortable, 10 being very comfortable)

1 2 3 4 5 6 7 8 9 10

VI. Are there support groups in your community for those struggling with mental health challenges?

Yes No I'm not sure

VII. What resources does your faith community make available to you to learn more about mental health?