



During the last four years, the Beautiful Minds Coalition has led or participated in the following activities and events:

- Monthly Newsletter articles on upcoming events and mental health perspectives (3 years).
- Taught Youth Mental Health First Aid Classes to about 20 Covenant members & staff .
- Facilitated conversations about Mental Health Ministry at the two meetings of Mission Presbytery and one Synod Mission event.
- Designed and led Sunday School classes on Healthy Aging, “Comfort My People: A Policy on Serious Mental Illness,” “Faith Witnesses,” and “Stories of Grace”
- Observing May as Mental Health Emphasis month each year with information and “Maynictures”— painting one fingernail green to represent the “1 in 5” who live with mental health concerns (4 years).
- Helped to craft an Overture to the 223rd General Assembly (2018) that was expanded at GA and approved by an 82% margin.
- Attended the Pathways to Hope (NAMI) Conference in downtown San Antonio annually.
- Opened our facilities for the National Alliance for Mental Illness (NAMI) to host the following courses (3 years):
 - NAMI Basics Course—for parents of minors who have been diagnosed with a mental illness.
 - NAMI Family-to Family Course—for family/friends of adults diagnosed with a mental illness.
 - NAMI Peer-to-Peer Course—for adults who have been diagnosed with a mental illness.
 - Began serving as the host location for the Pathways to Hope (NAMI) Monthly Luncheons (3 years).
- Participated in the NAMI Walk in October to raise funds and awareness
- Created a Mental Health Resource Center in our Library
- Planned and held a “Service of the Longest Night” on December 21st for those who are grieving or struggling and those wishing to be of support to them (3 years).
- Initiated “Mental Health Moments” during the worship services on the second Sundays of each month to help educate the congregation on a myriad of issues related to mental illness and mental health (2 years).
- Initiated “Mental Health Monday” posts on Covenant’s Facebook page (2 years).
- Participated in Covenant’s Fall Harvest Festival, creating activities for children to learn about and explore their feelings (2 years).

- Hosted a booth for Fiesta Castle Hills at the Fair in the Commons. Families from Castle Hills and other neighborhoods came for food and fun. Children made colorful friendship Bracelets, decorated foam visors with stick-on foam emojis and flowers, and received Inside Out stickers and candy. BMC distributed a list of mental health resources in the community, handed out cards showing facial expressions labeled with the names of the feelings depicted, and had a vertical banner with the heading "It's okay to say ..." as a forum for children and adults to write or draw about feelings (1 year).
- Loved that the youth-led Sunday worship service in May 2019 focused on mental health!
- Hosted a two-hour session on Adverse Childhood Experiences (ACE's).

One result of this vibrant ministry is that dozens of members and visitors have begun talking with the pastor and close to a dozen have spoken openly in the congregation about the mental health challenges they face as individuals or in their families.