

A person is silhouetted against a bright sunset sky, standing on a mountain peak and looking out over a vast, hazy landscape of rolling hills and valleys. The scene is framed by a large, white, L-shaped graphic element in the top-left and bottom-right corners.

FAITH, RECOVERY, AND CONNECTION: THE SUCCESS OF LIVED EXPERIENCE PROFESSIONALS

The Journey



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First Things First:

- Write Down Your Favorite Four Songs



What is Freedom:

- Today, let's reflect on the profound concept of freedom
- Freedom is more than just a word
- It's a foundational principle that resonates deeply within the human spirit.
- It's a gift that we cherish dearly, yet it's often misunderstood.

See: Exodus, Leviticus, Numbers, and Deuteronomy



True freedom isn't merely the ability to do whatever we please without consequence.

- It's the liberty to live in alignment with our values
- To pursue our aspirations
- To express ourselves authentically
- Having the power to make choices that uplift ourselves and others
- Making choices that resonate with our deepest convictions and beliefs





What is Freedom to Me?

- **Freedom to me** is a process of change through which I improve my health and wellness, live a self-directed life, and strive to reach my full potential.

There are four major dimensions:

- **Health**—making informed, healthy choices that support physical and emotional well-being.
- **Home**—having a stable and safe place to live.
- **Purpose**—conducting meaningful daily activities and having the independence, income, and resources to participate in society.
- **Community**—having relationships and social networks that provide support, friendship, love, and hope.



LET'S BUILD A
FRAMEWORK

Did you know?

- How we choose to “see people” is how we treat them...
- How people “see themselves” could contribute to their actions...
- We can “Love People In their Struggles Back to Life!”

**WE DO NOT
SEE THINGS
AS THEY ARE,
WE SEE
THINGS AS
WE ARE.**

Anais Nin

What is Stigma?

- Stigma often comes from lack of understanding or fear. Inaccurate or misleading media representations of issues around mental health contribute to both those factors.



Different Types of Stigma:

- **Public stigma** involves the negative or discriminatory attitudes that others have about mental illness.
- **Self-stigma** refers to the negative attitudes, including internalized shame, that people with mental illness have about their own condition.
- **Institutional stigma**, is more systemic, involving policies that intentionally or unintentionally limit opportunities for people with mental illness.



How Can Faith Communities Help Shape Understanding of Prevention, Treatment and Recovery!

- The welcoming of all stories and paths
- Calls people by their name
- Seeks people out, meets them where they are and invites them into loving community
- Stands with awe at the hardships that people carry, rather than stands in judgment at how they carry it



The Power of Spirituality and Meditation

- Spiritual practices can disarm fear and uncertainty while helping us to be present and sustain hope
- Practices include:
 - *Active Listening*
 - *Finding Hidden Strength*
 - *Embracing Solitude*
 - *Valuing Repetition and Routine*

Be patient.

*Bear the burdens
of others.*

Practice mercy.

www.spiritualityandpractice.com

Find more at this link: <https://www.spiritualityandpractice.com/practices/features/view/28880/spiritual-resources-for-the-covid-19-pandemic>



All The Things....

- Criminal Justice Intervention- Confronted the person I'd become
- Incarceration- Protected me from myself
- Freedom-Reintroduced me to myself
- God- Helped me reinvent myself

I am Proof That:



- Incarceration doesn't have to be the end....
- Incapacitation can be the framework to retrain the brain...
- Rehabilitation can happen community
- Reintroduction into society will happen 95% of the time...

Resilient Attitudes-Lived Experience:



- **Commitment** – Establish an unwavering dedication to the path you’ve chosen. Engage in your field and seek opportunities to get more involved.
- **Control** – Focus on the parts of your situation that you *can* influence, change, or control rather than that which is outside your control. Believe in your ability to impact your circumstances.
- **Challenge** – View difficult situations as an opportunity to learn and grow. Adopt the attitude of a lifelong learner. If you haven’t figured something out, tell yourself, “Not yet” and remember there is still time.

Significant Note:

- Success doesn't stay stuck in failure
- Our first conversation shouldn't be about what "we can't do".
- It should be about what we have done



The Narrative Shift:

- It is important to recognize how we frame our story of redemption
- Where we start from
- Not whoa is me.... but the power of consistency



The Power of Consistency:

The purpose of the Justice-Impacted Advisory Council is to provide strategic advice, lived experiences, and recommendations for the Volunteer Mentorship Initiative, which is aimed at supporting justice-impacted individuals through mentorship and connection to community resources. The Council will help inform government and reentry programs by identifying barriers, advocating for impactful changes and ensuring services and policies are responsive to the needs of individuals returning to the community from incarceration.

JUSTICE-IMPACTED ADVISORY COUNCIL



The Power of Consistency: Access to Justice Commission:

- ✓ Platforming Justice Impacted Professionals
- ✓ Creating space for advocacy
- ✓ Changing the narrative with work not just words



The Power of Consistency:



- 32,495+ Referrals to Treatment and Recovery Services Since 2014
- 799+ Recovery Meetings Started Since 2014
- 12,561+ Recovery Trainings Lifeline Peer Project Since 2014

FAITH-BASED INITIATIVES

FAITH-BASED COORDINATOR
FAITH-BASED RECOVERY SUPPORT SERVICES

Empowering Tennessee's faith community to increase recovery capital

With a growing population of nearly seven million, Tennessee is a state where more than 50% of people affiliate with one of the state's 11,500 houses of faith. To engage this talented, resourceful, and connected citizenry, TDMHSAS developed its Office of Faith-Based Initiatives. A team of 28 professionals with lived experience in behavioral health challenges covers the state to engage, equip, and empower individuals and communities of faith to have a positive impact on the needs of their communities.


2,870
 AVERAGE NUMBER OF EVENTS HELD PER YEAR


1,151+
Through July 2024
 CERTIFIED FAITH-BASED RECOVERY PARTNERS

OUR GOALS


- Connect individuals to treatment
- Facilitate understanding of treatment and recovery
- Increase knowledge of mental health challenges and substance misuse
- Spread awareness of the Faith-Based initiative certification and its requirements
- Understand the continuum of care and collaborate with it
- Help groups understand and implement the best-practice model
- Promote and improve effectiveness of the faith-based initiative and how it connects the community with recovery and support services

CONSIDER PARTNERING WITH US!

- ✓ Do you provide spiritual/pastoral support?
- ✓ Do you view mental health challenges and substance use disorders as manageable conditions?
- ✓ Will you embrace and support people on their recovery journey?

Then join the movement as a Certified Faith-Based Recovery Partner!

Scan the code or visit our website for more information.
tn.gov/behavioral-health/faith




 Department of Mental Health & Substance Abuse Services

Faith-Based Initiative
tn.gov/behavioral-health/faith

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FAITH-BASED INITIATIVES

FAITH-BASED COORDINATOR
FAITH-BASED RECOVERY SUPPORT SERVICES

Empowering Tennessee's faith community to increase recovery capital

Your regional Faith-Based Coordinator is your connection to free trainings, resources, helplines, and more.

FREE TRAININGS

Contact your region's Faith-Based Coordinator to schedule a training!

- The Addicted Mind
- The Basics of Mental Health
- All-Recovery Facilitator Workshops
- Compassion Fatigue and Burnout
- Navigating Resources
- Suicide Prevention Trainings
- Trauma-Informed Care
- And Many others to choose from!

TN Certified VIP
 The Virtual Information Portal (VIP) is a resource for faith and community leaders who want to learn more about serving people living with behavioral health challenges. The portal features on-demand trainings, video discussions with ministry leaders, podcasts, and more!

Scan the code or visit our website for more information.
tn.gov/behavioral-health/faith/vip



FREE HELPLINES



988
SUICIDE & CRISIS LIFELINE

When to Call:

- Someone is having a mental health emergency
- Someone is contemplating or threatening suicide
- Call 911 if the person is threatening immediate harm



TN REDLINE
 1.800.889.9789
 CALL OR TEXT

When to Call:

- Someone needs a referral to addiction treatment resources
- Someone needs a connection to other addiction related services

TN Peer Recovery Call Center
 1-865-584-9125

Open Monday - Tuesday 8:30am to 7:00pm,
 Wednesday - Friday 8:30am to 5:00pm,
 and Saturdays from 11:00am to 5:00pm
 (All times Eastern)

Do you struggle with a behavioral health challenge? Would you like to talk to someone who understands?

- ✓ Speak to a peer specialist.
- ✓ Receive support and understanding.
- ✓ Learn about behavioral health resources and information.

This service provided by the Mental Health Association of East Tennessee.


 Department of Mental Health & Substance Abuse Services

Faith-Based Initiative

This project is funded under a grant contract with the state of Tennessee, Department of Mental Health and Substance Abuse Services.

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The Power of Consistency+ Community= Resilience

- What does resilience really mean?
- In the simplest sense, resilience means one's ability to bounce back. To be a resilient person means to be able to withstand and adapt to hardships, including trauma. In some cases, it can mean finding a path that leads to a stronger position.



Two Minute Music Break...

1. Choose a song of your choice
2. Listen to that song and focus on you
3. Write one word or phrase describing how you feel on paper
4. My playlist looks about like this:
 - *Maverick City Music- Jireh*
 - *Guns N' Roses - November Rain*
 - *Sade- No Ordinary Love*
 - *Dr. Dre- Still Dre*





The Power of Our Testimony

- We all have a story to tell!
- Our story has the power to reshape OUR future and the future of OTHERS around Us.
- Never underestimate the power of your TESTIMONY!
- Let us tell it the way we need to... Not the way you think you need to hear it!

My Story.....



My name is Monty Burks....I am a person that,
lives in Freedom!

My Story...



Yes... Still my story



Still Going....



A Product of Hard Work...



But How....

- Change Your Thoughts, Change Your Life
- Change Your Playground, Change Your Life
- Change Your Playmates, Change Your Life
- Change What You Listen To, Change Your Life
- Change What You Watch, Change Your Life
- Build Your Relationship With Your Higher Power... **CHANGE YOUR Life!**



What does HOPE mean?

1. A feeling of expectation and desire for a certain thing to happen.
2. Biblical Hope: The confident expectation of what God has promised, and its strength is in His faithfulness!
3. Other Religious Text: That element in our lives, that we need, that energizes us, that propels us forward, so that we can achieve great things!
4. Other Religious Text: The one thing stronger than fear!



**What HOPE can mean to
all of us....**

H-Healing

- The process that it takes for me to get and keep myself together!
- It may look different than your process!
- Internal peace and healing are something you can build and own!



O-Order in my Life

- 12 steps
- 12 times
- 1 day at a time
- When that first step is right....
- Then I start back at 1...



P-Purpose

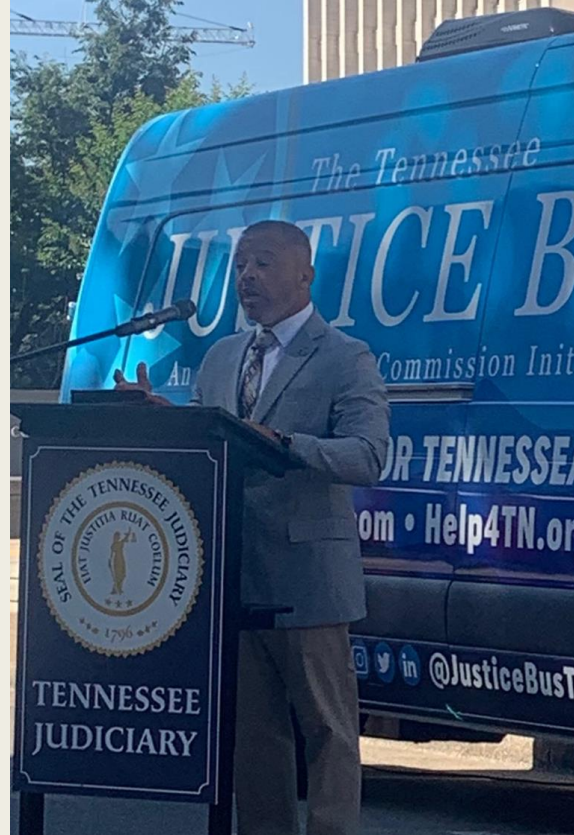
- Living with meaning
- Walking with a sense
- Directing our paths and behavior toward freedom!



E-Excitement

- Excited to be Free!
- Out of Darkness!
- Excited to be Alive!
- Excited to Serve!





**FINAL NOTE:
SUCCESS IS THE
MOST SIGNIFICANT
WAY TO CHANGE A
SYSTEM**

LET'S CONTINUE TO REBUILD OUR COMMUNITIES

Dr. Monty Burks

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Resources:

- www.cdc.gov/mentalhealth/learn/index.htm
- www.hhs.gov/
- www.mayoclinic.org/tests-procedures/resilience-training/in-depth/resilience/art-20046311
- <https://positivepsychology.com/rebt-techniques-exercises-worksheets/>
- www.psychologytoday.com/us/therapy-types/music-therapy
- www.samhsa.gov/behavioral-health-equity
- www.samhsa.gov/mental-health/myths-and-facts