



Presenting Fresh Hope[®] to your Church Leaders

“I’m ready to talk to my church leaders about Fresh Hope. Where do I start?”

Mental health challenges have effected your life personally or through a loved one. You have a great desire to start a Fresh Hope support group at your church, but you don’t know how to present it to your pastor and church leaders. You know their time is valuable, and you want to be sure to communicate the main points.

Here’s a suggestion on how to present Fresh Hope for Mental Health with clarity and passion.

Schedule a 30-minute appointment

In your excitement, you may rush up to your leadership and catch them in the middle of something. Schedule an appointment to you both have time to prepare. Ask if the ability to play a video will be available; otherwise, bring your own device.

During the Meeting

Here’s the key points to include.

- **Explain what Fresh Hope is and does**
 - Begin by explaining how you came to learn of Fresh Hope
 - Fresh Hope is a network of Christian peer-to-peer support groups for those with mental health challenges and for their loved ones.
 - Fresh Hope is inclusive of people both inside and outside the church.
 - Fresh Hope empowers people in their recovery to live well *in spite of* a mental health diagnosis.
 - Fresh Hope is based on 7 Principles of Recovery, founded on Scripture.

- **Show the video**
 - “Fresh Hope: Living Well” or “Fresh Hope: An Introduction” from the FreshHopeNetwork YouTube channel.

- **Explain why you believe Fresh Hope is needed, and how it would be a blessing to your church.**
 - 1 in 4 people in the United States experiences a mental health challenge in their lifetimes
 - The first place Christians go for help is to their church
 - Fresh Hope helps introduce people to Christ and to the power He has in their recovery

- Fresh Hope empowers your church to reach out to the hurting and minister to many people at the same time.
- Fresh Hope leads to healing and a better quality of life.
- **Share why you have a passion for this ministry, and what could happen if your church sponsors it.**
 - Express your vision and commitment. Church leaders need to know that you are committed to follow through and build the ministry.
- **Share Your Plan**
 - Ask for their sponsorship to accept Fresh Hope for Mental Health as a ministry of your church. Explain that sponsorship includes
 - Providing weekly meeting space
 - Promoting Fresh Hope in church publications
 - Providing use of the copier
 - Funding the \$79.99 Starter Kit membership cost
 - Funding promotional supplies
 - Funding meeting supplies (brochures, topic video series, etc)
 - Explain that you'd like to form a team, with their suggestions, to form a team to train to be Facilitators.
 - Let your pastor know your role on the team, and the number of other people you'll need (at least 1 other). Explain that with the premise of Fresh Hope being peer-led, at least one of the facilitators is required to have a diagnosis.
- **Explain why you believe the program will be a success.**
 - Facilitators are trained through an 8 hours online training course with quizzes, followed by a personal interview.
 - Fresh Hope offers free phone and online support and a Facilitator website to help troubleshoot problems and receive peer advice on leading a group
 - Fresh Hope comes with publicity materials (videos, press releases, sample articles).
 - New content is offered regularly to help empower group participants in their recoveries.
- **Tell your pastor what you need.**
 - **Support:** You'll need the church to provide adequate meeting space, and the time and resources to promote your group inside and outside the church.
 - A **Starter Membership Kit:** Ask your church to purchase the \$79.99 Starter Kit, plus additional brochures to promote the group.
 - Ask when you'll know the final decision.
- **What to leave with your pastor**
 - Letter to Pastors from Pastor Brad
 - Free Resources and Ways to Connect sheet
 - Fresh Hope brochure
 - Proposed Budget

Need More Help?

Contact info@freshhope.us. We will answer any questions and help you begin this ministry at your church. You may also call 1.888.815.4673 to leave a message.