

**Silence  
the ~~Shame~~**

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**D·B·H·D·D**

***Faith Based  
Community Events  
Report***

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## Summary

Silence the Shame distributed questionnaires to faith leaders to complete after 12 events they hosted throughout Georgia. We would like to highlight key findings from the 173 participants who completed this questionnaire. The majority of faith leaders demonstrated high proficiency with program material and objectives in the post event questionnaire. The majority of faith leaders (67.1%) who participated in the event and completed the post event questionnaire answered most of the questions in the survey correctly (missing one question or less); which denotes that these faith leaders understood current statistics related to mental health diagnoses in the U.S. and demonstrated aptitude in identifying common mental health symptoms. The average score among faith leaders who took the post-program survey was 82% out of a possible score of 100%.

Participants were given the opportunity to provide feedback at the end of the survey. Participants reported exceptionally high satisfaction and appreciation for the program. A total of 50 participants responded in this section. The most common themes were: **1.** Commendation/Approval (18 participants) **2.** Gratefulness/Appreciation (12 participants) **3.** Interest in taking Future Action (11 participants) and **4.** Need for this training (8 participants). Selected reviews are provided below. Quote 1 was coded as an example of themes 1 and 4. Quote 2 was coded as an example of themes 2 and 3.

Quote 1: What a great workshop! The faith based community is one sector that is usually untouched and the one place many people go to for help. It is important that those who serve within faith based communities are educated and can refer people for help and support. It is equally important that behavioral health professionals can come into these communities and share services that may be available. Good job!

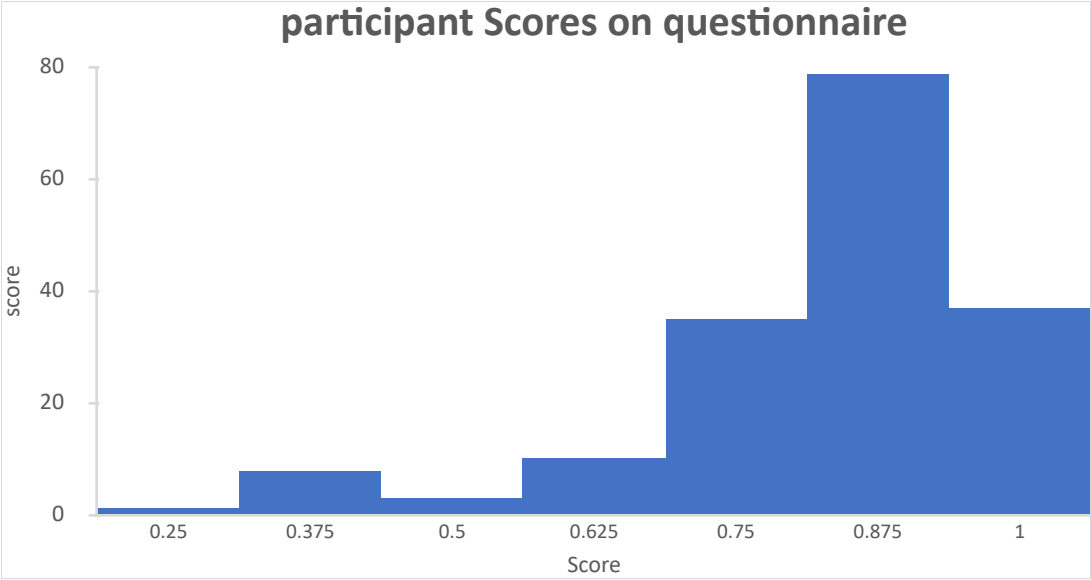
Quote 2: Thank you! I'm so grateful for the work you're doing. If this was available before, I would have recovered sooner. Again, thank you. I am encouraged to do more for my peers and my community.

Further, this program is equally effective among faith leaders across multiple socio-geographical contexts in Georgia. Figure 2 displays the proportion of participants who attended events in Atlanta, Macon, Athens, Savannah, and Augusta. There was no significant difference in the total scores of those who took the survey in Atlanta, GA (41% of the sample) than those who took the survey in other parts of Georgia ( $t(160) = .202, p = .840$ ). These results highlight the program's efficacy across the state of Georgia.

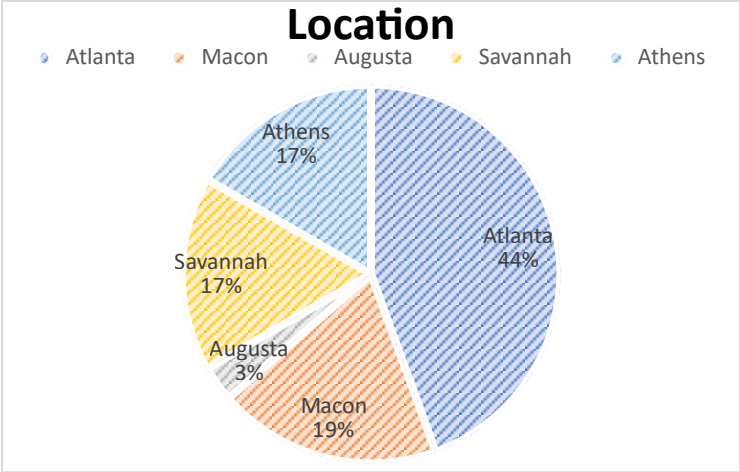
Faith leaders rated (1) their knowledge on mental health issues and wellness, (2) likeliness of seeking professional help if feeling sad or depressed, and (3) likeliness of referring someone to a professional if they were feeling sad or depressed on a scale from 1 (not likely at all) to 10 (very likely). Overall, faith leaders were very likely to refer someone else to a professional (Mean score = 9.4). The average rating for seeking professional help for oneself was 8.3, and the average rating for knowledge of mental health issues was 7.9. Likeliness of seeking or referring to professional help did not significantly differ between Atlanta and other cities. However, how faith leaders rated their knowledge of mental health issues and wellness differed between Atlanta and other cities in Georgia;  $t(160) = 3.731, p = .000$ . Faith leaders in Atlanta rated their knowledge of mental health issues higher than those in other cities in Georgia. The average score on knowledge of mental health issues in Atlanta was 8.4 out of 10, and the average score from faith leaders in other cities was 7.4 out of 10. Thus, these findings may suggest that this program's resources may be especially needed in cities outside of the metro-Atlanta area.

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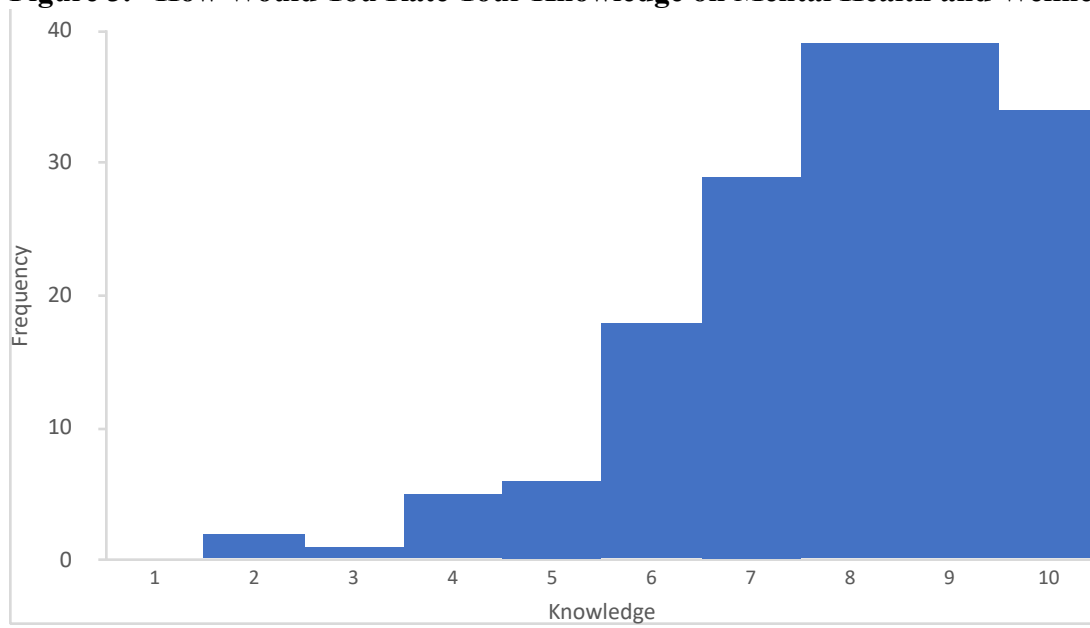
**Figure 1. Faith Leader Participant Scores on Mental Health Knowledge Questionnaire (Average score = 82%)**



**Figure 2. Location of Faith Leader Participants in Georgia**

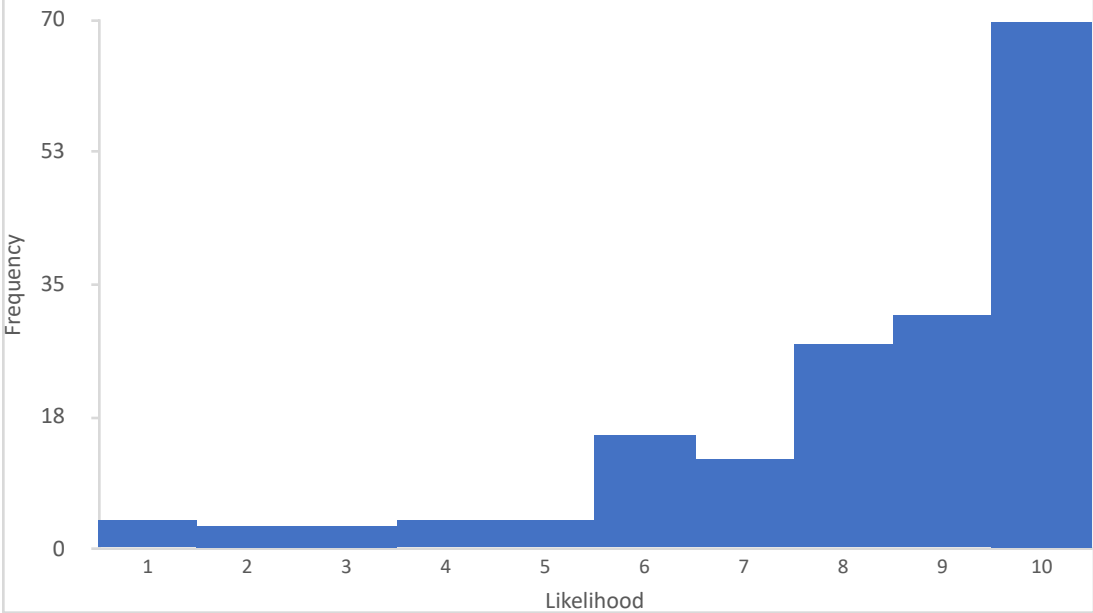


**Figure 3. “How Would You Rate Your Knowledge on Mental Health and Wellness?”**



*1 = poor to 10 = very good* <sup>[P]</sup><sub>[SEP]</sub>

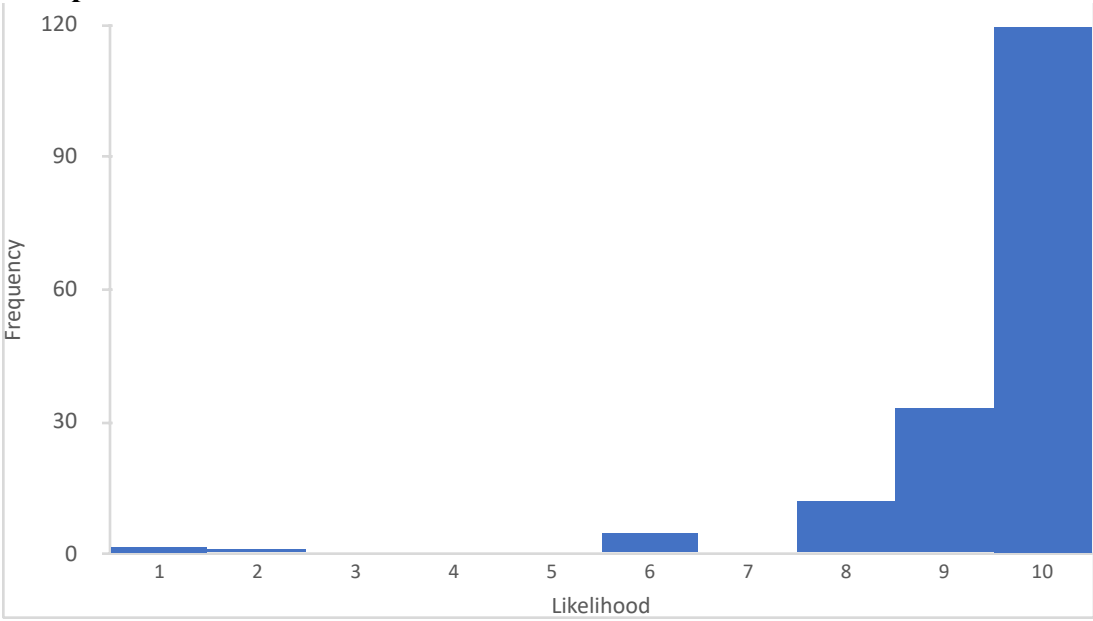
**Figure 4. “How likely are you to seek professional help if you are feeling sad or depressed?”**



*1 = poor to 10 = very good* P  
SEP



**Figure 5. “How likely are you to refer someone to a professional if they tell you they are sad or depressed?”**



*1 = poor to 10 = very good* [P]  
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## **Future Directions**

Various themes emerged in the comments section about what participants believed would be helpful in the future. Six participants expressed interest in volunteer opportunities or collaborating. Three participants mentioned desires for additional training opportunities and mental health resources (e.g. “telephone numbers and pamphlets”). One participant noted that they believed it would be helpful to ask if churches were addressing mental wellness to its members and surrounding community. Another noted that it would be helpful to have representation from all faith-based communities.

Question 1

Can mental illness affect your physical health?

- a. **173 participants answered yes (100%)**
- b. 0 participants answered no (0%)

Question 2

What is the 3<sup>rd</sup> leading cause of death?

- a. Suicide (2) 1.2%
- b. **Car accident (160) 92.5%**
- c. Drowning (8) 4.6%
- d. Murder (2) 1.2%
- e. Missing (1) .6%

Question 3

What percentage of mental illness is cause by trauma?

- a. 25% (12) 6.9%
- b. 50% (36) 20.8%
- c. **75% (73) 42.2%**
- d. 90% (47) 27.2%
- e. Missing (5) 2.9%

Question 4

Can someone have multiple mental illnesses occurring at the same time?

- a. **All participants answered "yes" (173) 100%**

Question 5

What are symptoms of a mental illness?

- a. **All of the above (159) 91.9%**
- b. Other (2) 1.2%
- c. Missing (12) 6.9%

Question 6

Is suicide preventable?

- a. No (2) 1.2%
- b. **Yes (156) 90.2%**
- c. Missing (15) 8.7%

Question 7

What is the number for suicide prevention?

- a. **1-800-273-TALK (107) 61.8%**
- b. 1-800-SUI-CIDE (25) 14.5%
- c. 1-800-STOP (3) 1.7%

d. Missing (38) 22%

Question 8

Prayer is the only way to address mental health issues.

- a. **False (146) 84.4%**
- b. True (4) 2.3%
- c. Missing (23) 13.3%