

## Creative Ministry Support

The Wellness Support Ministry is rooted in helping people toward wholeness. Physical and spiritual equate in value for individuals, families, and communities. Designing and participating in ministries that support overall health is a worthy and meaningful part of achieving wholeness. Wellness support that includes creativity aligned with flexibility provides an opportunity to reach individuals where they are.

## A Tangible, Hands-on, Practical Approach

Scripture is a great place to start! Scripture points to one being complete (having wholeness), as indicated by 3 John 1:2. Individuals supported by this ministry learn how love for God and extending that love to others can help them face and overcome wellness issues, including those caused by traumatic experiences.

*"Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well."*

3 John 1:2



Wellness Support Ministry  
Contact: Dr. Vivian Stephens-Hicks  
Email: [Vivian.stephenshicks@gmail.com](mailto:Vivian.stephenshicks@gmail.com)

## Wellness Support Ministry



A Biblical and Educational Approach to Achieving Holistic Wellness



## Starting at the Drawing Board: Awareness, Conversation, and Referral (ACR)

Holistic wellness support includes a three-tier focus: "Awareness, Conversation, and Referral" (ACR). ACR is an optional framework for establishing a wellness support ministry that provides an opportunity for connection, discussion, and stimulation of awareness of one's physical and spiritual wellbeing.

The ACR framework helps promote and assess physical and spiritual wellness, alerts individuals of possible health barriers, and stimulates conversations about the findings.

## Pastoral Counseling as an Option

An effective wellness ministry directly integrates pastoral counseling, which helps address wellness issues, including unaddressed trauma. Pastoral counseling is not clinical counseling. However, it can provide pastoral care as intervention and triage; thus, it could play a role in further referral for clinical counseling and treatment when needed (*Starnino*).

Reference:

*Starnino, Vincent R. "When Trauma, Spirituality, and Mental Illness Intersect: A Qualitative Case Study," Psychological Trauma: Theory, Research, Practice, and Policy, no. 3 (2016): 382.*

"Beginning the Conversation about being a healthy you..."



*How do you see your physical and spiritual health today?*

*Identify Scripture that speaks to you in this regard.*

