



Spring into health and wellbeing.

Feeding body and spirit nutritiously.

A Holistic Service Approach

A model wellness ministry in Boston focuses on holistic wellness, recognizing that wellness and wellbeing include physical, mental and spiritual components of wellness. *“We believe God wants us to be whole, mind, body, and spirit” (Paul Malkemes, Boston Project Ministries).*

The Boston Project Ministries offers a Mental Health Ambassador’s Program (MHAP), which provides a team approach to mental health issues experienced by youth. It also offers a nationally recognized program, *Can We Talk?*, a community-based, clinically supported program that increases awareness and understanding of trauma.

Reference:

Malkemes, Paul. Interview with Vivian Stephens-Hicks. Personal interview. Boston, November 17, 2020.

Something to Think About

Wellness constitutes physical, mental, and spiritual health.

Academic research stresses the need to consider wellness to address trauma, being particularly aware of hidden traumatic issues unaddressed. Creating awareness of this issue helps to extend hands offering support towards holistic health.



Contact Dr. Vivian Stephens-Hicks to discuss how you can become a Holistic Wellness Partner in addressing trauma-related wellness services.

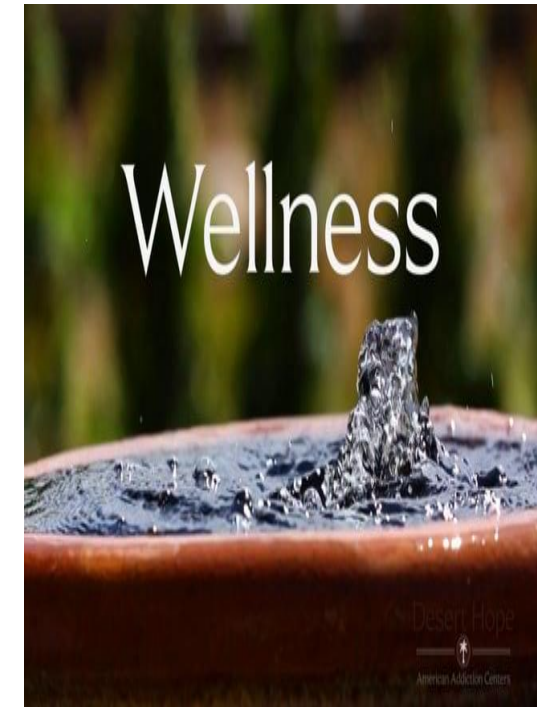
Contact:

Dr. Vivian Stephens-Hicks

Email:

Vivian.stephenshicks@gmail.com

Phone: 617-774-9013



PATHWAYS TO HOLISTIC WELLNESS IN MINISTRY

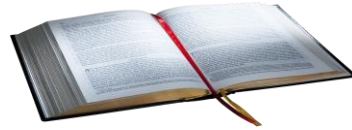


Travel the road together.

Community Partnerships and Spiritual Guidance

Programs and services are needed to support individuals and communities in crisis. Models like the Boston Project Ministries (www.tbpm.org), which provide services that address spiritual development, bible study, outreach, and mental health, make great partners for churches, faith-based non-profits, public health institutions and medical professionals.

Serving with a servant heart and servant leadership framed by biblical principles is key to community and guiding the church (*Boston Project Ministries*).



“Love your neighbor as yourself.” Mark 22:39

A biblical approach to wellness highlights the golden rule: treating others how you want them to treat you. Partnerships that advance the public health of communities is love-based. Employing strategies that include educational programming, doing research, support services, and policy recommendations help ensure holistic wellness.

Reference:

The Boston Project Ministries, www.tbpm.org, Accessed on April 27, 2021.
<https://www.tbpm.org/community/public-health/>.



Did you know?

Research suggests:

- Trauma is a wellness issue.
- Unaddressed trauma impacts the ministry context (*Range et al.*).
- There is a prevalence of trauma-related incidents in the African American community (Range et al.).
- Black and Brown individuals may often deal with trauma prevalence (*Range et al.*).

Raising awareness on the issue of trauma as a wellness issue and in general is essential.

Reference:

Range, Bryan, Dumayi Gutierrez, Casey Gamboni, Nathan Hough, Armeda. Wojciak. “Mass Trauma in the African American Community: Using Multiculturalism to Build Resilient Systems,” no. 40 (2018): 284-285.