

# FULLY ALIVE

an Integrated Wellness Program

## WHAT

Fully Alive is a centralized, integrated Wellness Program offered by the Archdiocese of Kansas City in Kansas that was introduced at the Mercy & Justice Summit this past September. It is:

- open to anyone to attend in person
- for parishes to use as a content resource (either as a livestream or a recording) for their local, parish-based support groups

## NEED

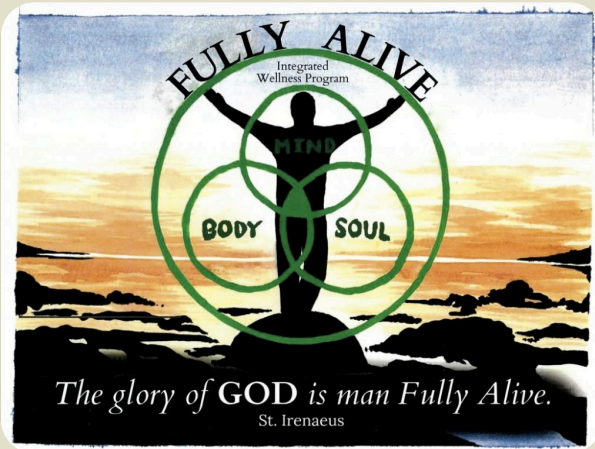
Millions of people in the U.S. are affected by mental illness each year. In any parish, 50% of adults will experience a mental illness in their lifetime. 1 in 5 families are affected by the mental illness of a family member. Most parishes will have an adolescent or young adult commit suicide. 20% of people attending Mass on Sunday are struggling with depression. Is the Church prepared to walk with them?

## PURPOSE

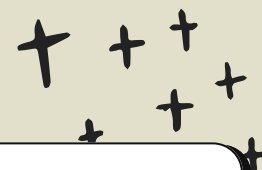
Fully Alive is an integrated wellness program that will demonstrate that the Church is prepared and willing, with mercy, to walk with those struggling with the stressors of life. Fully Alive is “integrated” in that it will address the physical, mental and spiritual aspects of the human condition. The program will combine the tradition of faith and reason (theology and philosophy) with psychology -- offering the gifts of Catholic health professionals (psychologists, counselors, physicians, fitness instructors, clergy, etc.) within our Archdiocese.

The program will consist of monthly sessions, where there will be 3 speakers: a clergy member, a professional and an authentic witness. The session will last roughly 60-90 minutes. Every month, a different topic/theme will be presented. The theme will be a “universal” topic that can be applied to a variety of different mental health issues or situations such as hope, forgiveness, gratitude, etc. All are invited to attend in person. In addition, the monthly sessions will be livestreamed/recorded to share them with parish-based support groups regardless of topic (grief, divorce, addiction, etc.)

The benefit for parishes is support group leaders will have access to high quality and professional content to listen to and discuss at its local support group meetings. Our hope is that this resource will make it easier for parishes to start new support groups or provide mental health support for its people. Parishes connected to the Fully Alive program will simply need to provide a space, food, and a leader to show the recording of the session and facilitate a discussion.



## LEADERSHIP



Jacque Pfeifer, Ph.D. and Deacon Mike Moffitt, Ph.D., LP, both licensed clinical psychologists, are responsible for determining the content of the sessions and securing the professionals to lead each offering. Josh Ruoff, Lead Consultant for the Special Needs Ministry, is responsible for event planning: location, advertising, recording, budget and follow up communication with attendees.

## PROGRAM

Sessions will be held at Benedictine College in Atchison KS. Livestreaming and a recording will be available and parishes are encouraged to provide a space for their parishioners to meet. Any supplemental materials will also be available. The first offering will occur in January 2025. Topic will be "Our Identity in Christ" and will be focused on addressing the identity crisis in our culture. Stay tuned for further details.

## CONTACT

If you have any questions or would like to be a part of Fully Alive in some capacity, please contact Josh Ruoff, Lead Consultant for special needs ministry at the Archdiocese. [jruoff@archkck.org](mailto:jruoff@archkck.org) or 913-647-3054

