

Thoughts about REJOICE

The program had a positive immediate impact on self-esteem in all participants.

Overall, participants enjoyed the program and thought it was very well done.

Participants were satisfied with the program materials and their REJOICE Leaders.

REJOICE Leaders felt it was a great ministry within a ministry (of the church).

Grant Number: - U01 MD010644-01—Principal Investigators:
Tiffany Haynes and Karen Yeary, Community Principal
Investigators; Jerome Turner and Johnny Smith; Sponsored
by: National Institutes of Health

Orientation Location
Address
City, St ZIP

twitter: @rejoice_program
Instagram: rejoice_program
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REJOICE

Renewed and Empowered for the Journey
to Overcome in Christ Everyday

Emotional Wellness in Christ

“Beloved, I wish above all things
that thou mayest prosper and be in
health, even as thy soul
prospereth.”

(3 John 2:2, KJV)



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What is REJOICE?

REJOICE is a research project that is designed to help participants recognize when they are feeling down and learn skills that will help improve their mood while growing closer to God.

What does REJOICE want to test?

- Will REJOICE work in a community/real-world setting?
- Will REJOICE help improve emotional health?

How will REJOICE work?

Twenty four churches will be recruited in the Arkansas Delta area to participate.

Each church will identify 2 people (REJOICE Leaders) that will be trained by community leaders to deliver the REJOICE program.

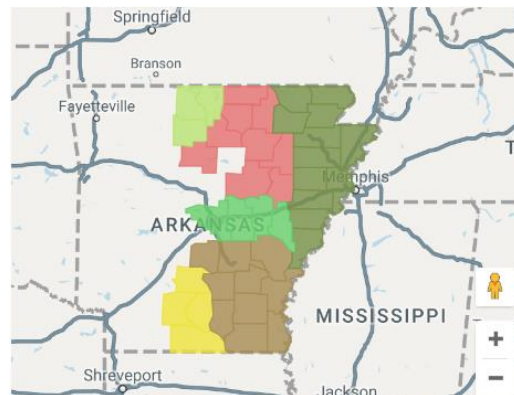
Small groups of 8-10 people will meet in churches once a week for 8 weeks for a 1-hour lesson with Bible Study.

Who can participate?

- ▶ Generally healthy African Americans aged 18 or older
- ▶ Able to complete an 8 session program
- ▶ Would benefit from an emotional wellness intervention
- ▶ No serious memory problems
- ▶ No substance abuse

REJOICE Program Topics

- ▶ Stress Management
- ▶ Overcoming Barriers to Activities
- ▶ Coping with Difficult Situations
- ▶ Racism, Discrimination, Trauma & Loss
- ▶ Financial Hardships



Participant Expectations

- Complete the program (8 weekly sessions)
- Complete all assessment visits
- Be ready and willing to make changes!

REJOICE Benefits

You will learn skills at NO COST that can help you achieve mental, physical, spiritual, and emotional health in your personal, family, and work life.

- **If you participate, your information will be kept private.**
- **You will also receive a gift for completing assessments.**