



Franciscan Sisters of Perpetual Adoration Change Direction Pledge

The Franciscan Sisters of Perpetual Adoration pledge to support the Change Direction initiative to educate our sisters, affiliates, staff, partners in ministry and those we serve about mental health and wellness.

Together with Coulee Region Change Direction partners, we pledge to continue our efforts in mental health and wellness through our direct care ministries and create environments that enhance holistic mental health and healing. We pledge to provide education and to normalize the topic of mental health by incorporating it into our conversations, ultimately reducing stigma around the topic and moving one another toward compassion, empathy, understanding and support.

Our Pledge to the Change Direction Initiative

FSPA pledge to serve as a community partner in the Change Direction initiative. We pledge to participate in community meetings, events and conversations that ensure the momentum behind the movement remains strong.

Our Pledge to our Employees and their Families

FSPA has an enthusiastic wellness committee that serves to educate staff members on the aspects of holistic, healthy living; promotes events and programs; and serves as models of our quest for a healthy lifestyle. Through this committee and FSPA leadership, we pledge to grow our mental health education and programming and continue to cultivate a work culture that honors the dignity, diversity and worth of each person as a unique image of God. We are committed to:

- sharing the Five Signs of Suffering,
- sharing Employee Assistance Program contact information,
- sharing wellness program initiatives, such as wellness challenges, guided imagery, access to in-house exercise equipment and reduced gym memberships and organized breaks to encourage staff camaraderie and relaxation,
- sharing sacred spaces such as the Adoration Chapel and courtyard with employees for quiet breaktime reflection and meditation, and
- incorporating the Change Direction toolkit designed locally by campaign leader, Logistics Health Incorporated.

Our Pledge to our Sisters

Through FSPA leadership working with our sisters in various ministry locations and through the dedicated teams staffing our facilities we are committed to:

- sharing the Five Signs of Suffering,
- ensuring we have appropriate mental health training and resources, and
- hosting regular educational opportunities focused on mental health and wellness, including healthy aging programs.

Our Pledge to our Affiliates and Partners in Ministry

FSPA is joined by partners in ministry who work to continue our mission of creating innovative approaches to healing, teaching and praying. To our partners, we are committed to:

- sharing the Five Signs of Suffering,
- sharing the Change Direction toolkit for use in their professional and personal lives, and
- supporting sister-affiliate teams who serve to raise mental health awareness.

Our Pledge to those we Serve

Founded in 1849 and constantly evolving and adapting to meet the ever-changing needs of humankind, we recognize today's mental health care disparity and commit ourselves to:

- supporting mental health wellness through our sponsored spirituality centers, including the Franciscan Spirituality Center in La Crosse,
- providing health and wellness at an affordable price, making holistic health care options available to anyone at Integrative Therapies of La Crosse,
- praying continuously, 24/7, for the needs of the La Crosse community and the world, including a special intention for our brothers and sisters living with mental illness,
- continuing to advocate for systemic changes in our health care system that increase accessibility to care for those who needlessly suffer from mental illness, and
- continuing partnerships with area organizations such as the La Crosse Mental Health Coalition that are dedicated to the mental health of our community.