

#### Time required:

- Sessions last for approximately 30 minutes to one hour each.
- The number of sessions may vary from 3 to 12.
- Sessions are held once every one or two weeks.



**For more information contact:**  
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**Location of the study:**  
Dept. of Psychiatry and Human Behavior  
Suite 210, 833 Chestnut Street  
Philadelphia, PA 19107  
Located on 9<sup>th</sup> Street between Market and Chestnut across from the post office.

**If you or someone you know  
is in crisis, call:**

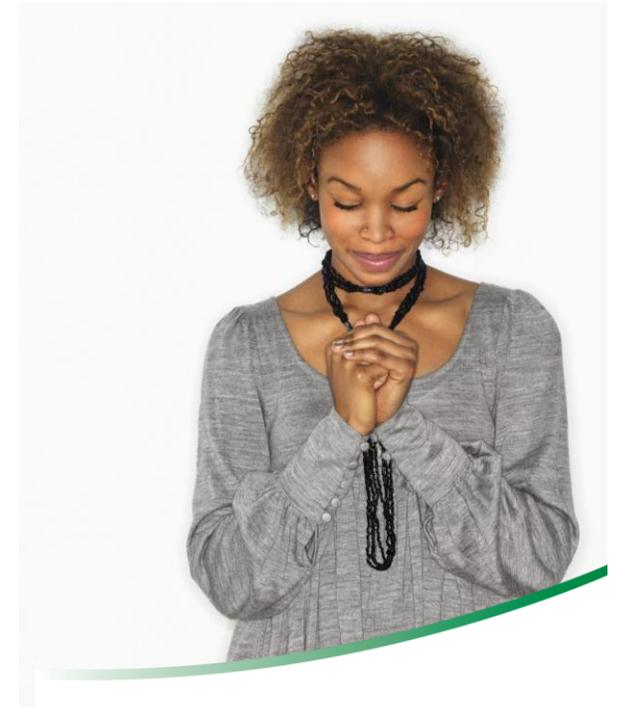


Jeff*HELP* is a mental health awareness program for the Jefferson community.

- H** – Heightened Awareness
- E** – Educational Enhancements
- L** – Linkages to Services
- P** – Promoting Healthy Behaviors

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# Mind-Spirit Resilience Booster



## Mind-Spirit Resilience Booster

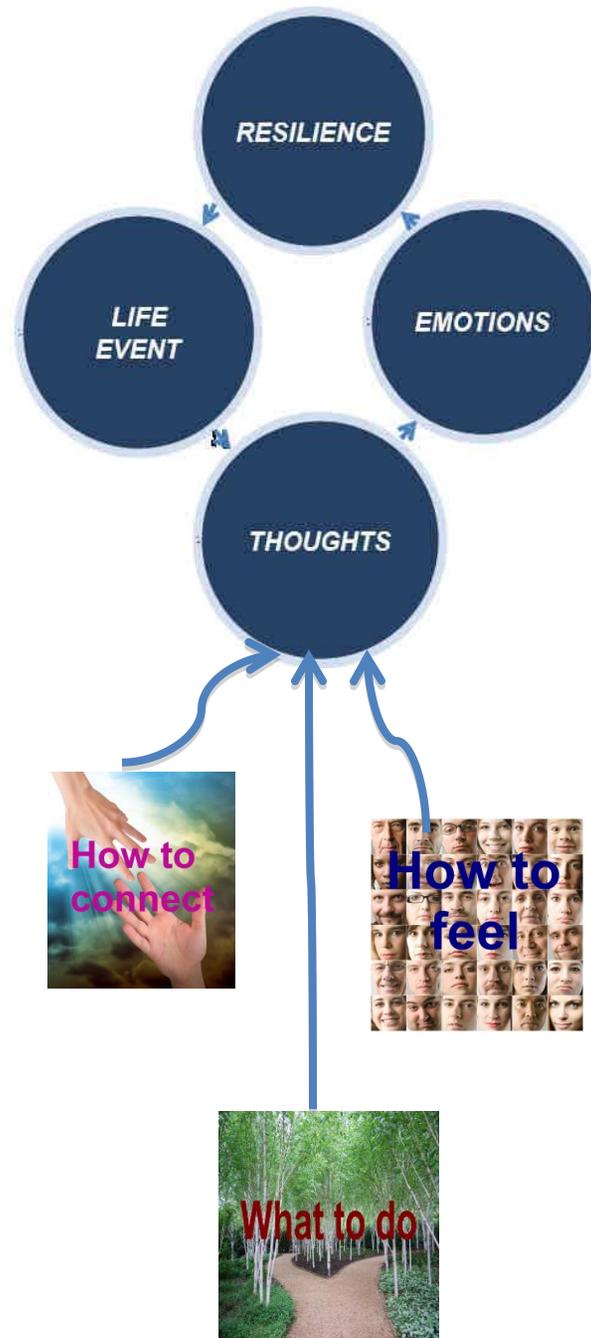
Spiritual beliefs help people “bounce back” when faced with stressors and situations in life. JeffHELP is conducting a research study about resilience for the Jefferson community. It is a video-based spiritual intervention known as the “Mind-Spirit Resilience Booster.”



The purpose of the study is to determine if the booster increases resilience and protects against stressors and risk.

### The booster:

- Combines spiritual videos with cognitive therapy.
- Addresses situations and negative thoughts that cause painful emotions.
- Helps people use spiritual beliefs to think positively, cope, and feel better.
- Is available in Jewish, Christian, and ecumenical/atheist/agnostic versions.



### Benefits of the study:

- Learn to use spiritual beliefs to think more positively and feel better.
- Cope more effectively and “bounce back.”
- Do not pay anything—the booster is free.



### Risks of the study:

- Thinking about unpleasant events may result in emotional pain during part of the intervention.



### To be eligible:

- Must be a Jefferson employee or student.
- Have not experienced trauma, such as abuse, related to spiritual beliefs.