



WE ALL BELONG *spotlight*

October 2025

WE ARE COMMITTED TO MAKING BRIO LIVING SERVICES A WELCOMING PLACE FOR ALL TO LIVE AND WORK

Meet Chaplain Carl Pace: Sharing Stories and Faith at Porter Hills Village

Chaplain Carl Pace brings a passion for faith, storytelling, and community to his work at Porter Hills Village where he serves as Lead Chaplain.



In addition to his work at Porter Hills Village, he is also the Senior Pastor of True Light Baptist Church in Grand Rapids. Carl is also the creator and host of the *Everyday Pastor* podcast; a platform he launched to foster connection and support spiritual growth.

At Porter Hills Village, Carl blends his love for ministry and media as the host of *Voices of the Village*—a monthly podcast that features heartfelt stories from residents, team members, and members of the broader Porter Hills Village community. Recorded in Porter Hills Village’s newly renovated, state-of-the-art studio, the podcast offers a meaningful way for residents to connect, reflect, and share their life journeys. In recognition of **World Mental Health Day**, Carl’s work takes on even deeper significance. By creating a safe and supportive space for storytelling, he helps promote emotional and mental well-being. His ministry encourages open dialogue, reduces stigma, and reminds us of the vital role that connection and faith play in nurturing mental health.

In addition to his work on the podcasts, Carl is pursuing a doctorate, leads Bible study sessions, and helps provide Sunday worship services alongside the other chaplains.

“I enjoy the sense of family among our team and the residents we serve,” Carl says. “It’s a privilege to be part of their lives and help them share their voices.”

To listen to *Voices of the Village*, visit: [Voices of the Village | Carl Pace]



To read more of our residents’ and team members’ stories, check out our blog at: <https://foundation.mybrio.org/blog/>



October 10th is

World
Mental
HEALTH
DAY



World Mental Health Day, observed annually on October 10th, is a global initiative aimed at raising awareness of mental health issues, reducing stigma, and promoting overall well-being.

Established in 1992 by the World Federation for Mental Health, the day was originally organized by Deputy Secretary-General Richard Hunter. In 1994, under the guidance of Secretary-General Eugene Brody, the observance began adopting annual themes, starting with “Improving the Quality of Mental Health Services throughout the World.” This day serves as a powerful reminder that mental health is a vital part of overall health. It encourages open dialogue, community action, and global advocacy to support those facing mental health challenges.

<https://www.cultureally.com/blog/worldmentalhealthday>



WE ALL BELONG spotlight

Get involved with World Mental Health Day

Participating in **World Mental Health Day** allows you to contribute to raising awareness and supporting mental health. Here are some meaningful ways to get involved:

- ✓ **Start a Conversation:** Initiate conversations about mental health with friends, family, and colleagues to reduce stigma and provide a safe space for discussion.
- ✓ **Attend Mental Health Workshops:** Seek out workshops, webinars, or events in your community that focus on mental health awareness and well-being.
- ✓ **Share Resources:** Share mental health resources, articles, and helpline information on social media and with your network.
- ✓ **Support Mental Health Organizations:** Consider donating to or volunteering with organizations dedicated to mental health advocacy and support.
- ✓ **Practice Self-Care:** Take time for self-care activities that promote your own mental well-being, such as mindfulness, exercise, or journaling.
- ✓ **Join a Support Group:** If you or someone you know is dealing with mental health challenges, consider joining a support group for guidance and connection.

<https://www.cultureally.com/blog/worldmentalhealthday>

When showing support for **World Mental Health Day 2025**, use these hashtags to connect with others participating in this global awareness event.

#WorldMentalHealthDay

#MentalHealthAwareness

#MentalHealthMatters

#YouAreNotAlone

#EndTheStigma

#WellBeing

#MindfulLiving

HASH
tag



Approximately 20% of children and adolescents around the world have a mental health disorder.

75% to 95% of individuals with mental health conditions in underdeveloped and developing countries cannot access mental health services.

Fewer than 2% of health budgets are spent on mental health - despite its impact on individuals and society.

The WHO estimates that nearly \$1 trillion is lost every year in productivity due to depression and anxiety.

The green ribbon became an official symbol of mental health awareness in the early 2000s.

WORLD
MENTAL
HEALTH
DAY

https://www.who.int/health-topics/mental-health#tab=tab_1