



Mental, Emotional, and Spiritual Support (MESS) Training

May 18-20, 2026 at Coastal Retreat Center

2101 Palm Blvd, Isle of Palms, SC 29451

Monday, May 18 from 1-6:30 pm | Tuesday, May 19 from 8:30-5:30 pm | Wednesday, May 20 from 8:30-12:30 pm *Attendees must be available for all training times to attend – Lodging is provided at Coastal Retreat Center.*

Course Description

MESS training is an interfaith **skills-based disaster program designed for clergy, lay leaders and community responders** - people who may encounter and provide care for individuals in crisis or distress from conventional disasters or disasters of everyday life. This skill-based training helps equip the community to care for one another in times of crisis.

Attendees will learn to confidently support individuals facing mental, emotional, and spiritual distress using a 6-Part Protocol rooted in **compassion, curiosity, and connection**. This highly interactive course equips participants with practical skills for both supportive conversations and crisis stabilization—without the pressure to “fix” or offer quick solutions. No prior experience is required. Participants only need an empathetic spirit and a desire to walk alongside those who are hurting. This training is offered in partnership with MESS Ministries, Inc., the creators of the 6-Part Protocol.

Attendees will Learn

- To **Show Up** with compassionate, guiding presence.
- To **Lean In** with deep listening, appropriate asking, and further exploration.
- To **Listen Out** to identify immediate needs and critical concerns.
- To **Provide Care** through crisis stabilization or supportive acceptance and empowering action.
- To **Kindle Hope** by encouraging perseverance and inspiring possibility.
- To **Follow Up** through planning and/or refer to next-level care.

Course Logistics and Registration

- **Duration:** 2.5 Days (20 hours)
- **Format:** In-person at Coastal Retreat Center
- **Cost:** As a part of Lutheran Disaster Response’s training support, there is no-cost to the community
- **For Information:** Contact Pastor Ruth Ann Sipe at ruthann@ldrcarolinas.org
- **To register:** [Visit this link](#) or use the QR code:



THIS TRAINING IS MADE POSSIBLE BY

