

EVERY CHURCH A CENTER FOR HEALTH, HEALING AND WHOLENESS IN THE COMMUNITY

CHOOSE FULL LIFE
TELL THE WORLD

RAI ADVENTIST HEALTH MINISTRIES

Mental Health Awareness Sabbath February 15, 2014

Suggested Afternoon Presentation
By Dr Carlos Fayard
Loma Linda University

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WHAT IS MENTAL HEALTH?

Video:
<http://www.youtube.com/watch?v=6Sny4KDuWHM&feature=youtu.be>

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Did you know?

- **1 in 4 adults experiences a mental health disorder in a given year**
- **About 1 in 17 lives with a serious mental illness**
- **26 % of the homeless population lives with a serious mental illness**
- **1 in 10 children and youth experience a mental health disorder**

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Did you know?

- **About 20-25 % of jail and prison inmates and youth involved with juvenile justice live with a mental illness.**
- **We lose one life to suicide every 15.8 minutes.**

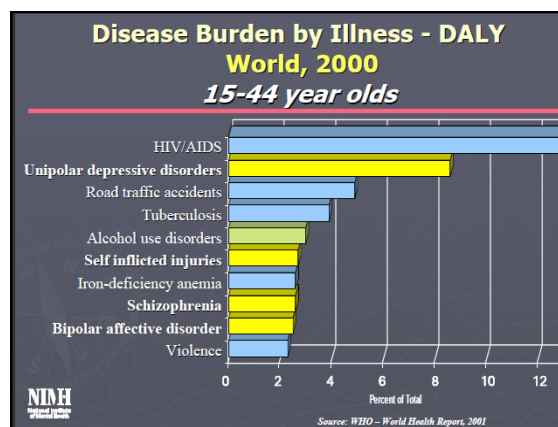
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Did you know?

- That 6 out of the 10 leading "Disease Burden by Illness" worldwide have to do with behavioral and/or emotional problems
- A "Disease Burden by Illness" measures the combined cost of a given condition (e.g. work loss, medical costs, financial losses)
- Depression will be the leading "Disease Burden by Illness" by 2020






Take Clinical Depression as an example




Facts about Depression

- Depression is common, affecting about 121 million people worldwide.
- Depression is the leading cause of disability as measured by yearly days on disability, and the 4th leading contributor to the global burden of disease
- Depression costs the US economy more than US\$ 43 billion annually in medical treatment and lost productivity
- Suicide results in the loss of about 850 000 thousand lives every year.
- Fewer than 25 % of those affected have access to effective treatments.




More facts...

- Nearly 5-10% of persons in a community at a given time are in need of help for depression.
- As much as 8-20% of persons carry the risk of developing depression during their lifetime.
- The average age of the onset of major depression is between 20 and 40 years.
- Women have higher rates of depression than men.
- Race or ethnicity does not influence the prevalence of depression




More Facts

- Depression occurs in approximately 30% of patients with other medical disorders.
- The presence of depression increases the cost of medical services.
- Depression increases the suffering due to primary medical disorders.
- Patients with long-term medical illnesses are at increased risk for concurrent depression.



Who is at risk for developing depression?

- Women are at greater risk than men.
- Separated and divorced people.
- A person having a close family member with depression.
- Early parental loss.
- Negative stressful events and chronic stress.
- Lack of social support.
- Family type and those living in urban areas compared to rural areas.

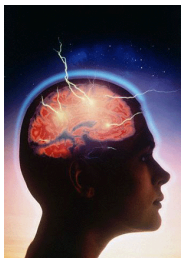


Depression & Faith

- Are people of faith immune from Clinical Depression?
- NO!
- But faith is an protective factor

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Did you know that people of faith have struggled with symptoms of depression?

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Physical & Emotional Pain

- Job 30: 16 "And now my life ebbs away; days of suffering grip me.
- 17 Night pierces my bones; my gnawing pains never rest.




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Suicidal Ideation

- 1 Kings 19: 4 while he (Elijah) himself went a day's journey into the desert. He came to a broom tree, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors."




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Hopelessness

- Jonah 4:3 Now, O LORD, take away my life, for it is better for me to die than to live."




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Cumulative Losses

- Psalm 42:3 My tears have been my food day and night, while men say to me all day long, "Where is your God?"
- 5 Why are you downcast, O my soul? Why so disturbed within me?




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Social Isolation

- Lamentations 3:17 I have been deprived of peace; I have forgotten what prosperity is.
- 18 So I say, "My splendor is gone and all that I had hoped from the LORD."

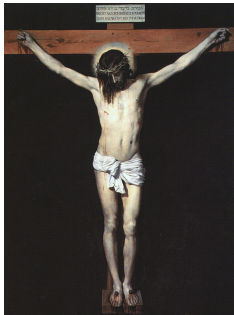


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Sense of Abandonment

- Mathew 26:38 Then he said to them, "My soul is overwhelmed with sorrow to the point of death"




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Depression can be due to?

- Genetics
- Brain Chemistry
- Hormonal Changes
- Illnesses
- Misuse of alcohol or other drugs
- Some medicines
- Stress, Grief or abuse



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Did you know that?

- Emotional disorders are "equal opportunity" conditions
 - No age discrimination
 - No race discrimination
 - No national origin discrimination
 - No language-based discrimination
 - No sexual orientation discrimination
 - No religious discrimination

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Did you know?

- That people with emotional challenges, and their families feel invisible in our churches?
 - A Baylor University (Stofford, et al., 2013) study shows:
 - that while families with a member who has mental illness have less involvement in faith practices, they would like their congregation to provide assistance with those issues.
 - However, the rest of the church community seemed to overlook their need entirely.
 - In fact, the study found that while help from the church with depression and mental illness was the second priority of families with mental illness, it ranked 42nd on the list of requests from families that did not have a family member with mental illness.

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Did you know?

- Surveys show that over forty percent of Americans seeking help with mental health issues turn first to ministers, priests and rabbis. This is twice as many as those who went first to a psychiatrist, psychologist or family physician.
- Unfortunately, the response of clergy and congregations falls significantly short of what parishioners expect of their faith leaders.
- Individuals struggling with mental illness are significantly less likely to receive the same level of pastoral care as persons in the hospital with physical illnesses, persons who are dying or those who have long-term illnesses.
- People often visit others with physical illness, bring them meals and provide other helpful services.
- Mental illness has been called the "no casserole disease."

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Responding to Illness

<p>When Ellyn had cancer, she received:</p> <ul style="list-style-type: none"> • Visits in the hospital • Notes and cards • Meals for her family • Prayers • Support for treatment • A 'welcome back' 	<p>When Ellyn had <u>mental illness</u>, she received:</p> <ul style="list-style-type: none"> • Visits in the hospital • Notes and cards • Meals for her family • Prayers • Support for treatment • A 'welcome back'
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Did you know?

- The Church can help through:
 - Education
 - Commitment to care and reach out
 - Welcome those that seem to be on the margins
 - Support to individuals and families
 - Advocate for the needs of those in the community
 - Provide spiritual support

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Did you know?


The Seventh-day Adventist Church has known about the importance of mental health for more than 100 years

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A Seventh-Day Adventist Perspective

- “The condition of the mind has a much greater impact than it is generally believed. Many illnesses are the result of depression. Sorrow, anxiety, frustration, remorse, guilt and difficulties with trust undermine vital forces and result in dismay and death... Courage, hope, faith, trust and love promote health and prolong life. A merry and content spirit bring health to the body and strength to the soul” (E.G. White, 1905)



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Did you know?

- The Ministry of our church should include a consideration for the emotional health needs of our communities
- Consider the following text – see how many words in it refer to emotional concerns
 - In Ellen White’s Ministry of Healing
 - In the words of the prophet Isaiah

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“The Healing Ministry of Jesus”

- Our Lord Jesus Christ came to this world as the unwearied servant of man's necessity. It was His mission to bring to men *complete restoration*; He came to give them *health and peace and perfection of character*.



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Healing as Ministry

- During His ministry, Jesus devoted more time to healing the sick than to preaching
- The Saviour made each work of healing an occasion for *implanting* divine principles in the mind and soul. This was the purpose of His work.
- He imparted earthly blessings, that He might *incline* the hearts of men to receive the gospel of His grace.

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Ministry to Emotional Needs

- Gracious, tenderhearted, pitiful, He went about *lifting up the bowed-down and comforting the sorrowful*. Wherever He went, He carried blessing
- Christ recognized no distinction of nationality or rank or creed
- *He passed by no human being as worthless, but sought to apply the healing remedy to every soul*

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Ministry and Emotional Healing


- **Isaiah 61:1** The Spirit of the Sovereign Lord is on me,
because the Lord has anointed me
to *proclaim good news* to the poor.



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- He has sent me to bind up the *brokenhearted*,



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- to *proclaim freedom* for the captives



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- and *release from darkness* for the prisoners



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- to proclaim the year of the LORD's favor and the day of vengeance of our God, to *comfort all who mourn*,




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- and provide for *those who grieve* in Zion—




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- to bestow on them a *crown of beauty* instead of ashes




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- the *oil of joy* instead of mourning,

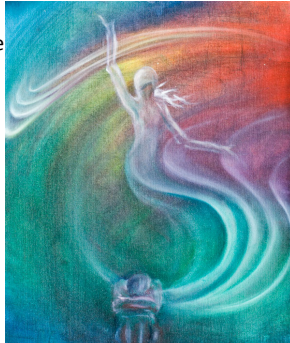


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- and a garment of praise instead of a *spirit of despair*.




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- They will be called oaks of righteousness, a planting of the LORD for the display of his splendor.



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Did you know?

- You
- Can be
- An oak of righteousness
- You
- Can display
- His splendor



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For more information and resources
go to
www.NADHealthMinistries.org