

"Why Don't They Just Snap Out of It ?"

A CRCNA Communications Webinar Presented by

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Introductions



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What is Faith and Hope Ministries?



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Why Is Awareness Training Important?

1. It can strike any person in any family
2. 1 in 4 families have a close relative
3. 1 in every 5 Canadians will have a mental health problem at some point in their lives
4. 1 in 4 American adults experiences mental illness in a given year.
5. At any given time 14.8 million Americans suffer from depression.

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Why is Awareness Training Important?

5. Anxiety disorders are the most common mental illness in the US affecting more than 40 million adults age 18 and older.
6. Effective treatments are available yet many do not seek treatment due stigma.
7. Mood disorders such as depression are the third most common cause of hospitalization in the US for both youth and adults ages 18 to 44.
8. People often turn to the church in times of crisis and suffering however pastors feel ill-equipped to support people experiencing mental illness as they are not adequately trained. (Dr. Matthew Stanford, Waco, Texas)

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Why Should Our Churches Care?

- Because 1 in 4 people in your church is affected by mental illness.
- Because more than half of the people who seek help when they are in crisis turn first to their clergy or faith leaders.
- Because there are many people living with a mental illness who are looking for a "supportive" faith community.

Interfaith Network on Mental Illness

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Dispelling Some Myths...

- Christians do struggle with depression as much as the general public
- We cannot take control of the symptoms of depression and anxiety by sheer will power and strength
- Depression is a clinical illness and is very different from sadness or feeling blue
- Anxiety disorder is very different from worry
- You do not need to be a trained professional in order to support someone with depression or anxiety

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Let's Talk about Anxiety:

12% of the population experiences anxiety disorders.

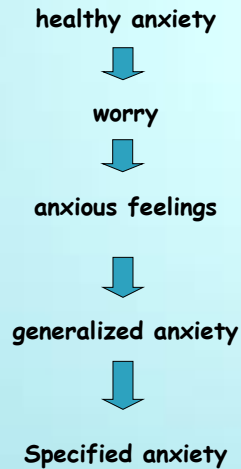
This includes:

- generalized anxiety disorder (gad)
- phobias
- panic disorder
- Obsessive Compulsive Disorder (OCD)
- Post Traumatic Stress Disorder (PTSD)

So what does this mean for your church family?

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A Continuum for Anxiety:



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Let's Talk about Mood Disorders:

- **Clinical Depression:** can be very debilitating affecting over 10% of the population.
- **Dysthymia:** chronic low-grade (mild) depression that can last for two years or more
- **Bipolar:** (formerly called Manic Depression) has severe rises and falls of mood
- **Seasonal Affective Disorder (SAD):** is the rising and falling mood with the seasons
- **Post Partum Depression:** happens to women up to two years after having a baby or miscarriage. It is far more debilitating than the baby "blues"

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A Continuum

~Depression~

Depressive symptoms like
loss of sleep & poor
concentration mean we
cope less well & things go wrong

This leads to still greater
Levels of depression, despair
& negativity with still worse
physical symptoms

Which leaves us less
able to cope
and so on

➤ Blue day



➤ Sadness



➤ Grief



➤ Dysthymia



➤ Depression



➤ Clinical depression



➤ Suicide

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How is Clinical Depression Different from "the Blues?"

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	Clinical Depression	Sadness or the Blues
Essential Distinction :	An Illness	A normal reaction to life situations
Symptoms :	Multiple: mood, thoughts, bodily functions	Single: mainly sad mood
Duration :	Persists	Brief
Suicide Potential :	Can result in suicide	Rarely produces suicidal thoughts
Treatment :	Responds to specific medication and/or psychotherapy	Responds to a good listener and/or time to heal

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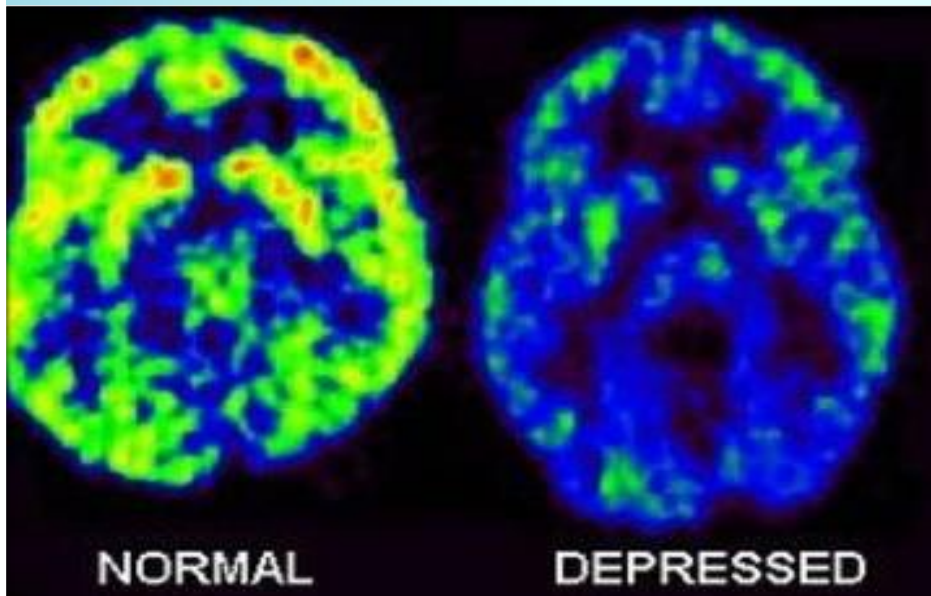
Suicide

- Suicide is a major cause of premature and preventable death
- Among those aged 15-34, suicide is the second leading cause of death
- Rates for males is 3 times higher than for females
- 90% of people who suicided have a mental or addictive disorder

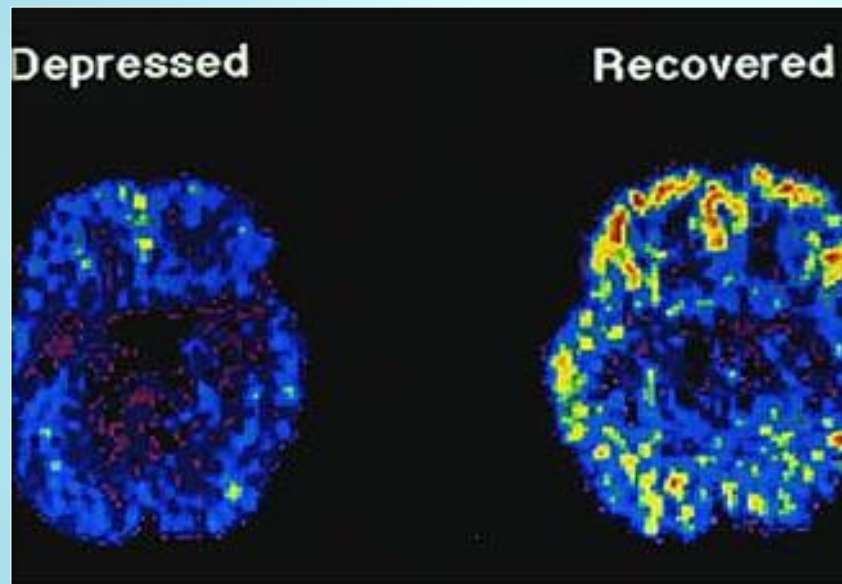
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The World Health Organization (WHO) predicts that by the year 2020 depression will become the second cause, world wide, of years lost due to disability.

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World Health Stigma Conference 2011



World Health Stigma Conference 2011

No one is immune...

Everyone who has a heart can have heart disease.

Everyone who has a brain can have a mental illness.

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So What Can We Do?

Quite simply, Jean Vanier states,

"The Church is not called to do extraordinary things;
it is called to do ordinary things with extraordinary love."

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So when we visit:

What we believe will affect our ability to support...

Our foundational beliefs on pain, suffering and hope

Our beliefs of the church's calling

Our own experiences and stories will affect our support

Our belief that mental illness is no respecter of anyone and can affect anyone

Our belief that everyone is created equal in the eyes of our Creator

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What we know will affect how we support...



1. Knowledge reduces attitude (stigma)
2. Knowledge reduces fear
3. Knowledge increases understanding
4. Knowledge increases our resources (get to know your community resources)

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What we say affects our support... ~ Words are Powerful ~

"Words kill, words give life; they're either poison or fruit - you choose.
(Prov. 18:21)

Do more listening than speaking.

Hear their story. It may not be the time to share your story.

Ask questions. How is it they might think this way?

Words have the power to hurt or to give life!
Jesus words live inside you. Use them to build up the body.

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What we do will affect our support...

1. Use a gentle approach (listen more, talk less)
2. Short visit
3. Support proper treatment
4. Random acts of kindness
5. Do the same things you would do as someone with a physical illness

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TELL ME IT'S CANCER, THAT I CAN HANDLE

How you can help:	If they have Cancer	If they have a Mental Illness
1. Visit them in the hospital or at home	X	X
2. Offer prayers for them at services	X	X
3. Send cards or letters to keep in touch	X	X
4. Listen and give moral support	X	X
5. Encourage sharing	X	X
6. Make periodic phone calls	X	X
7. Help with special housing or job needs	X	X
8. Offer to shop with or for them	X	X
9. Take them a meal	X	X
10. Offer transportation for doctor visits or med pickup	X	X
11. Invite them to return to services and sit with them	X	X
12. Offer help with child care	X	X
13. Learn more about the illness so as to be a more informed care giver	X	X
14. Encourage networking with a community support group	X	X
15. Encourage continuing interests and activities	X	X

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"The Church's vocation then is not to become a community of psychiatrists, rather, it is called to become a community of disciples who strive to embody and reveal God's extraordinary love."

Jean Vanier

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Quote from *Troubled Minds* by Amy Simpson

"Ministry among people with mental illness requires a long term commitment, just like ministry among those undergoing the process of sanctification."(pg.187)

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Helpful Tips for your church:

1. Learn the facts of how the illness is affecting the person you're supporting. Build a relationship by listening.
2. Integrate into the life of the church.
3. Develop a support system such as support groups, bible study, a care network, job search, clothing.

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Helpful tips continued:

4. Keep your focus on the person experiencing mental illness not on yourself
5. Establish your support network
6. Don't gossip; maintain confidentiality
7. Be genuine, accepting and understanding

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And...

8. Know that healing is a process; not a quick fix.
9. Remember: You are not there to fix but rather to walk along side.
10. Include outings and activities.
11. Offer specific help (transportation, meals, babysitting).
12. Do not do for others what they can do for themselves.

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Some things you might encounter....

- An individual who may not talk
- An individual who may cry a lot
- An individual who may have a panic attack
- Family members who are in desperate need of support
- Individuals or family who are angry
- People who are very fearful (don't want to go out with you)
- Someone who is suicidal
- Being exhausted or totally drained after your visit

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As Caregivers what do you need in order to continue supporting people with Mental Health issues?

- Support, support, support
- Create a buddy system
- Work as a team (don't overload one caregiver)
- Watch out for each other/cover each other with prayer
- Know the signs of burnout
- Know who you can talk to without gossiping
- Develop resource and referral network
- Provide training opportunities
- Honour/recognize caregivers with an event
- Take time for Sabbath rest and renewal (allow the Lord to replenish you)

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Extend Hope...



- When people have lost hope, be hopeful for them
- Believe deeply in the power of Christ's presence
- Pray for the person/family
- Be the hands, feet and mouth of Jesus

Photo courtesy of Salem-News.com March 20, 2009

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"May the God of Hope fill you with all joy and peace as you trust in Him, so that you may overflow with the hope by the power of the Holy Spirit."

Romans 15:13



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Credits

- Canadian Mental Health Association
- Pathways to Promise
- NAMI/NAMI FaithNet
- How to Cope with Depression, Ellen Copeland
- Shalem Mental Health Network
- NIV Bible
- Slide #21 - Microsoft ClipArt

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Resources

- www.faithandhopeministries.net
- www.shalemnetwork.org
- www.crcna.org/pages/disability_mentalhealth.cfm
- <http://mentalhealthgracealliance.org/texas/>
- *Troubled Minds* by Amy Simpson
- www.cmha.ca
- www.camh.net
- www.mooddisorderscanada.ca
- www.mentalhealthamerica.net

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**"Why Don't They Just
Snap Out of It?"**

Questions & Answers

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