

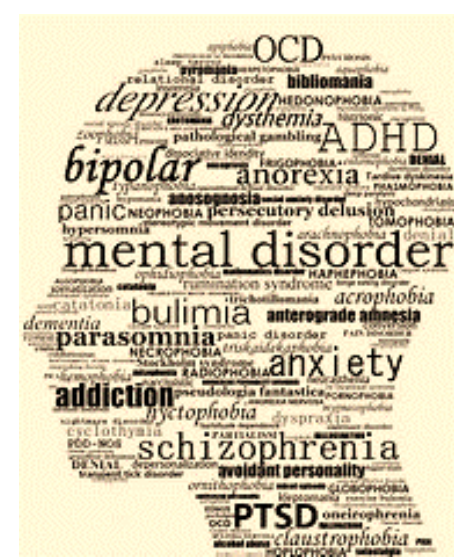
Mental Health: Facing The Now, For A Healthy Next

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Allegheny Conference*

WHAT MATTERS MOST IS WHAT HAPPENS NEXT...

What We Will Cover:

1. No Judgement Zones
2. Mental Health in the Black Community
3. Why the Church Must Address Mental Health
4. Intentionally Changing The Narrative
5. Tools to Help us to NEXT
 - Understanding One's **OWN** Emotional Intelligence
 - Trauma Informed Care
 - Mental Health First Aid
6. Mental Health Affirmations



For our congregations to get beyond the
confines of stigma our churches must
become

“No Judgement Zones”



**THERE'S A STORY
BEHIND EVERY PERSON
THERE'S A REASON
WHY THEY'RE THE WAY
THEY ARE. THINK ABOUT
THAT BEFORE YOU
JUDGE SOMEONE.**

THEGOODWIFE.CO

**JUDGING A PERSON DOES
NOT DEFINE WHO THEY
ARE...IT DEFINES WHO
YOU ARE.**

WHAT MATTERS MOST IS WHAT HAPPENS NEXT...



MENTAL HEALTH IN THE BLACK COMMUNITY

Although beliefs and attitudes vary, research shows that many Black adults – especially older adults – view mental health conditions as a consequence of personal weakness. As a result, people may experience shame about having a mental illness and worry that they may be discriminated against due to their condition

African American Men and Women's Attitude Toward Mental Illness, Perceptions of Stigma, and Preferred Coping Behaviors

Earlise Ward, Ph.D., Assistant Professor, Jacqueline C. Wiltshire, PhD, MPH, Assistant Professor, Michelle A. Detry, PhD, and Dr. R. L. Brown, Professor of Research Methodology Director of Research Design and Statistics Unit Schools of Nursing

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Episode One: FAITH

The Black Mental Health Project



Why the Church Must Address Mental Health

If left unaddressed, churches miss a much-needed opportunity to speak to the issue of *suffering* since many who suffer from mental health issues may never receive professional mental health care if the church does not provide guidance.

Body, Mind, & Soul

Recent Barna *research found that 74% of non-practicing Christians say they would be interested in churches if they offered preaching and programs on mental health.*

In truth, congregants are whole people made up of different aspects including, but not limited to, the emotional, psychological, social, racial, and relational.



The Invisible Congregant: The Church's Relationship with Mental Illness

At the core of the church's mishandling of mental illness is the belief in a relationship with sin.

Great sin must be the event preceding complex psychological or demonic infestation. Biblical passages offer this same terminology and etiology.

In Matthew 9, Jesus rids a man of physical paralysis by proclaiming the forgiveness of his sins, and similarly whilst casting out demons.



Madness: American Protestant Responses to Mental Health, the Rev. Dr. Heather Vacek, associate professor of Church History at Pittsburgh Theological Seminary



MENTAL WELLNESS IN THE BLACK CHURCH:

ONE WOMAN'S
MISSION TO BREAK
THE STIGMA



National Alliance on Mental Illness

Clergy often report feeling unequipped
or ill-equipped



PRAY ABOUT IT



Trust, Believe, Pray, Meditate on the Word

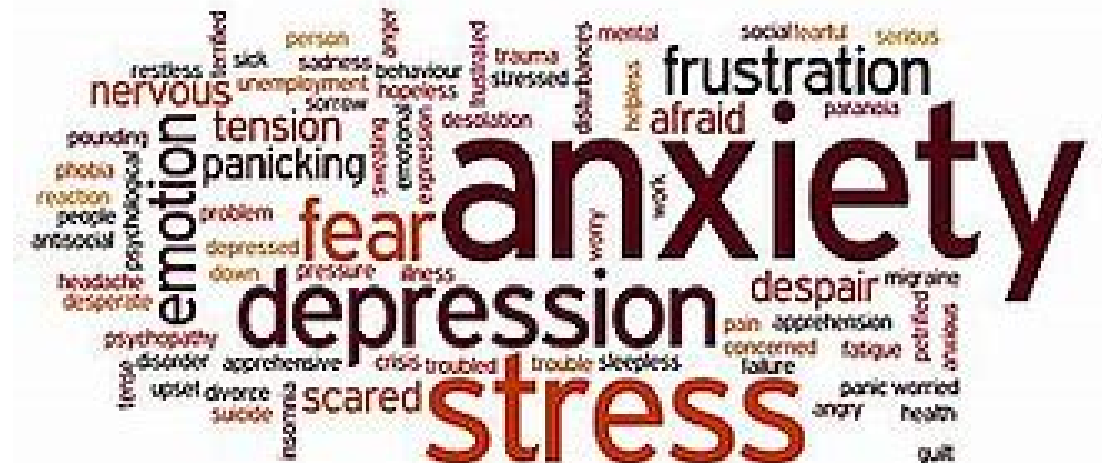
Scriptures often used *(or misused)* for managing mental health

❖ Isaiah 41:10 'Do not fear, for I am with you; *Do not anxiously look about you*, for I am your God. I will strengthen you, surely I will help you, Surely I will uphold you with My righteous right hand. 'Source: <https://bible.knowing-jesus.com/topics/Mental-Health>

❖ Matthew 11:28-30 “Come to Me, all who are *weary and heavy-laden*, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.

"Source: <https://bible.knowing-jesus.com/topics/Mental-Health>

❖ John 14:27 Peace I leave with you; My peace I give to you; not as the world gives do I give to you. *Do not let your heart be troubled, nor let it be fearful.* Source: <https://bible.knowing-jesus.com/topics/Mental-Health>





When life's issues interrupt living

But – What happens, when it doesn't
happen... **Get Help Now**



Teenagers Are Amongst Our Most Vulnerable

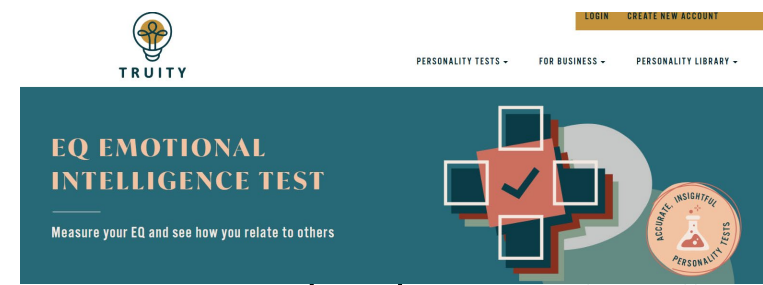


The church can play an essential role in addressing this crisis by providing young people with a supportive community, education, and mental health resources to stem the tide.

A Few Tools To Help...



Understanding One's OWN Emotional Intelligence



<https://www.truity.com/test/emotional-intelligence-test>

“Emotional intelligence (EQ) refers to the principles and practices that strengthen our emotional awareness and management, personally and socially”
(Daniel Goleman, a pioneer in EQ work)

If your emotional abilities aren't in hand, if you don't have self-awareness, if you are not able to manage your distressing emotions, if you can't have empathy and have effective relationships, then no matter how smart (or saved) you think you are, you are not going to get very far.

Growth in EQ elevates our self-awareness, self-regulation, motivation, empathy, and social skills. Therefore, our emotional health directly affects our relationships, ministry, and quality of life.



**BRINGING
YOUR HEART**

**TRAUMA-INFORMED
MINISTRY
AND THE 3 E'S OF
TRAUMA**

Mental Health First Aid

An evidence-based, early-intervention course.

Identify. Understand. Respond.



Explore the latest
MENTAL HEALTH FIRST AID
Community-Specific Courses

Get Certified



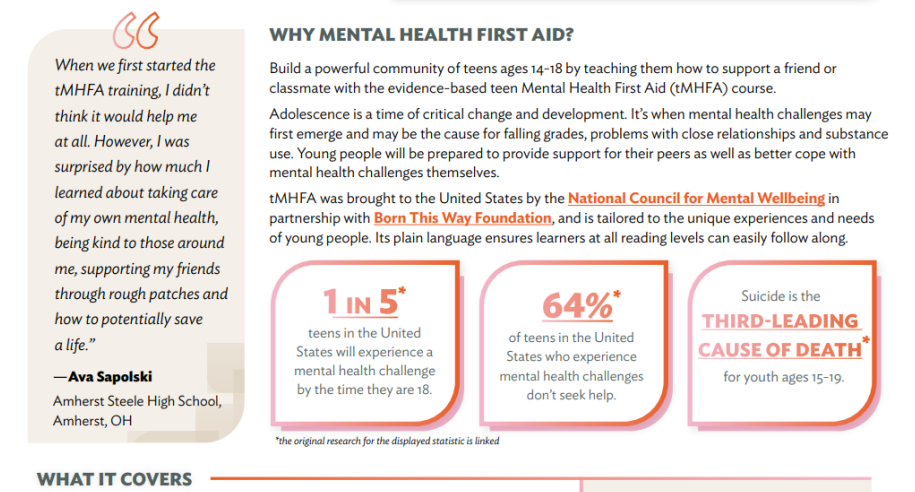
 **Mental Health FIRST AID**
from NATIONAL COUNCIL FOR MENTAL WELLBEING

**teen MENTAL
HEALTH FIRST AID**



teen Mental Health First Aid

teen Mental Health First Aid (tMHFA) teaches teens in grades 9–12, or ages 14–18, how to identify, understand and respond to signs of mental health and substance use challenges among their friends and peers.



WHY MENTAL HEALTH FIRST AID?

Build a powerful community of teens ages 14–18 by teaching them how to support a friend or classmate with the evidence-based teen Mental Health First Aid (tMHFA) course.

Adolescence is a time of critical change and development. It's when mental health challenges may first emerge and may be the cause for falling grades, problems with close relationships and substance use. Young people will be prepared to provide support for their peers as well as better cope with mental health challenges themselves.

tMHFA was brought to the United States by the [National Council for Mental Wellbeing](#) in partnership with [Born This Way Foundation](#), and is tailored to the unique experiences and needs of young people. Its plain language ensures learners at all reading levels can easily follow along.

1 IN 5*
teens in the United States will experience a mental health challenge by the time they are 18.

64%*
of teens in the United States who experience mental health challenges don't seek help.

Suicide is the THIRD-LEADING CAUSE OF DEATH*
for youth ages 15–19.

When we first started the tMHFA training, I didn't think it would help me at all. However, I was surprised by how much I learned about taking care of my own mental health, being kind to those around me, supporting my friends through rough patches and how to potentially save a life."

—Ava Sapolski
Amherst Steele High School, Amherst, OH

*the original research for the displayed statistic is linked

WHAT IT COVERS

Intentionally Change The Narrative

The good person out of the good treasure of the heart produces good, and the evil person out of evil treasure produces evil, *for it is out of the abundance of the heart that the mouth speaks.* Luke 6:45



Why do we say what we say?



Phrases to STOP SAYING



➤ You Are So OCD.

➤ That child is AD/ HD

➤ My Ex Is Such a Psycho.

➤ The Weather Is So Bipolar Today.

➤ 'This Makes Me Want to Kill Myself.

➤ Stop Being So Paranoid.

➤ That's Crazy/ Insane/ Nuts.

Where do we start?

- Create No-Judgement Zones
- Get Educated
- Change the Narrative
- Implement a **clear plan** within our churches for helping congregants navigate mental health



BECAUSE, WHAT MATTERS MOST IS WHAT HAPPENS NEXT...



Questions, Comments, Reflections

