

- From the Director's Desk
- Mental Health & The Church
- Warning Signs - Series 1
- How Does Bullying Affect Mental Health
- How to Predict Your Next Bipolar Episode



A Quarterly Insight into the HAT Auxilliary of the NBCA, Inc.

# the bread of life



June - August 2021

## EYE ON SCRIPTURE

*"When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee."*

Isaiah 43: 2 KJV



Rev. Dr. Kenneth Kemp, MD  
HAT Director

## From the Director's Desk

### 5 Ways Churches Can Play a Critical Role in Vaccination Efforts

*Churches can use their formal and informal communication systems to connect people to vaccines and encourage people who have been vaccinated to share their testimonies with those who are hesitant.*

**1. Like primary care doctors, many clergy are trusted voices within their communities.**

The credibility of clergy leaders is still quite high, especially among people of faith. It is, therefore, important for pastoral leaders to stay informed about the scientific rationales for the vaccination, COVID-19 safety protocols, and other relevant information for the sake of their congregations.

**2. Churches can be a vital link between government-led vaccine efforts and neighborhoods.**

Churches can play a critical role in connecting people with shots by hosting vaccination center sites or serving as information hubs in partnership with local public health departments.

**3. Religious communities often have efficient communication networks.**

Congregants and clergy alike know the ubiquitous nature of "CNN" — the Church News Network.

<https://www.churchleadership.com/leading-ideas/5-ways-churches-can-play-a-critical-role-in-vaccination-efforts/>

Information, whether verified or rumor, often travels through congregations rapidly. However, this amorphous system of relationships, phone numbers, and emails can be an important and highly effective way to counter misinformation around the COVID-19 virus and myths surrounding vaccinations.

**4. Church space and resources can be used in support of the vaccine distribution process.**

Our sanctuary spaces and fellowship halls are large enough to accommodate health teams and table for vaccinations.

**5. Clergy and religious communities can advocate for underserved populations.**

Churches can play a part in both advocating for greater access and bridging the gaps for the most vulnerable. Churches are links between government and neighborhood.

Blessings!  
Dr. Kemp

setting the stage >>>

# Mental Health & The Church

*Is there a role for the church in walking alongside people living with mental illness? The answer is a resounding YES! Studies show when people are struggling with mental illness the first place they call is the church. There is hope for mental illness.*

Most people understand that mental illness is just that - an illness - and as such, often requires medication and treatment by mental health professionals for management and improved health. But the flip side of that realization can lead us to believe that there is nothing significant the faith community can offer to a person living with mental illness.

This is a misperception! In reality, the church is tasked with caring for the whole person - body, mind, and soul - and that means we must recognize and care for a person with an illness. The church can speak into the soul and personhood of the individual in ways that medical professionals cannot. Look at building a mental health ministry within your church through the stages of crawl, walk, and run.

**Crawl** steps do not require money, training, resources, or paid staff. They are beginner steps for easing into creating your mental health ministry. All churches can implement crawl steps.

**Walk** steps require some training and minimal financial support. There is a greater level of commitment, but most churches can take these steps.

**Run** steps require a higher level of commitment, more extensive training, financial support, and trained church staff. Some churches can take these steps.



## Always Remember

**C** – Care for people with mental illness and their families

**H** – Help with the basic needs of those living with mental illness and their families

**U** – Utilize volunteers

**R** – Remove the stigma surrounding mental illness

**C** – Collaborate with the community

**H** – offer Hope

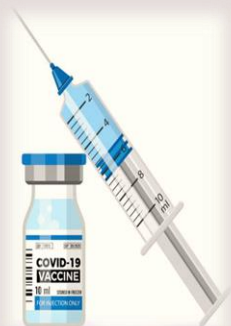
<http://kaywarren.com/mentalhealthandthechurch/>



African American Art Showcase

## On Location!

*Please remember to get your vaccine today!*



keeping focus on >>>

## Warning Signs You're Mentally and Emotionally Exhausted - Series 1

*Riding on what has become a crazy rollercoaster called life can sometimes be really tiresome. One minute you're high up and the next second it takes you right back down where you started. All that madness and unpredictability can really mess with a person's physical as well as mental wellbeing.*

And despite the fact that sometimes it can be hard to tell if you are physically exhausted or if you've just lost all hope for the future, it is safe to say that the only thing a person with this condition needs is a good, old-fashioned rest.

Whenever life strikes us with some rocks along the way, it is essential to cool off for a while and let others take the lead. Taking some time off doesn't necessarily mean giving up, it's making time for self-love and healing.

If you experience these telltale signs, it is possible you're going through a rough patch in life. Just don't let it drain you to the last bit. Stop, breathe out and recharge. You can do this!

### YOU ARE EASILY IRRITATED

As days go by, you feel hopeless. The inability and the lack of power make you feel more and more irritated.



Bonnie G. Belford

You should be out there making the best of it, yet you feel much safer avoiding any possible contact with the outside world.

Don't beat yourself up, we've all been there and it's dreadful. But, instead of recklessly wasting your time, spend this 'time off' to work on yourself.

*More to come from Bonnie next issue...*

# How Does Bullying Affect Mental Health?

*Bullying may have a reputation as a schoolyard problem, but its mental health effects go far beyond the schoolyard. Bullied children face an increased risk of social and emotional problems in the short and long term, even into adulthood.*

## Impact of Bullying

Bullying happens when one child has a physical or social advantage over another, and they use that advantage to act aggressively toward the other.

### Short-term effects.

In the short-term, bullying can lead to: anxiety, depression, low self-esteem, difficulty sleeping, and self-harm or suicidal thoughts.

### Long-term effects.

The effects of bullying don't go away when a child grows up. Research shows that young adults who are bullied as a child have an increased risk of mental health difficulties, including: generalized anxiety, panic disorder, agoraphobia, depression, loneliness, and school avoidance.

## Mental Health Outcomes for People Who Bully

Bullying doesn't just harm the victim. They're also more likely to feel less positive about the future and develop antisocial personality disorder as adults. They have the highest rates of anxiety, depression, schizophrenia, and substance abuse.

## Responding to Bullying

This cycle of bullying and poor mental health isn't inevitable. It may stop if adults learn to notice bullying and help children diffuse the situation. Talk to your children. Bullying takes many forms. It may be: physical, verbal, social, or even virtual. You may see some of these things happening, but not always. Instead, you might notice the effects of bullying, like a child who suddenly doesn't want to go to school or isn't talking to their friends anymore. A bullied child may also show physical symptoms like fatigue, headaches, or changes in eating habits.

## Bullying Prevention Strategies

Every U.S. state requires schools to implement bullying prevention programs, yet one in every five students say that someone has bullied them. What's more, 41% of students who have been bullied think it would happen again. Positive school climates, social and emotional learning programs, and open communication at home will all work together to transform the mental health of someone being bullied.

<https://www.webmd.com/mental-health/how-does-bullying-affect-mental-health#2>

**BE STILL**  
AND KNOW THAT I AM

*God*

psalm 46:10

CHRIST followerlife

## Healthfulness

*A state of being well; a state in which the parts of a living body are sound, and regularly perform their functions.*

*Definitions from Webster's American Dictionary of the English Language, 1828.*

## Upcoming Events...

**Dr. E. Edward Jones VIRTUAL CONGRESS**

**Dates:** June 28-30, 2021

**Location:** Zoom

**ANNUAL SESSION 2021**

**Dates:** September 12-16, 2021

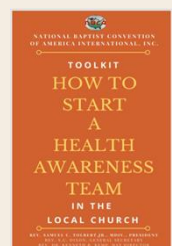
**Host:** Antioch Fellowship Missionary Baptist Church, Dallas, TX, Rev. Chris Wesley, Pastor

**MID-WINTER BOARD 2022**

**Dates:** February 28-March 1, 2022

**Location:** To be announced

**HAT Toolkit**  
**Get your copy today!**



ask the experts >>>



**Q:** What is Obsessive Compulsive Disorder?

**A:** People with OCD have obsessions and/or compulsions.

An obsession refers to recurrent and persistent thoughts, impulses, or images that are intrusive and cause severe anxiety or distress. Compulsions refer to repetitive behaviors and rituals (like hand washing, hoarding, ordering, checking) or mental acts (like counting, repeating words silently, avoiding).





# finalthoughts...

*HOW TO PREDICT YOUR NEXT BIPOLAR EPISODE: Wouldn't it be great if you could stop a depressive or manic episode from coming on? Fortunately, for many people with bipolar disorder, they can learn how to sense a relapse beginning, which is the first step in preventing a full episode. What we are talking about here is the "prodrome:" a set of early signs of a manic or depressive episode.*

For people with bipolar disorder, and those in their support network, knowing how to recognize the prodrome is an important part of bipolar management.

It is helpful to know that if you are able to pick up on any early warning signs, it could mean you may prevent a relapse altogether; or at least that the episode will be milder and more manageable. If you are well enough to think back on your previous episodes, it can be helpful to make some notes on what your early signs were.

Although there isn't a definitive test or list of symptoms that applies to everyone, the good news is, there is some evidence that *your* warning signs are a useful marker for *you*.

About half of people with bipolar disorder are able to identify at least three symptoms that indicate impending mania or depression.

When making your list, try to be as specific as you can. Here are some examples based on category of symptom: Mood, Sleep, Activity, Appetite, Interest, Speech, and Appearance.

Get help from your doctor, whether that is your family physician or psychiatrist. They might need to review your medications. It could be that your sleep cycle is out of balance, or perhaps there are stressors that need to be managed. The most important thing is to seek help early on so that your symptoms do not escalate to a crisis state.

<https://www.nami.org/Blogs/NAMI-Blog/May-2021/How-to-Predict-Your-Next-Bipolar-Episode>



*Dr. Samuel C. Tolbert,  
NBCA President*

coming soon >>>

## In The Next Issue

- *Steps to Getting Mental Help*
- *PTSD & Christianity*
- *Warning Signs - Series 2*
- *Pastors and Mental Health*



HAT  
MINISTRY

## HEALTH AWARENESS TEAM Ministry Officers:

Rev. Dr. Kenneth Kemp, MD, Director

Dr. Derick Young, MD, Associate Director

Dr. Cosette Whitmore, Assistant Director of Healthcare Advocacy/Treasure

Sister Vanessa Mason, Assistant Director-Disaster Relief

Sister Ruby Rucker, Financial Secretary

Sister Sue Winters, Recording Secretary

Contact us at **844-610-NBCA (6222)**

[www.nbcainc.com](http://www.nbcainc.com)

### MISSION & VISION:

*The proposed **mission** of the HAT is to provide basic emergency assistance and disseminate general information to promote the health of all members of the NBCA. Along with the spirit, we seek to enhance the mind and body.*

*The proposed **vision** of the HAT is to develop greater health awareness and improve healthy life habits among members of NBCA over the next years. Ultimately, we will provide basic general information, screening, organizational structure, and advocacy for healthcare that will result in greater quality and quantity of life on earth as our members strive toward eternal life in glory.*