

Bright Tomorrows

Reflecting the Compassion of Jesus Christ to Those with Mental Health Concerns

Are There Invisible People In Your Church?

By Tim Reside, M.A., M.H.C.

Nearly 6,000 in 24 churches representing 4 Protestant denominations were surveyed about their family's stresses, strengths, faith practices and desires for assistance from the congregation. Results showed mental illness in 27 percent of church families with these reporting double the number of stressors. "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."

Dr. Matthew Stanford, co-author of the study, writes that "the data give the impression that mental illness, while prevalent within a congregation, is also nearly invisible. The difference in response is staggering, especially given the picture of distress painted by the data"

I believe that in most cases churches intend to compassionately respond to needs according to their current understanding and resource capacity. When, however, churches have done all they know to do and people seem chronically "non-curable," these often misunderstood and misrepresented become marginalized and even mistreated. What can individual churches do? What should they do?

It is understandable that individual churches find themselves with resource limitations, including expertise limitations. Nonetheless, most people entering the doors of that individual church assume that they are connecting with an entity that will characterize the whole of what compassionate and responsive Christ-like Christianity is advertised to be.

I suggest that individual churches are minimally responsible for connecting people to helpful resources. I submit that this probably requires that individual churches: (1) become better educated about need types, (2) learn how to better differentially assess needs, (3) assess their church resource assets against non-assets in order to objectively determine their capacity for response, and (4) become better informed as to resources available and accessible beyond the boundaries of their church walls.

In Luke 10, Jesus helpfully instructs us in "good neighbor practice." Jesus first observes a compassionate neighbor stopping to help a wounded neighbor in the road simply because he is there. The good neighbor assesses the need and his capacity for response. He renders critical first-responder care and then transports the injured neighbor to a better resourced facility. At the inn, the good neighbor cares for the injured neighbor through the night. Jesus seems careful then to underscore for his audience that the good neighbor never abrogates personal responsibility. When he needs to leave in the morning, he entrusts the injured neighbor to the innkeeper and pledges that he will return and cover any and all incurred expense. The good neighbor, refusing to abandon, non-prejudicially loves his neighbor as himself.

Attribution: Tim Reside has completed 108 credit hours of study in Practical Theology, inclusive of 36 hours at the doctoral level, and holds an M.A. in Practical Theology. As a recovering manic-depressive (bipolar disorder), Tim embraces his Mental Health Consumer (M.H.C.) status as a continuing education opportunity.

Website Source: Baylor University Media Communications:
<http://www.baylor.edu/pr/news.php?action=story&story=95800>

Attribution: Dr. Matthew Stanford is professor of psychology, neuroscience and biomedical studies at Baylor University. He is the author of the Focus on the Family recommended resource, "Grace for the Afflicted: A Clinical and Biblical Perspective on Mental Illness" (Paternoster, 2008).

Bright Tomorrows is committed to equipping churches to better serve those with mental health concerns. Our daily mission is to reflect the compassion of Jesus Christ by assisting those struggling with mental illness and promoting mental health.

JEREMIAH 29:11

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."

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LETTING YOUR CONGREGATION BECOME AWARE

"My people are destroyed for lack of knowledge" (Hosea 4:6)

Your congregation may have missed opportunities in 2011 to express solidarity and Christian compassion by becoming better informed and educated about the challenges faced by 27% of your church families living with mental health concerns. BT is prepared to help you remedy that in 2012.

Bright Tomorrows offers monthly information and educational seminars, a weekly support group program and a bi-monthly information and educational seminar for ministers. (See: Mission Update and/or website: www.brighttomorrows.org) Additionally, BT can provide your church with speakers who have mental health related professional experience and the ability to compassionately and inspirationally bring to your church a Christ-honoring informative and educational message. Presentations can be made to groups of any size. The following are 2012 national emphasis options you could take advantage of.

May 2012 "Mental Health Month" Awareness

Mental Health Month began in 1949 to raise awareness of mental health conditions and mental wellness for all. The May 2011 theme, **"Wellbeing: Invest in Your Life,"** encouraged participants to take a holistic view of health and wellbeing inclusive of their mental, physical, social, spiritual and community health. **What will be your congregation's response in 2012?**

September 2012 "Recovery Month" Awareness

Recovery Month has been observed in September since 1989. The positive message is that **Help is Available & Treatment Works!** It is also an opportunity to applaud the accomplishments of individuals in recovery, together with those who support them, no less than those who are managing other types of health conditions. **What will be your congregation's response in 2012?**

October 2012 "Mental Illness Awareness Week"

Mental Illness Awareness Week was established by the U.S. Congress in 1990 as the first week of October. Since then, mental health advocates across the country have joined together annually to sponsor various awareness activities. **What will be your congregation's response in 2012?**

For more information contact Tim Reside

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or through website

www.brighttomorrows.org



MISSION UPDATE REPORT

BT continues to offer bi-monthly **Breakfast Seminars (7:30-9:00)** for professional and/or lay ministers and ministry leaders at no charge. Mental health related topics pertinent to church ministry and pastoral care concerns are presented and discussed with qualified presenters. For more information email or check our website.

BT's August 18th breakfast seminar was presented by Bright Tomorrows Board Vice President, James "Jim" Grinnell, LMFT, ABCST. Jim has been a pastor and counselor in the Tulsa community for over 20 years. The session was entitled **Helping People Renew Their Minds: Using the Awareness Wheel as a Powerful Intervention Tool**. Jim shared demonstrated how current scientific research and the insights and practices of Cognitive Behavioral Therapy complement the Biblically emphasized truth that changing how one thinks about life events, in terms of "internal dialogue" ("self talk"), powerfully affects associated feelings, actions and outcome. The ministers took away a readily

applicable model for counseling ministry.

BT's October 27th breakfast seminar entitled **Suicide: What Every Minister Needs to Know** was presented by BT Trustee, Tim Peterson, LPC, LMFT, who substituted for licensed psychologist Tim Doty, Psy.D. who unavoidably had to cancel at the last minute. With barely an hour's notification, however, Tim Peterson came through with an outstanding presentation based upon his years of experience and previous presentations on the subject. Recognizing that many people in suicidal crisis reach out to someone in their lives, often authority figures such as ministers, he led a discussion about prevention and intervention. Participants took away refined insights into how to recognize suicidal behavior, how to better respond during a crisis, and how to get additional help with suicidal individuals.

BT's weekly **Christian Depression and Bipolar Support Group Meetings** take place **Thursdays at 7 p.m.** at Asbury United Methodist Church in Tulsa. By offering information,

inspiration and support, this program seeks to empower and equip persons learning to manage their mental health disorder within the context of their faith. The **1ST Thursday Night** we offer an **Educational Seminar** for mental health consumers and family and friend caregivers. The **2nd, 3rd, and 4th Thursday Nights** are regular **Support Group Meeting nights**. There are no fifth Thursday night meetings.

BTSG MEETING LOCATION: The Bright Tomorrows Support Group Meetings take place at **Asbury United Methodist Church** at 6767 South Mingo in Tulsa across from Union High School. The meetings take place in **Room 2821** on the second floor of the main building (there is an elevator). Please enter through the main south covered walk entrance. This entrance is next to the "Faith Zone" children's entrance.

TIM & NANCY RESIDE'S FIRST BOOK: It was announced at the **May 9th Anniversary Celebration** that Tim and Nancy are co-authoring their first book to tell their personal story of

severe mental illness survival. 90% of marriages that go through such trauma end up in divorce. This is a story that will offer hope and help. The present working title is: **From Insanity to Serenity: A Miracle Story**.

This project will produce a book together with a complementary DVD and CD. The initial production and publishing related expenses is \$2500. So far \$1250 has been raised.

If you would consider a one-time contribution toward the realization of this goal, please contact Tim Reside c/o Bright Tomorrows.

E-mail address:
treside@brighttomorrows.org

BT TOP TWO NEEDS:

1. BT PRAYER PARTNERS!
2. BT SUPPORT PARTNERS!

*Thank You...
For Caring
& Sharing!*

My Statement of Support

(Please Check Boxes That Represent Your Support Intention)

☐ **Tim & Nancy Reside Work and Ministry Support**

☐ I am making a **one-time donation** of \$ _____

☐ I am making a **monthly pledge** of \$ _____

Make checks payable to
Bright Tomorrows
with memo notation.



☐ **Donation toward the initial \$2,500 cost for publishing Tim & Nancy's book, "From Insanity to Serenity."**

(\$1,250 has been donated to date.)

☐ I am making a contribution of \$ _____

☐ Notify me when the project is published.

**Please send this statement along with
your contribution to:**

**Bright Tomorrows
5630 South Boston Avenue
Tulsa, OK 74105-7725**

Donations are tax-deductible.

Total Enclosed \$ _____

Headline NEWS

SPEAKING OF RECOVERY...

Sixty-five year old Kay Redfield Jamison, Ph.D., is one of the most famous bipolar recovery stories of our time. Jamison is a professor of psychiatry and co-director of the Mood Disorders Center at Johns Hopkins University School of Medicine. She is also an honorary professor in English at the University of St. Andrews in Scotland.

She has a long list of honors and awards, including last year's David Mahoney Prize from the Harvard Mahoney Neuroscience Institute at Harvard Medical School for her research into the neurological bases of mood disorders and her "tireless advocacy" and public outreach.

Kay recently shared with bp Magazine writer, Jacqueline Salmon, some basic recovery suggestions:

- Stay on your medication [Kay daily takes her lithium medication].
- Get regular sleep. "[This is] far and away the most important thing next to medication."
- Get psychotherapy ["talk therapy"] if you can afford it.
- Get involved with a good support group.
- Read and learn about your illness [good websites can be helpful].
- When seeing your doctor, go in with a list of questions. "Never assume competence until it's demonstrated. Question, question, question. Badger, badger, badger."

Note: For more information about bp Magazine visit website www.bphope.com.



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Christian Depression and Bipolar Support Group Program

Thursday Evenings at 7:00 P.M.

This weekly event takes place at Asbury United Methodist Church at 6767 South Mingo in Tulsa, OK across from Union High School. Meetings are held in Room 2821 on the second floor of the main building (there is an elevator). Please enter through the main south covered walk entrance. This entrance is next to the "Faith Zone" children's entrance.

For a detailed map and complete driving directions please visit our web site.

**To receive this free newsletter please e-mail us or visit
our website. We can also send this to you via e-mail
when you provide us with your e-mail address.**