

# Bright Tomorrows

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

## **GINGER'S BODY BETRAYED HER!**

Ginger was an extraordinarily qualified and experienced technician. Her skills and professional advice were sought after. The problem came about when she began to behave erratically. People began to shy away. Over time, contracts were terminated and employment was put in jeopardy. Within herself Ginger felt more highly energized and creatively inspired than she could ever remember. Her capacity to formulate ideas seemed to have increased exponentially. As her vision for accomplishment became ever more expansive, the seeming lack of vision and ineptitude of others became all the more aggravating.

Ginger didn't realize that bipolar-mania had driven her to the brink of psychosis. What others were observing to be obvious distortions of reality was, nonetheless, Ginger's new reality—the only one in the moment that she could possibly know. With her mind racing faster and faster and with her sleeping less and less, Ginger finally ran out of energy. She crashed. Alarmed, family and friends got her to help. They undoubtedly saved her life in more ways than one.

Ginger awoke from euphoria to the pain of a severe depression. She found herself hospitalized in a mental health facility. She felt confused and humiliated. Somehow she had made a public spectacle of herself. Depression turned to despair. Informed that she had a bipolar disorder—a brain disorder—she felt betrayed by her own body. Given medications she was dismissed from the hospital.

Ginger continued to take her pills and with the help of family kept up with her psychiatrist appointments; however, she felt isolated in her illness. She no longer felt that she was living a life of meaning and significance.

In the process of time, Ginger learned about our Bright Tomorrows Support Group which is designed to be a safe gathering place for people who live with the challenge of bipolar disorder inclusive of its mania and depression. Ginger decided to try it. She discovered that she was not alone in dealing with the challenges that had been hers. Over time she became better educated. She learned that while pain and grief were real, and not to be denied, there remained yet good things to be thankful for in her life. Ginger rediscovered that God loved her. Significance and meaning were reawakened. She learned “survival & thrive” principles and practices for helping herself to begin the process of transforming her pain and obstacles into life-advancing opportunities. She committed herself to healing-recovery as a life-time lifestyle choice. She came to value working with a therapist along with her psychiatrist.

Today Ginger owns her challenges as opportunities to prove herself to be a responsible human being. All is not perfect and there are rough and painful days, but family relationships have been restored as well as her dignity. Once again she is finding opportunity for marketing her skills. We are proud to call Ginger our friend.

Note: In order to protect the confidentiality and private lives of those who participate in our support group, this is a composite story, based in fact, with identities disguised.

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.”

### **BOARD OF DIRECTORS:**

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Bright Tomorrows is dedicated to reflecting the compassion of Jesus Christ to people suffering the soul pain that so often results from mental health concerns, disorders and diseases. Over the past twelve years my wife (Nancy) and I have sat with literally hundreds of people suffering soul pain. I have observed that many and varied are the afflictions that human beings can bear up under and survive to live again. Soul pain, however, if it finds no healing, can drain all hope for future life. Soul pain can leave people overwhelmed and overpowered by despair, death and dying. It is this type of pain our work and ministry seeks to help alleviate.

The word psychiatry comes from the ancient Greek language and means healing or care of the soul. The Greek word that we transliterate as “psyche” was used to refer to that which invisibly animates human beings from within. This translates to words we are familiar with such as soul, mind, spirit, breath and life. While my wife and I are not psychiatrists, nonetheless, our work and ministry is about bringing healing concern and care to souls in distress and pain.

Suicide is clinically defined as a manifestation of severe psychiatric distress —severe agony of the soul or mind. Generally, the cause to such life threatening anguish is a diagnosable and treatable form of depression or other mental illness. The National Mental Health Association reports that 30%-70% of suicide victims have suffered from a form of depression. Studies indicate that persons with psychotic depression are at twice the risk of death than those with severe, but non-psychotic, major depression. Across the spectrum of bipolar disorder (manic-depressive illness) it is estimated that persons minimally suffer four depressive episodes for each episode of mania (elevated mood) and as high as forty depressive episodes to one of mania. Studies have shown that 25% to 50% of people with bipolar disorder attempt suicide.

Depression can kill! Why? Those suffering with a “major depressive disorder” (MDD\*) are suffering real pain. The pain can be disorienting. The pain can empty the soul of hope and leave behind only despair to the point of tempting suicide. Just how painful are we talking? It is a well-documented fact that persons have fought bravely on battlefields of war, endured the worst that cancer could throw their way, survived all manner of personal set-back catastrophes, and yet can be overwhelmed and overpowered by depression. Some experience this intense level of soul distress recurrently throughout their entire life spans.

It is critical to diagnosis and treatment to analyze what separate interrelated factors may be contributing to the life-threatening disease of major depression. However, it is no less essential that the care response of family, friends and the medical community alike not lose sight of the fact that what is being suffered affects people as whole persons. Both the ancient Hebrew and Greek words for “soul” came out of a holistic way of looking at life. Words like body, soul and mind reflected how they saw themselves and one another as whole people rather than as definitions of separable faculties. From that viewpoint, the word “soul” would be better represented today by the word “person” or “self.” Just as happiness can be experienced as all-encompassing and pervasive of every aspect of a person’s life, so can major depression. Soul-healing cares about and cares for the whole person.

*~~continued on last page~~*

# MISSION UPDATE REPORT

BT offers two different types of support groups. They meet each month and are facilitated by Tim and Nancy Reside. They take place at Asbury United Methodist Church in Tulsa at 6767 South Mingo 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 way by the white statue of Jesus (next to the "Faith Zone" children's entrance).

• **A Monthly Christian Support Group for Depression and Bipolar Care Givers & Care Recipients** (adults only) takes place on the **1st Thursday (7-8:30 p.m.)**. We meet together for mutual support, encouragement and education. Together we glean information that helps us learn how to cope successfully with the major crisis and/or challenges in our lives as care givers and care recipients. Click on our website for more detailed information.

• **A Christian Depression and Bipolar Support Group Meeting** (adults only) takes place on the **2nd, 3rd, & 4th Thursdays (7:00-8:30 p.m.)** for adult men and women who: (1) have been

diagnosed with a unipolar disorder (major depressive disorder) or a bipolar disorder (manic-depressive disorder); (2) have a current medical, clinical and/or therapeutic care connection; and (3) are current with their medications. We meet together for mutual support and together we glean information and inspiration that helps us better manage our mental health disorders within the context of our faith. Participants are also welcome to be a part of the Care Giver & Care Recipient meeting described above. There are no 5th Thursday night meetings. Click on our website for more detailed information.

• **THERE ARE NO SUMMER SESSIONS. MAY 23 IS OUR FINAL SESSION. WE WILL RESUME SEPTEMBER 5, 2013.**

BT continues to offer bi-monthly **Breakfast Seminars (7:30-9:00 a.m.)** 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 March 7th breakfast seminar **Helping the Patient and Caregiver with a Chronic Life Threatening Disease** was presented by David Wakefield, a licensed psychologist and marriage counselor. He has worked with Cancer Treatment Centers for 12 years. David provided 10 ideas on developing emotional resilience and also assisted pastors with their challenging responsibility for helping congregants dealing with life threatening illness, specifically cancer. In addition he provided important resource information. A good time of fellowship was enjoyed by the 22 in attendance and everybody very much enjoyed the special breakfast prepared by Nancy Reside.

BT co-sponsored the **13th Annual Caring for Your Congregations Mental Health Symposium** on April 12 for pastors, staff, and lay leaders. This was BT's 12th co-sponsorship with the University Village, Mental Health Association in Tulsa, Laureate Psychiatric Hospital, Cleveland Area Hospital Senior Life Program, LIFE Senior Services and Brookhaven Hospital. The topic for this year's all-day seminar was **CRISIS AS AN**

## OPPORTUNITY FOR CHANGE.

This event provided approximated 65 attendees with educational information designed to assist them in their assessment of mental illness symptoms as co-occurring with other life crisis issues. Specific attention was given to the identification of crisis situations requiring immediate response. A wide variety of community resources were represented. Attendees had the opportunity to interact face-to-face with these representatives during question and answer sessions as well as during break periods. Attendees were also able to do some productive networking with each other. An exceptionally fine home-cooked chicken dinner, with all of the trimmings, was served for lunch. As an afternoon supplementary session, QPR Training (suicide prevention) was offered to all interested.

## 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. Envelope provided.*

**Total Enclosed \$** \_\_\_\_\_

### THERE IS GOOD NEWS!

Help is available! Hope can be recovered! Stability can be restored! Treatment and coping lifestyle changes can make all the difference in the world between despair and hope—death and life. Bright Tomorrows exists to supportively come alongside and assist persons struggling with mental health concerns to learn how to cope and effectively embrace a lifestyle of healing-recovery.

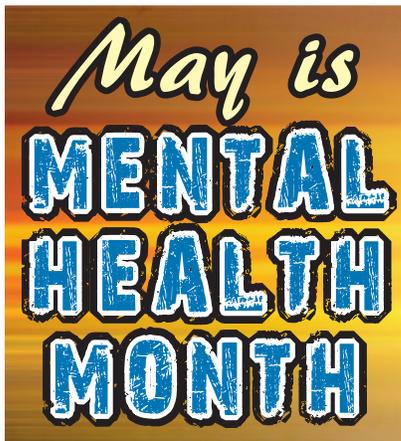
Family and friends, it is important for you to appreciate that certain depressive illnesses remain persistent throughout lifetimes. If this is your loved one, they will require ongoing, attentive, vigilant therapeutic response and treatment. They may need your help now and they will need your ongoing support. Thank you for caring!

### WHAT CAN YOU DO?

- Become informed and get educated
- Attend a Bright Tomorrows Care Givers Educational Night (see Mission Update page)
- Check out our website to find out what we offer ([www.brighttomorrows.org](http://www.brighttomorrows.org))
- Know the signs of major depression and suicide ([www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)) and ([www.helpguide.org](http://www.helpguide.org))
- Discover “Help Links” resources ([www.brighttomorrows.org](http://www.brighttomorrows.org))
- Learn QPR: Question-Persuade-Refer ([www.qprinstitute.com](http://www.qprinstitute.com))
- Know Important Phone numbers ... **Emergency:** 911 | **Helpline:** 211 | **Suicide Hotline:** 1-800-273-8255  
**COPES:** (918) 712-4301 (*Tulsa County—Community Outreach Psychiatric Emergency Services*)

\* Major depressive disorder (MDD) (also known as clinical depression, major depression, unipolar depression, unipolar disorder or recurrent depression in the case of repeated episodes) is a mental disorder (mood disorder) characterized by episodes of all-encompassing low mood accompanied by low self-esteem and loss of interest or pleasure in normally enjoyable activities. Major depressive disorder is a disabling condition that adversely affects a person's family, work or school life, sleeping and eating habits, and general health.

**TIM RESIDE** is the President of Bright Tomorrows. Tim is an ordained minister who has spent over forty years in church-related pastoral work and ministry. He holds a Master of Arts degree in Practical Theology having completed 108 credit hours of study, inclusive of 36 hours at the doctoral level. Tim is a mental health consumer who has been successfully coping with and overcoming bipolar illness since 1979.



### GOOD CHURCH MINISTRY RESOURCE WEBSITES

<b>Bright Tomorrows:</b> <a href="http://www.brighttomorrows.org">www.brighttomorrows.org</a>
<b>International Bipolar Foundation:</b> <a href="http://www.internationalbipolarfoundation.org">www.internationalbipolarfoundation.org</a>
<b>Mental Health Grace Alliance:</b> <a href="http://www.mentalhealthgracealliance.org">www.mentalhealthgracealliance.org</a>
<b>Mental Health Ministries:</b> <a href="http://www.MentalHealthMinistries.net">www.MentalHealthMinistries.net</a>
<b>NAMI FaithNet:</b> <a href="http://www.nami.org/namifaithnet">www.nami.org/namifaithnet</a>
<b>Pathways to Promise:</b> <a href="http://www.Pathways2Promise.org">www.Pathways2Promise.org</a>



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### **Contact us at:**

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

Phone: (918) 744-5761 (*Information Only*)  
E-mail: [treside@brighttomorrows.org](mailto:treside@brighttomorrows.org)  
Website: [www.brighttomorrows.org](http://www.brighttomorrows.org)

### **Christian Depression and Bipolar Support Group Meetings For Care Givers & Those in Recovery** **Thursday Evenings at 7:00 P.M.**

These events take 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 meeting descriptions visit our web site.

**For a detailed map and complete driving directions please visit our website.**

**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.**