

Parenting With Jesus & Trauma:
Creating Mental Health Resources
For Churches

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Diversity In Parenting Conference
Anaheim, CA
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Section 1
Introduction

Notes

What are your goals for this breakout session?

Thank you so much for attending this break out session with me! I want to give you a brief overview of what you can expect during this session...

- ❑ Educate on **the importance** of Mental Health First Aid
- ❑ Identify churches and religious organizations that have a need for **Mental Health First Aid Protocols & Referral Services**
- ❑ Design **an action plan** for reaching out to local religious organizations to setup and maintain referral services for your private practice.
- ❑ **Develop programs, workshops and events** for church members to attend outside of private practice/therapy.
- ❑ **Collaborate with church leaders and local businesses** to link church members to beneficial mental health resources

Use the space to the left to write down any goals or expectations you may have!



Section 2
Current Trends

Notes

What are 3-6 things that come to mind when you hear church & mental health?

- *
- *
- *
- *
- *
- *

In the space below, write down what trends you have observed for yourself...

Notes

In a study of 1,001 Americans...

_____% believed that _____ and **prayer ALONE** could heal depression, schizophrenia, bipolar and other serious disorders.

>>> _____% of those people were between the ages of ____ - ____

_____ % of the **total** people surveyed say someone close to them has a mental disorder

1/____ people experience mental health issues

_____ % of church members say people are more likely to _____ about suicide than to help them....

Notes

Mental health issues aren't new! They've been around since God created the world! Here are a few supporting Scriptures...

	Person	Scripture
Anxiety & depression	David	Samuel 12:15-23
	Elijah	1 Kings 19:4
Anger, anxiety & despair	Jonah	Jonah 4:3
	Job	Job 3:11, 3:26, 10:1
	Jeremiah	Jeremiah 20:14

<https://www.crosswalk.com/faith/spiritual-life/7-bible-figures-who-struggled-with-depression.html>

What are your thoughts? Are you a believer in mental wellness that goes beyond simply praying?



Section 3
Identifying Trauma

Identifying Trauma

Notes

How do we identify trauma in the church?

What would indicate a traumatic experience for you?



Identifying Trauma

Most often when we hear about trauma we think...

We also attempt to...

But the reality is that we must...

Identifying Trauma: Religious Abuse

Notes

Religious abuse is when someone in a position of authority twists Scripture or religion to control the congregation or someone. It is both psychological and emotional.



What are some examples of religious abuse you have seen or heard of in your life?

Resources for religious abuse:

<https://www.domesticshelters.org/articles/identifying-abuse/5-ways-to-recognize-religious-abuse>

<https://howtowalkon.com/>



Section 4
Educating The Community

Notes

Educating the community means you must first and foremost...

_____!



Identify what churches need the most support immediately and which are most receptive. This is based upon the Pastor's permission, the culture of the church, the availability of resources and more!

Remember you are not their Savior - Jesus already did that!

What are a few responsibilities you're looking forward to in your new role to educate the community?

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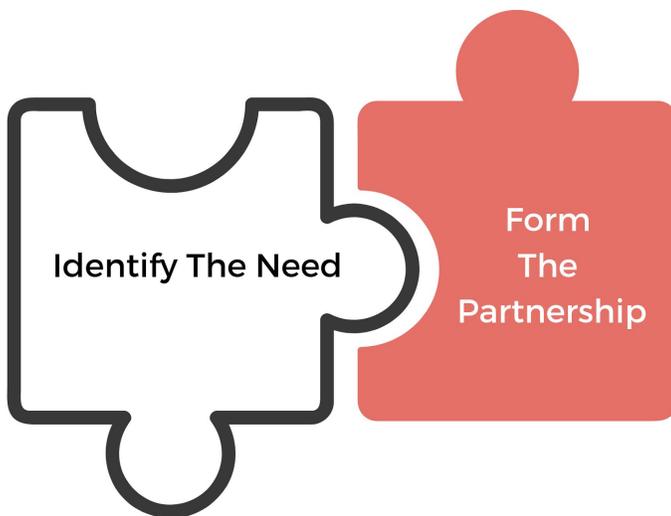
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Notes

Forming the partnership means highlighting things that are mutually beneficial, such as sharing the client (member) population. This is an easy win, because the Therapist is meeting a very different need than the Pastor. Both serve their own purpose and overlap frequently, but should be kept in perspective.

Identify what churches need the most support immediately and which are most receptive. This is based upon the Pastor's permission, the culture of the church, the availability of resources and more!



Potential Ways I Can Physically Make the Space Feel Safe During Vulnerability:

>>

>>

>>

>>

A graphic consisting of two overlapping diamonds. The inner diamond is filled with a solid red color and has a black border. The outer diamond is an outline in a lighter red color. The text is centered within the red diamond.

Section 5
Designing An Action Plan

Notes

There are 4 major components to creating an action plan for the church. Here are the most basic steps...

1 | Needs Assessment

2 | Their ideas + your plan + available resources = the plan!

3 | In House Services

4 | Off Site Resources

Your Turn

Designing An Action Plan: Needs Assessment

A Needs Assessment is...

Vital
because...
>>

These are
optional
>>

You can use
a variety,
such as...
>>

Designing An Action Plan: Their Ideas + Your Ideas + Available Resources = The Plan

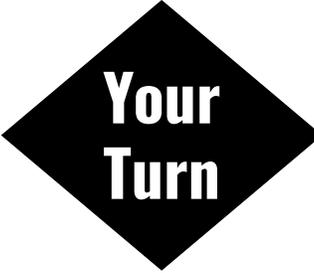
**Your
Turn**

A Needs Assessment is...

**Member
Ideas.**
>>

**Members &
Professionals**
>>

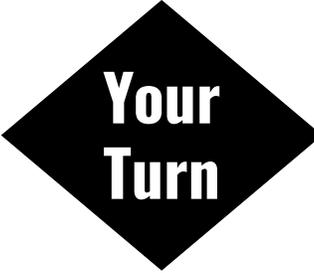
**What is
available
now?**
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**Your
Turn**

Designing An Action Plan: In House Services

Use the following space to brainstorm in house services you would like to put together...



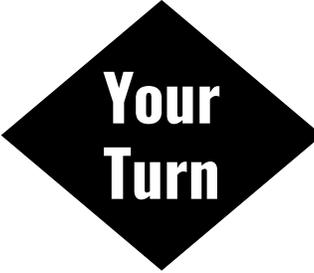
**Your
Turn**

Designing An Action Plan: Off Site Services

Use the following space to brainstorm off site services you would like to put together...



Section 6
Continuous Collaboration



**Your
Turn**

Continuous Collaboration

Use the space below to write down several ideas you may have on how you will maintain communication with this much time he is gone...

Q + A

**Questions
I Have**

**Good questions / advice from others in
the workshop:**

Thank you so much for being a part of this workshop! If you have any further questions or concerns, please feel free to send me an email: shood@theheartcounseling.com

Q + A

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