



Learning for life

REDEEMER'S
LEADERSHIP
INSTITUTE



MENTAL HEALTH AWARENESS IN THE CHURCH

Pastor Tola Oye - Facilitator

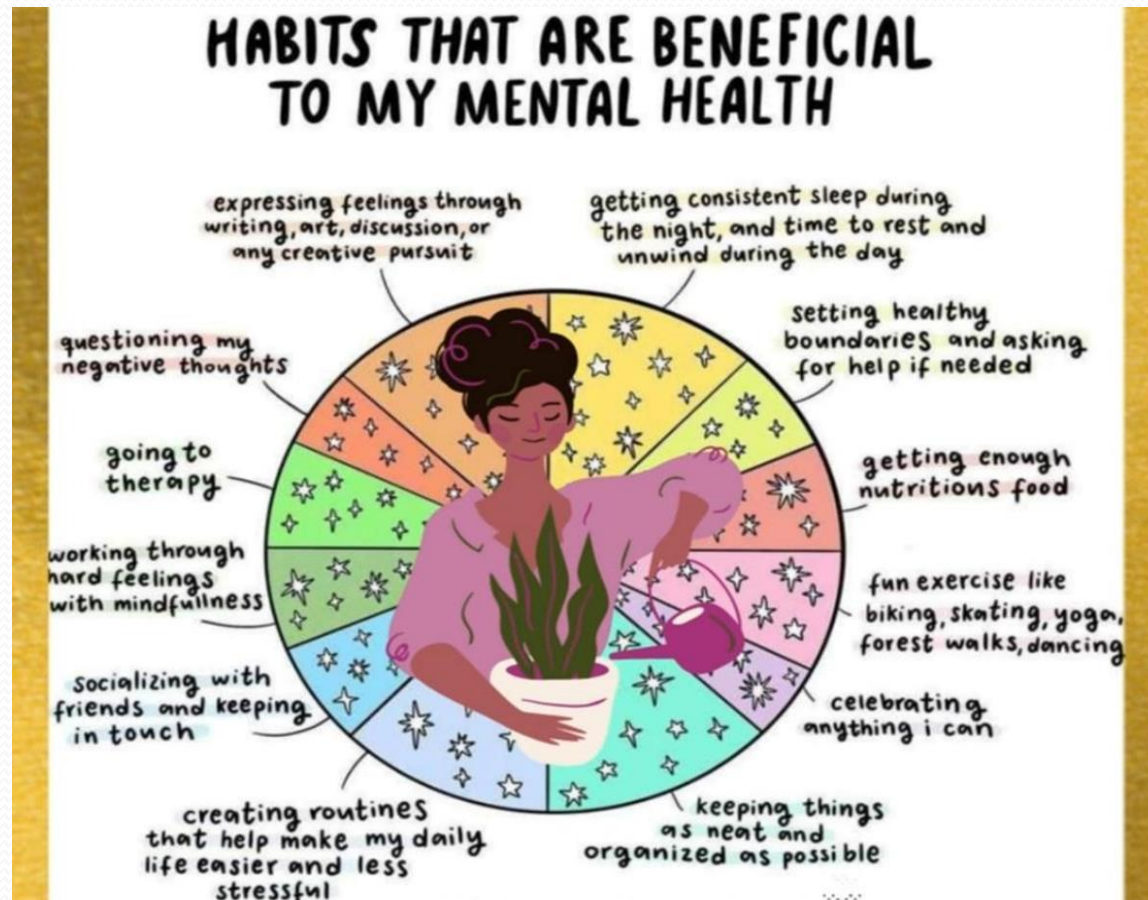
January 15, 2023

Pastor Bunmi Ajagunna - Moderator

Overview

- Module 1 – Introduction to Mental Health
- Module 2 – Types of Mental Illness
- Module 3 – Theology of Mind

Mental Well-being Check-in



Discussion

- Is mental illness only cured:

1. Spiritual
2. Medical
3. A hybrid of both Spiritual and Medical



Think about this...

Many people see mental illness as demonic and only handled by deliverance and the casting out of evil spirits.

God heals through divine healing and science



Module 1:

Introduction to MH Awareness

According to the World Health Organization, mental health is an integral and essential component of health. The WHO constitution states: "**Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.**"

What is the problem?

- Awareness within the Church on the reality of Mental Health Disorders

Who has this problem?

- Clergy, Leaders, Congregants & Communities

Why should this problem be solved?

- The Church should be a place of support

How will I know this problem has been solved?

- Awareness & Inclusion of Mental Wellness Programs

Food for thought

What Mental health Programs have you incorporated in your church?

Mental Health- Definition

- The American Psychiatric Association defines mental illness as a health condition involving changes in emotion, thinking, or behavior (or a combination of these). Mental illnesses are associated with distress and/or problems functioning in social, work, or family activities.
- Mental disorder is a global public health concern, according to recent global data, one in every five people suffer from common mental disorders. Mental Illnesses impacts the life of an individual, family, Church, and community.

According to Pastor E.A. Adeboye

- Open Heavens of February 8, 2022

“There is nothing glorious about living in bondage. Physical bondage includes poverty, sickness, lifestyle, and addictions.

Spiritual bondage includes demonic possession, being remotely controlled, or tied down, ***being under the influence and experiencing situations that are not observable or physically explicable***, as seen in the case of the mad man of Gadara”.

Topics on Mental Health...

Introduction to
Mental Health

Mental Illness
Cases in the Bible

Theology of
Mind & Mental
Illness

Suicidal
Thoughts

Results of
RCCGNA Survey
for Parish Pastors

Types of Mental
Illness

Types of
Substance Abuse

Statistics and
Data of Mental
Health

My Role or Part

Questions

Course Objectives

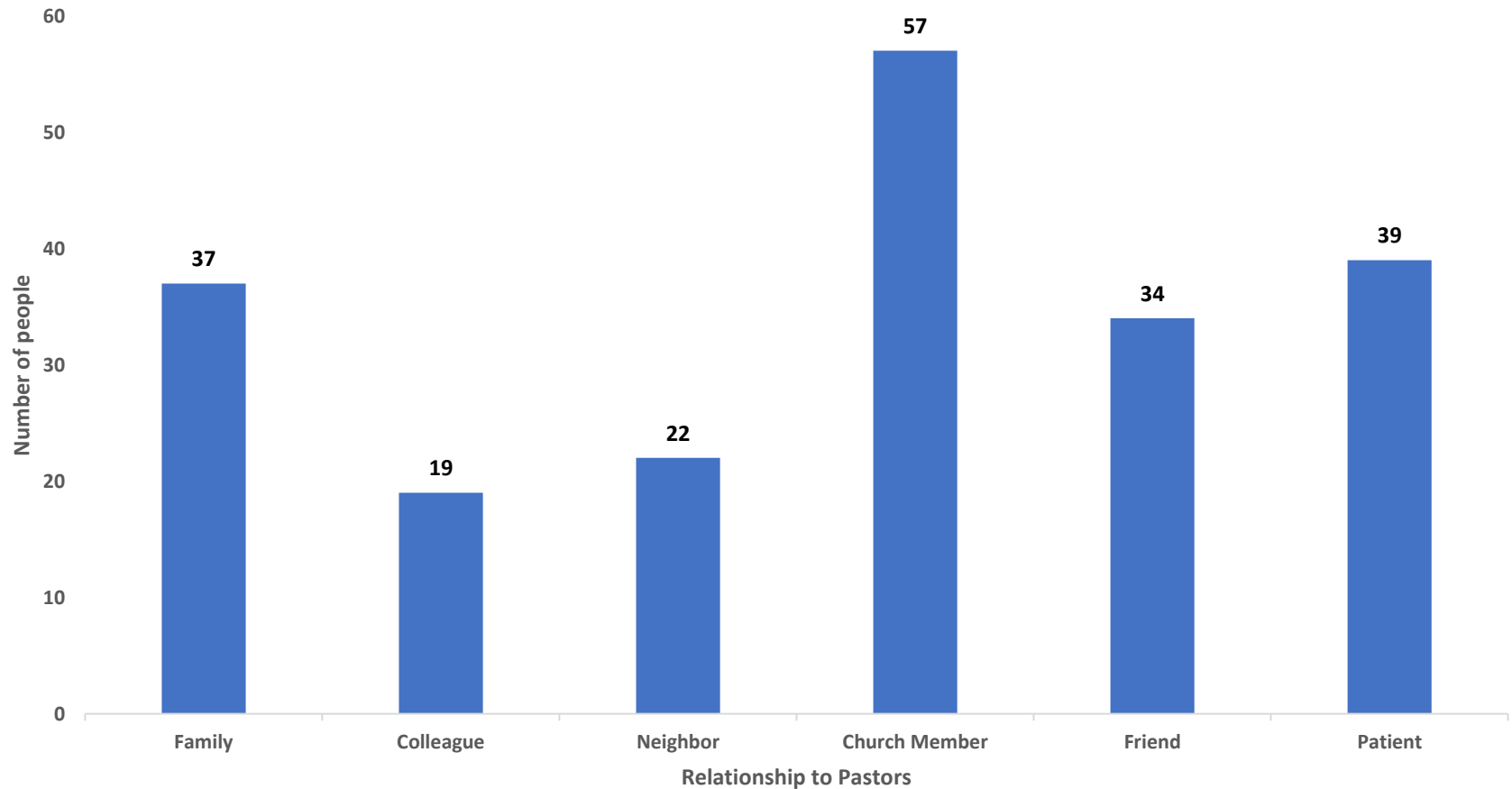
At the end of this course, attendees will:

- Understand what is Mental Health
- Know the role of God in Mental Health
- Assist people with mental illness to navigate their Christian faith to believe in the healing power of Jesus Christ.
- Actively communicate, support, help, empathize and guide MH people in their faith journey
- Refer people if necessary to seek medical help by having a comprehensive assessment of the symptoms and make them have confidence in the treatment as needed.
- Be your neighbors' keeper, and stop the stigmatization

Survey on Mental Health

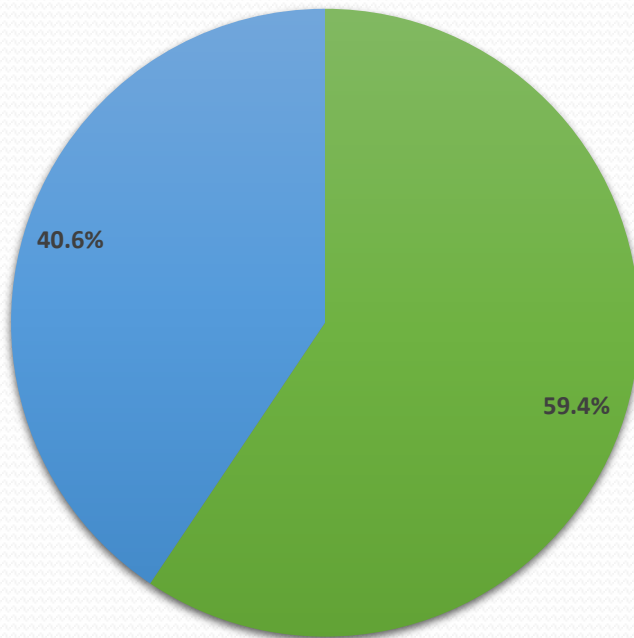
The respondents in this study are 161 Parish Pastors of The Redeemed Christian Church of God (RCCGNA). The survey instrument was sent online through a google survey to the total population of 758 Parish Pastors listed on the RCCG North America Parish Administration & Directory of April 2022 . Of the surveys sent out to the 758 Parish Pastors, 161 completed surveys were returned (response rate of 21.2%).

Relationship of MH Patients



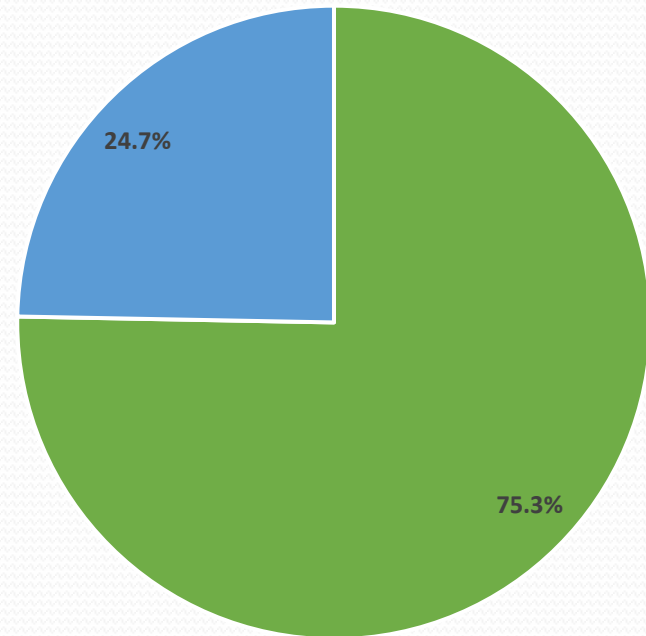
It's All About Awareness

Is Mental Illness a Stigma



■ Yes ■ No

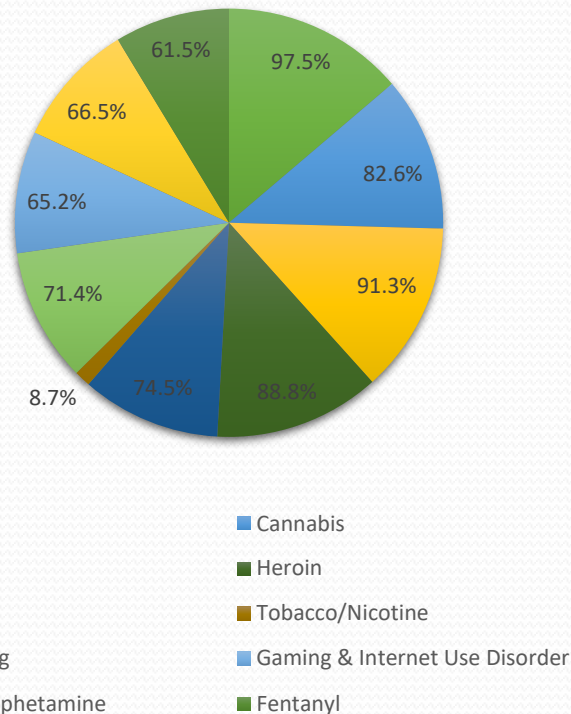
Should Mental Illness Patients be Confined



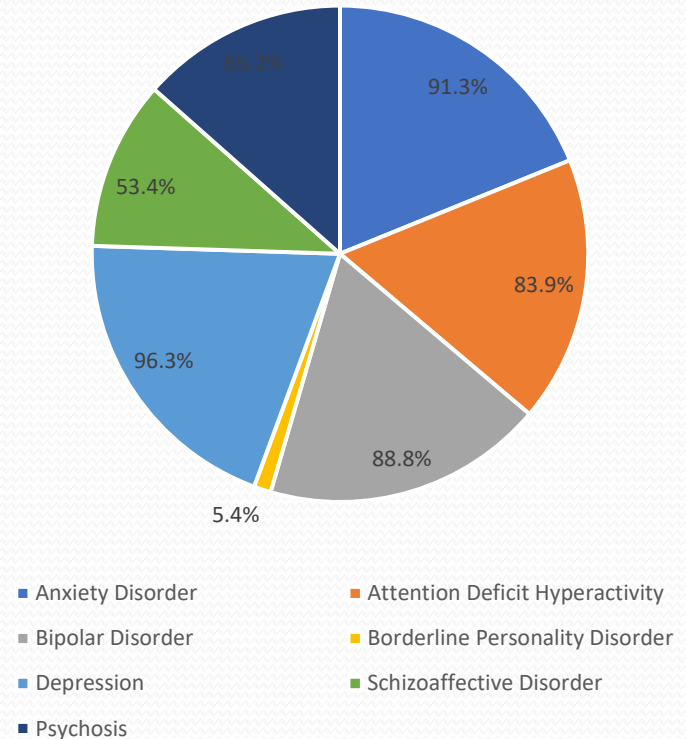
■ No ■ Yes

Basic Knowledge...

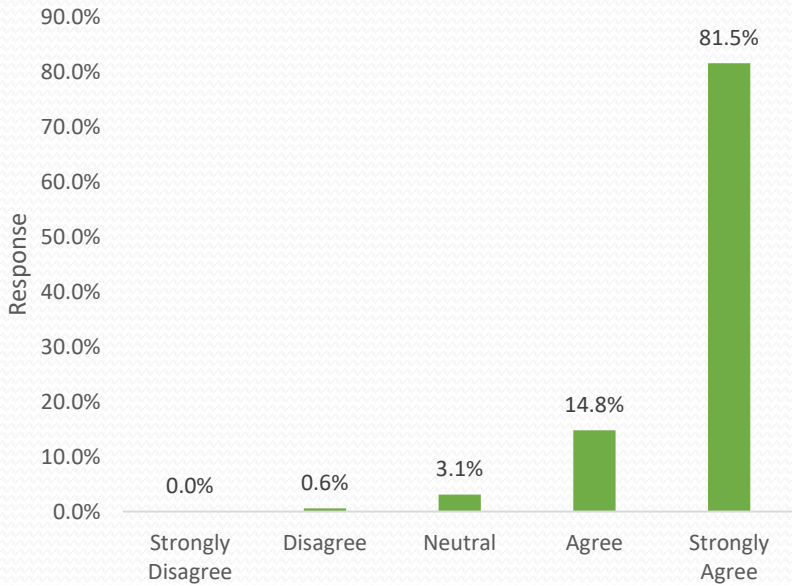
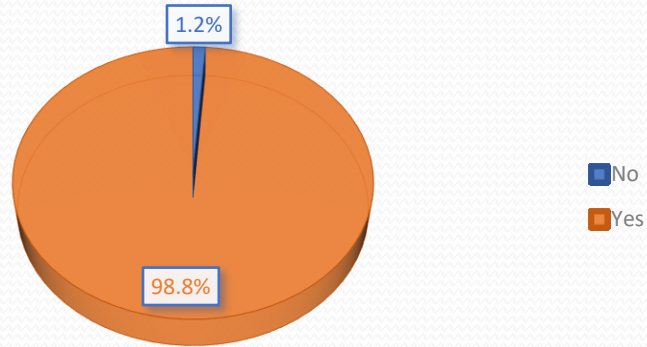
Awareness of these Substance Abuse



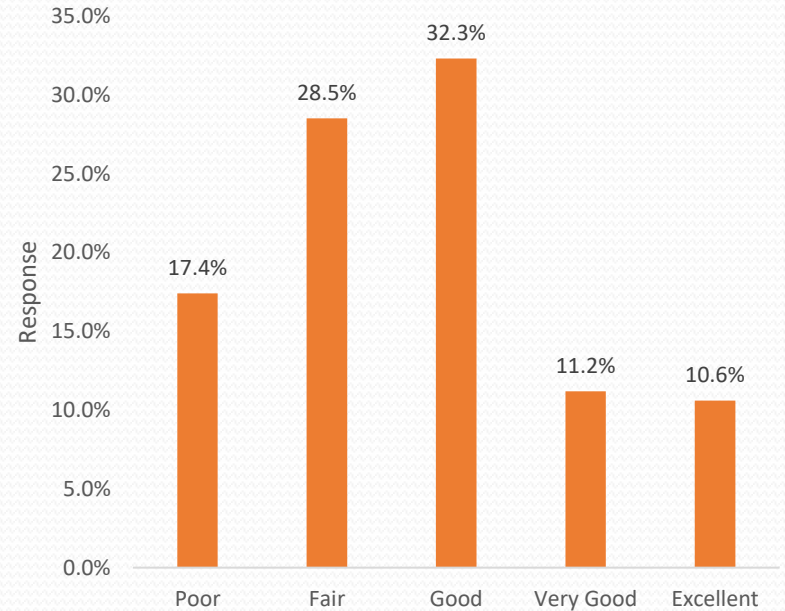
Mental Illnesses Known



SHOULD PASTORS REFER CONGREGANTS TO SEEK MEDICAL HELP?



Should Mental Illness be discussed in Church



Church Experience in handling Mental Illness

Mental Health Statistics

- According to the results from 2020, National Survey on Drug Use and Health was conducted for the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS)
 - 1 in 5 adults experience mental illness each year
 - 1 in 20 adults experience serious mental illness yearly
 - 1 in 6 youth aged 6-17 experience a mental health disorder each year
 - 50% of all lifetimes mental illness begins by age 14, 75% by age 24 and suicide is the 2nd leading cause of death among people aged 10-34

Mental Health Statistics

- Substance Abuse and Mental Health Services Administration, 2003).
 - Over 20% of adults annually experience a diagnosable mental disorder
 - Approximately 22 million Americans are dependent upon or abuse drugs or alcohol

Video

Mental Health - Anxiety Disorders In Adults

- <https://youtu.be/UjPRVKS4OBg>
- [What's normal anxiety -- and what's an anxiety disorder? | Body Stuff with Dr. Jen Gunter - YouTube](#)

Anxiety Disorder Facts...

- Rampant in teens and early twenties
- 2:1 Female predominance
- Waxing and waning course over lifetime
- It is a functional impairment
- Decreases quality of life
- Genetic Influence (strong family history)
 - Panic disorder
 - Generalized disorder
 - OCD (obsessive-compulsive disorder)
 - Specific phobia

Types of Anxiety Disorder

- Primary
 - Specific Phobia
 - Social Anxiety Disorder (SAD)
 - Panic Disorder
 - Agoraphobia
 - Separation Anxiety Disorder
 - Generalized Anxiety Disorder
- Secondary
 - Substance abuse
 - Physical illness
 - Psychiatric condition



Symptoms of Anxiety

- Rapid, pounding heart rate
- Diarrhea
- Fainting
- Profuse sweating
- Frequent urination
- Shortness of breath
- Loss of appetite
- Dizziness
- Sleeplessness
- Tremors & Shaking

What is Depression?



- Webster- A state of feeling sad, a mood disorder that is marked by varying degrees of sadness, despair, and loneliness and that is typically accompanied by inactivity, guilt, loss of concentration, social withdrawal, sleep disturbances, and sometimes suicidal tendencies.
- Dr. Les Parrott III- The “common cold of psychopathology”, touches everyone’s life. Whether it be as a temporary mood or as a suicidal psychosis, no one is exempt- especially adolescents.

Suicidal Thoughts

Suicide is a depression and related illnesses, which driven by these mental illness is one of the top killers of young people:

HELP
ask • listen • tell

The Critical Questions Are

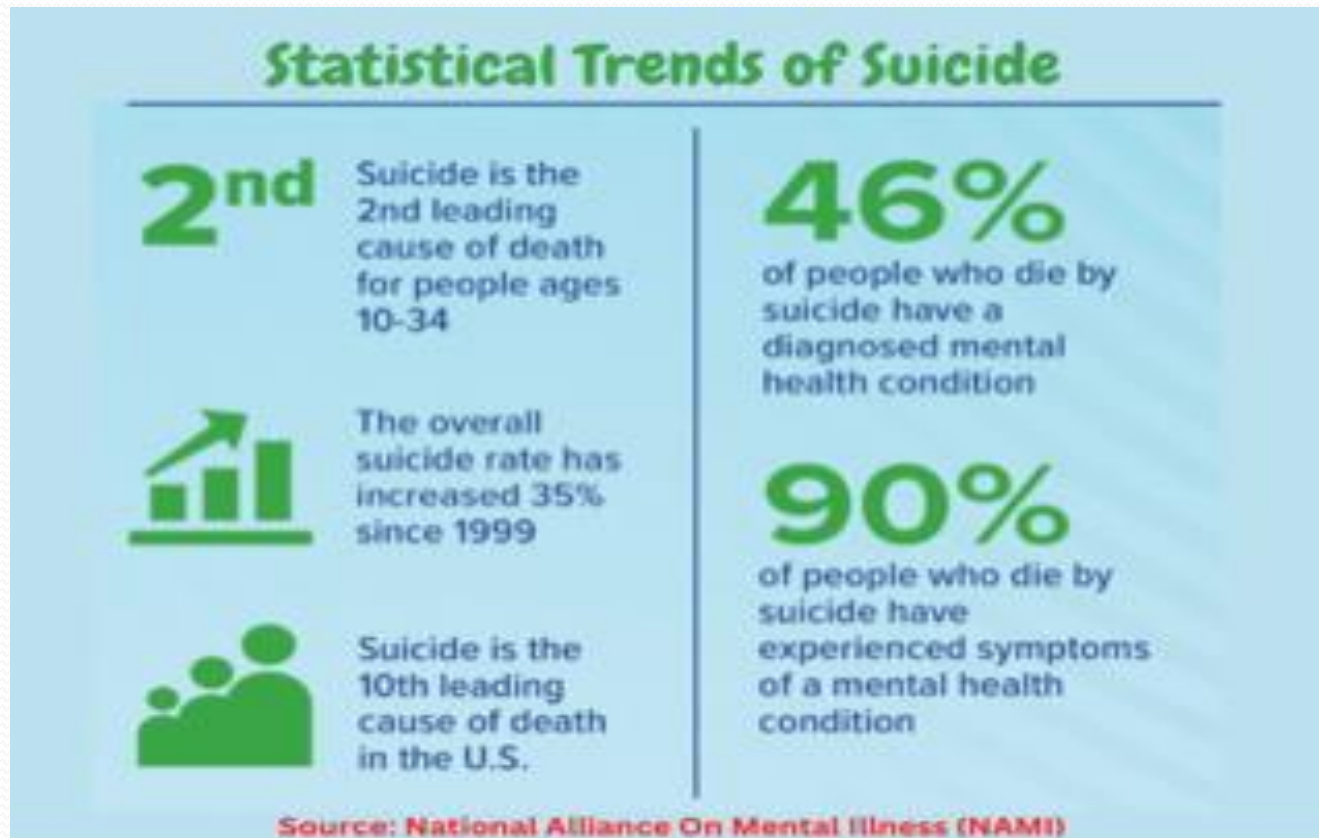
- How do young people become depressed?
- What does depression feel like?
- How can we identify it?
- What are the triggers depression in our young people?
- What hurts young people?
- How do families cope with young people's depression?

Moment of Truth

Most people who commit suicide have a diagnosable mental disorder- most commonly a depressive disorder or a substance abuse disorder.

Note: According to the National Alliance on Mental Illness (NAMI), the average delay between symptom onset and treatment is **11 years**.

Statistical Trends of Suicide



Common Warning Signs of “MH”

- Diagnosing mental illness is not straight forward science. We can't test for it the same way we test blood levels for diabetes.



Mental Health Treatment

- Treatment have made recovery a reality for most people experiencing mental illness.

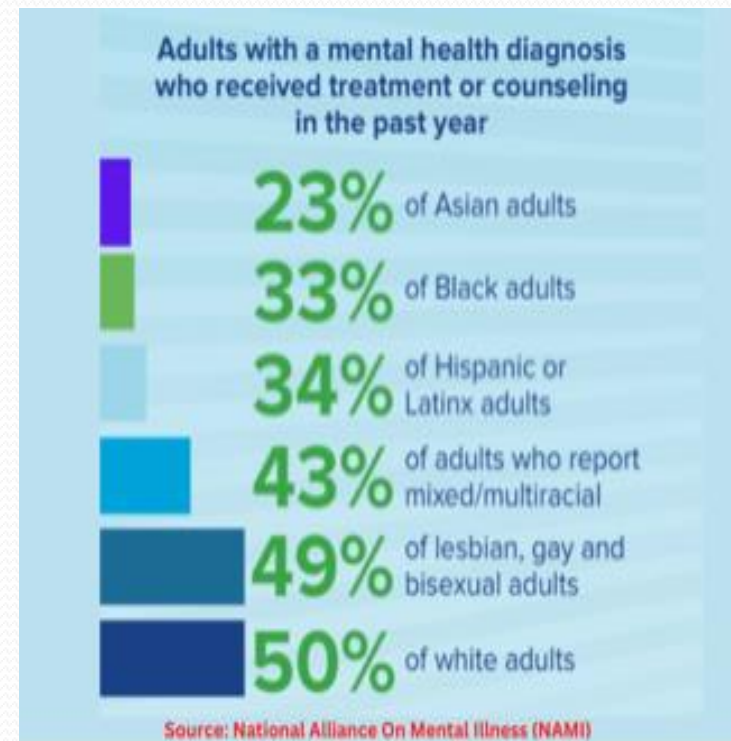
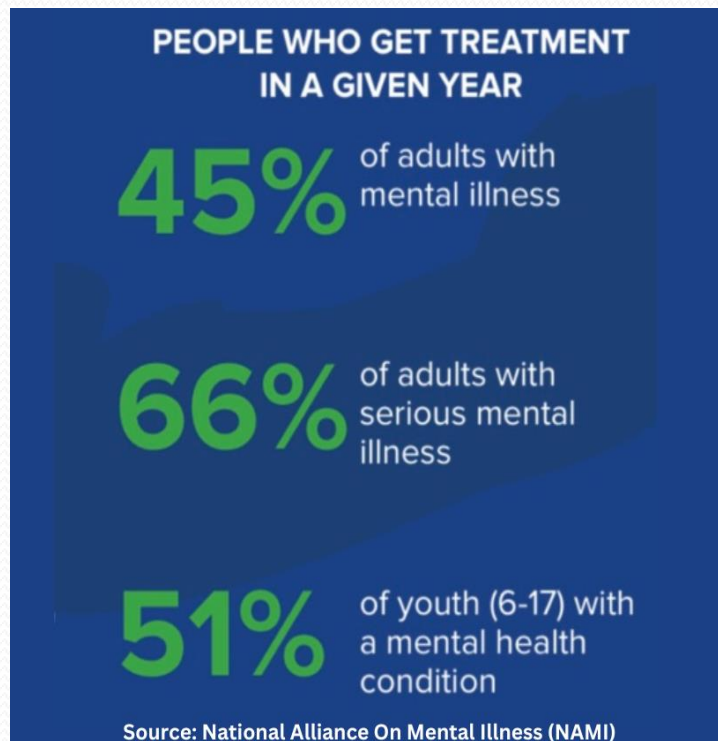
1. Therapy
2. Medication
3. Self-Care



- Although taking the first steps can be confusing or difficult, but it is important to start exploring options.

Mental Health is Treatable

- Statistical data of people who received Mental Health Treatment:



Healthy Conversation

- Prayer, Pray, and Do not give up
- Pinpoint the Severity
- Challenge Irrational Thinking
- Evaluate the Gains
- Provide Community Support
- Physical Activity
- Pay attention (to that child, or friend at risk)
- Evaluate the Risk of Suicide
- Activate the “Duty to Warn”
- Coping and Caring



Theology of Mind and Mental Illness...

- Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus” (Phi 4:6-7 KJV)
- That evening, after the sun was down, they brought sick and evil-afflicted people to him, the whole city lined up at his door! He cured their sick bodies and tormented spirits. Because the demons knew his true identity, he didn't let them say a word.” MK 1:32-34 (MSG)

Theology of Mind and Mental Illness...

- Prov 26:2 (NKJV): there cannot be “a curse without a cause” (paraphrasing). People with mental illness need to know that God loves them no matter what they are suffering.
- A person’s identity is not wrapped up in their illness or their health. By the grace of God, each person is created by love. God wants His people to know Him and be in constant fellowship with Him.

Mental Health Cases in the Bible

- Saul- God's spirit was replaced by a tormenting spirit due to his disobedience.
 - “But the Spirit of the Lord departed from Saul, and a distressing spirit from the Lord troubled him. And Saul's servants said to him, “Surely, a distressing spirit from God is troubling you.” (1 Sam 16:14-15 NKJV)
- David- He recorded many songs of lament that reflected his pain and depression.
 - “I am worn out from my groaning. All night long I flood my bed with weeping and drench my couch with tears. My eyes grow weak with sorrow; they fail because of all my foes.” (Ps 6:6-7 NIV)

Mental Health Cases in the Bible

- Elijah- He remained in this distraught condition for 40 days and nights—depressed and unable to meet his basic personal needs and he said:
 - “But he went a day’s journey into the wilderness and came and sat down under a broom tree. And he prayed that he might die, and said, It is enough! Now, Lord, take my life, for I am no better than my fathers!” 1 Kgs 19:4 (NKJV)

Focus is on taking a U-turn when negative emotions confront one. The processes that one can follow to have better mental health include focusing, befriending, inviting Jesus, unburdening, and integrating.

QUESTIONS



Video

Mental Health - Depression

- <https://youtu.be/IQhpetkwWnM>

Understanding of Mental Health

- Offer support, help and guidance
- Basic knowledge is key
- MH Terminologies
- Severity of disorders
- Collaboration with health officials

From a Child to an Adult...

CHILDHOOD TRAUMA CAN LOOK LIKE

@chronicallymeh



a parent denying your reality or dismissing your emotions

having a parent who cannot regulate their emotions

being screamed at often or scolded for making mistakes

having a parent with unresolved trauma

constantly being criticised or compared

being told (directly/indirectly) you can't or shouldn't experience certain emotions

feeling invisible or neglected

parents having high expectations

having to assume the role of a parent

being humiliated



physical/emotional/verbal/sexual abuse

not being accepted for who you are

having a parent who prioritizes themselves over you

having a parent who lacks boundaries

having a parent who is focused on appearance

having a parent with mental or chronic illness

divorce/separation/death of a parent

frequent relocation, lack of consistency

The reality of life...

- Increase in MH cases globally
- Church support
- MH programs
- Collaboration with the community and health professionals
- Referral to Health care
- Awareness in the community
- Stigmatization
- MH 101 training



Stigmatization on “MH”

- The stigma surrounding the receipt of mental health treatment is among the many barriers that discourage people from seeking treatment.
- Nearly two-thirds of all people with diagnosable mental disorders do not seek treatment.
 - Stigma against the mentally ill is great, and there is no interest in improvement.

Stigmatization on “MH”

- Stigma against mental illness needs to be overcome in the Church and programs must be culturally appropriate and accessible to everyone.
- People with mental illness or their families deal with a large amount of shame and social stigma around the illnesses even in our Churches.

Be a Voice and an Advocate

- Have honest and healthy conversations
- Churches to bring perspective and clarity on this topic
- Mental illness is not a stigma and help can be sought in numerous ways
- Educate our community that it is a mental disorder and not always a demonic sickness
- Mental health can mean many things to many people and salvation is key to divine healing
- Judgement and condemnation should stop

Solving Mental Health Crises

- Pastors can provide empathy and support to the people affected by giving them hope and the assurance of God's love through salvation.
- There is hope for the hopeless, we will always have challenges and trials but when our hope is built on Jesus Christ, we will experience inner peace in these trials.

Solving Mental Health Crises

- Life is certain to bring troubles and for those who suffer from Anxiety Disorders, Obsessive-Compulsive Disorders, and PTSD it may seem like there is no road to recovery but there is through divine healing and the God-given knowledge and wisdom of the scientist to help and support the patient to recovery.

Church Support for “MH”

- Pray, Love, and Reach out
- Speaking about it and backing it up with statistics
 - Letting the members know that as we have physical challenges, we also have mental challenges
 - Reasons that we need to shower them with love and care
 - How to hold them accountable for their medications
- Invite experts to speak on this issue, and should cover
 - How to recognize the symptoms
 - Christian Certified Counsellor
 - Advice on medications and how to monitor user and usage

Benefits of Church Support

- The various community will see the Church as a place of trust indeed and consequently, some if not all will come to the saving grace of God.
- Jesus will be broadcasted abroad because of the love and care of the Church.

Benefits of Church Support

- Leaders need to be educated that mental illness is not demonic-infested sickness but an abnormality that can be treated medically.
- Ministers should be equipped with the tools needed to counsel right and refer the Church members to the right professional help.

Initial Challenges...

- Some members believe that all spiritual challenges can only be by deliverance and this group may want to resist their leaders.
- Family members who are ashamed of the situation and are always putting up a defense for the affected person.

Initial Challenges...

- Referral to Christian Health Professional – Difficult to say and might result in the family leaving the church.’
- Accountability-
 - Is the patient using the prescribed medications regularly
 - Is the family of the patient carrying out proper monitoring
 - Is the patient allowed to mix with peers or is being restricted

Mental Health Programs

- According to healthaction.org in their support for Mental Health, are advocating for Organizations to have MH Programs such as:
- Conversation Guide for Ministers- The questions to ask a congregant and be able to know the symptom and to have a good conversation.

Mental Health Programs

- Mental Health Day- A day or week dedicated to MH in a year to discuss issues, and have speakers come to educate people on how to take care of their loved ones.
- Mental Wellness Toolkit- Helpline numbers and basic education on what one needs to do.
- Mental Wellness Playbook- Anonymous stories on our people have been restored and doing better.

Video

Break the Stigma around Children's Mental Health

- <https://youtu.be/49mfPFTZsHs>

QUESTIONS



Closing Remark...

A Mental Wellbeing Ministry: The purpose of this ministry is to *care for, love, understand, and give support to* the individuals and their families as needed. To encourage the people to seek professional treatment, as much stigma and ignorance are still associated with mental illness in our Churches. Need to educate and bring awareness to this subject.

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THANK YOU