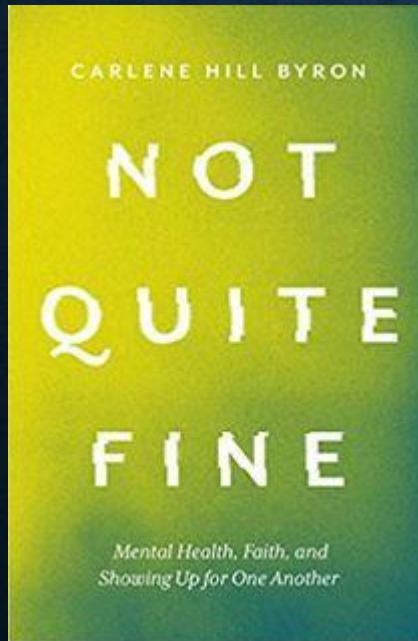


5 MENTAL HEALTH MINISTRY TOOLS YOUR FAITH COMMUNITY ALREADY HAS



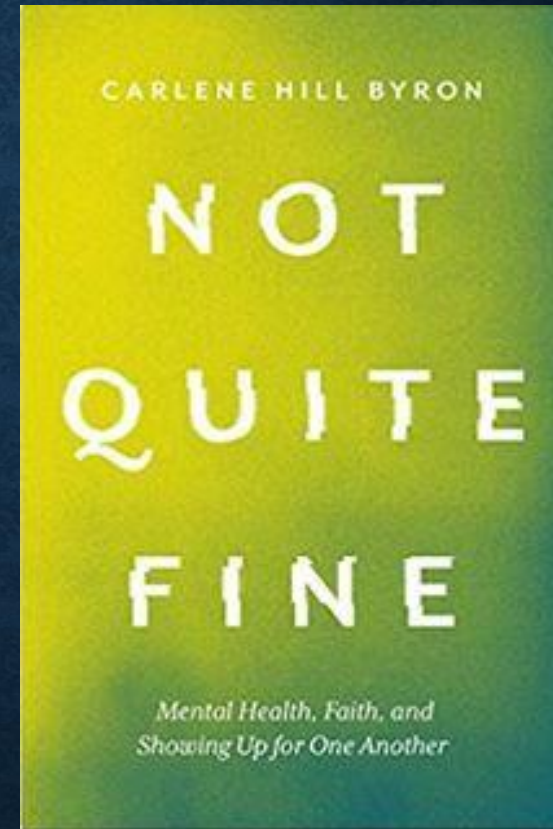
Carlene Hill Byron, Author

Not Quite Fine:

Mental Health, Faith, and

Showing Up for One Another

WHY THIS BOOK



2015 NAMI STATE CONFERENCE TALK

NAMI-NC
Annual Conference
Raleigh, NC
Oct. 24, 2015

Suicide Prevention

Lessons from a Global
Perspective

Carlene Hill Byron



A person is sitting on a wooden bench in a park, reading a book. The person is wearing a light-colored jacket and glasses. The background shows trees and a path. The image is in black and white with a dark overlay.

COMMUNITY INVOLVEMENT AS TREATMENT

- Four-year study
- London School of Economics
- 9068 Europeans aged 50 and up
- 10 countries

WHAT COMMUNITY INVOLVEMENT BEST PREVENTS DEPRESSION?

- Not sports clubs
- Not political groups
- Not educational programs
- Not volunteer service groups
- Not social clubs



ALL KINDS OF FAITH COMMUNITIES

WHAT COMMUNITY INVOLVEMENT BEST PREVENTS DEPRESSION?

“Participation in religious activities was the only form of social engagement associated with a decline in depressive symptoms 4 years later.”

Mauricio Avendano, epidemiologist

5 BASIC HUMAN NEEDS

Meaning

Purpose

Belonging

Value

Hope

MEANING AND PURPOSE

- **Meaning: Answers the philosophical ‘Why?’**
 - Why do the wicked prosper?
 - Why am I suffering?
- **Purpose: Answers the motivational ‘Why?’**
 - Why have I taken this path?
 - Why would it matter what I do?

MEANING AND PURPOSE

*To ask 'What is the meaning of life?'
is like asking a chess grandmaster
'What is the best move?'*

Viktor Frankl

BELONGING

*“In a very real sense, we are persons-in-relation ...
I am only a father because of my children,
a husband because of my wife, a lecturer
because of my occupation.”*

John Swinton

WHAT IS STIGMA?

Goffman: A social function that defines some individuals and groups as unacceptable to the community

Assigned on the basis of

- physical deformities
- membership in a suspect class (race, ethnicity, religion)
- character (including unemployment and mental illness)

WHY DOES STIGMA HAPPEN?

It's useful.

- Sets community boundaries
- Protects community

WHY DOES MENTAL HEALTH STIGMA HAPPEN?

Paradox:

If mental health problems are biological and inherent, then they are exactly the kind of condition that we stigmatize

WHY DOES MENTAL HEALTH STIGMA HAPPEN?

Paradox:

Stigma has actually grown during the last 30 or so years of education and advocacy focused on biomedical theories of mental illness

IF STIGMA IS THE PROBLEM, BELONGING IS THE SOLUTION

Patrick Corrigan on busting stigma:

- What doesn't work
 - education campaigns
 - advocacy efforts
- What works
 - knowing, face to face, someone who has a mental health problem.

**IF STIGMA IS THE PROBLEM,
BELONGING IS THE SOLUTION**

Faith communities are almost uniquely positioned for the stigma-busting work of accepting, welcoming and being present with people who have mental health challenges.

VALUE

“Worth is given to each person by the way that others, including – and ultimately – God, regard him or her.”

David Pailin, disability scholar

VALUE (IN PURPOSE)

Only those who truly believe they have something to offer can experience themselves as spiritually adult.

Henri Nouwen

HOPE

*“Hope ...
is the foundation
of recovery.”*

SAMHSA

WHAT HOPE IS NOT

Positivity or Optimism

Hope isn't the belief that things will go the way we want on the timetable we plan.

HOPE

Hope happens when people discover a future they can believe will come.

The Stockdale paradox ...

HOPE

*In COVID, we learned again to begin valuing
the days of small beginnings.*

HOPE (IN BELONGING)

*“Where there are friends,
there is hope.”*

John Swinton