

The Discipleship Place.  www.janetbdean.com – bottom of page 2023

MENTAL HEALTH IN DISCIPLING COMMUNITIES

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HAZARENE  DISCIPLESHIP

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TODAY'S AGENDA



- Grasping the Urgency
- Understanding Mental Health
- Discipling for Soul Care

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GRASPING THE URGENCY

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MENTAL HEALTH

...involves effective functioning in daily activities resulting in:

- Productive activities (such as in work, school or caregiving).
- Healthy relationships.
- Ability to adapt to change and cope with adversity.

American Psychiatric Association, 2022

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MENTAL ILLNESS

... refers collectively to all diagnosable mental disorders — health conditions involving:

- Significant changes in thinking, emotion and/or behavior.
- Distress and/or problems functioning in social, work or family activities.

American Psychiatric Association, 2022

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The COVID-19 pandemic triggered another health crisis:

a 25% increase in the prevalence of anxiety & depression worldwide.

World Health Organization, 2022

7

Persons with severe mental health conditions have a 40% to 60% greater chance of dying prematurely.

World Health Organization, 2021

8

Suicide is the second most common cause of death among young people worldwide.

World Health Organization, 2021

9

Mental disorders frequently lead individuals and families into poverty.

World Health Organization, 2021

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In high-income countries, 35% - 50% of people with severe mental disorders receive no treatment.

In low-income and middle-income countries, 76% - 85% of those people receive no treatment.

World Health Organization, 2021

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Treatment is often unavailable, inaccessible, unaffordable, stigmatizing.

World Health Organization, 2021

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THE MENTAL HEALTH CRISIS

1 of 7 people worldwide live with mental disorder yearly

1 of 4 US adults have mental disorder yearly

1 of 3 US young adults have mental disorder yearly

1 of 3 adults worldwide will have mental disorder in their lifetime

These numbers are the same for pastors and all Christians.

1 of 2 US adults will have mental disorder in their lifetime

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The Church is needed.

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GRASPING
THE
URGENCY

UNDER-
STANDING
MENTAL
HEALTH

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EMOTIONS ARE ESSENTIALLY GOOD.

These are God-given mechanisms that:

Motivate us,
Connect us in relationships,
Keep us from danger,
Prepare us to fight,
Engage us in worship.

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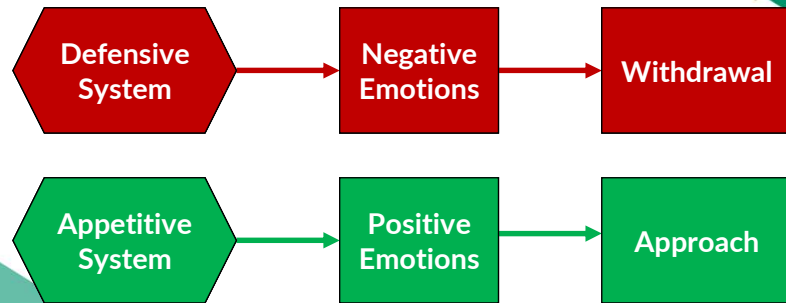
EMOTIONS ARE ESSENTIALLY GOOD.

Emotions help us pay attention to
both internal and external events so
that we can navigate our world
successfully.

Adapted from Chapman, Kevin, 2023 CAPS Conference

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OPPOSING EMOTIONAL SYSTEMS



Adapted from Chapman, Kevin, 2023 CAPS Conference

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The Fall
brought sin,
brokenness,
and imbalance
into the world.



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THE TREE OF THE KNOWLEDGE OF GOOD AND EVIL.... Genesis 3

6 When the woman saw that the fruit of the tree was good for food & pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it.

She also gave some to her husband, who was with her, and he ate it.

7 Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.

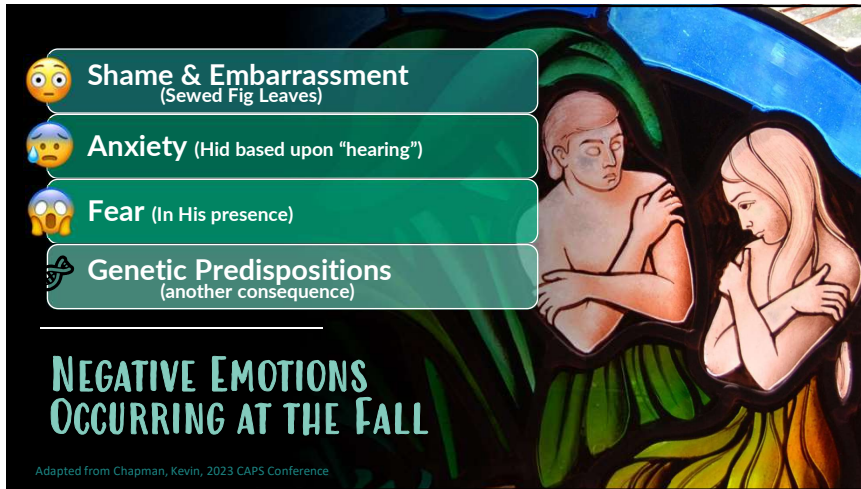
8 Then they heard the sound of the Lord God as he was walking in the garden in the cool of the day, and they hid from the Lord God among the trees of the garden.

9 But the Lord God called to the man, "Where are you?"

10 He answered, "I heard you in the garden, and I was afraid because I was naked; so I hid."

Adapted from Chapman, Kevin, 2023 CAPS Conference

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😳 **Shame & Embarrassment**
 (Sewed Fig Leaves)

😰 **Anxiety** (Hid based upon "hearing")

😨 **Fear** (In His presence)

🧬 **Genetic Predispositions**
 (another consequence)

**NEGATIVE EMOTIONS
OCCURRING AT THE FALL**

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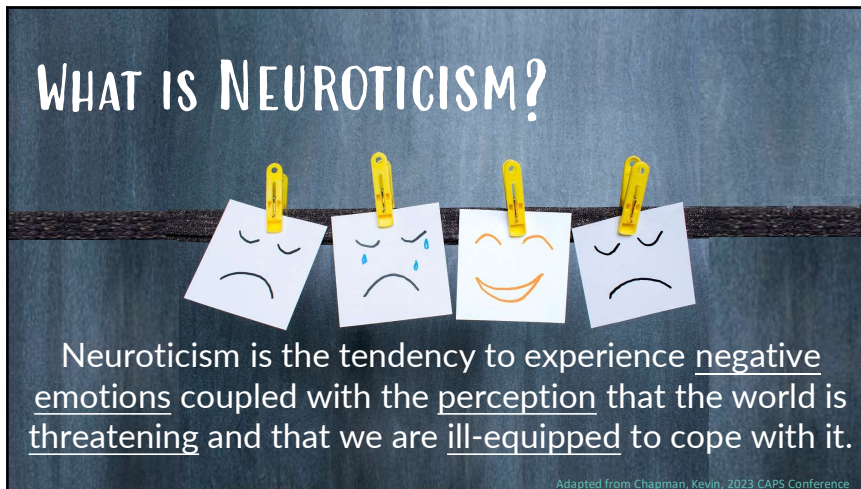


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NEUROTICISM!

The most robust risk factor for emotional disorders.

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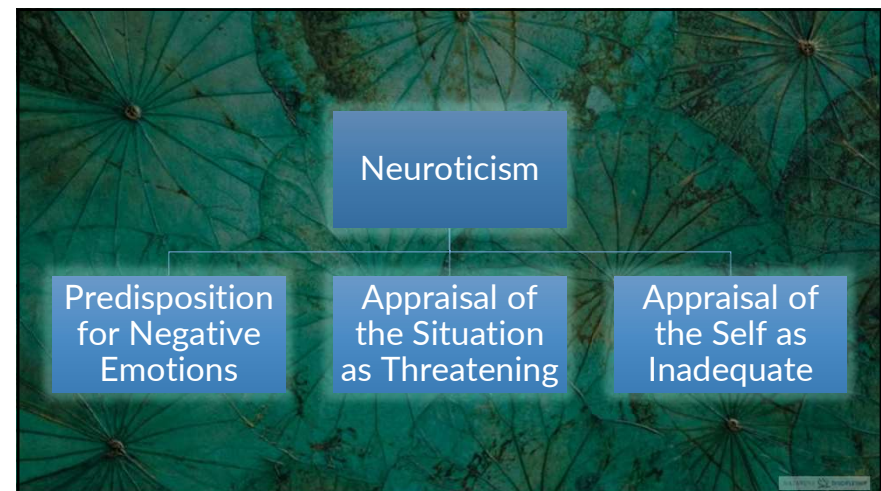


WHAT IS NEUROTICISM?

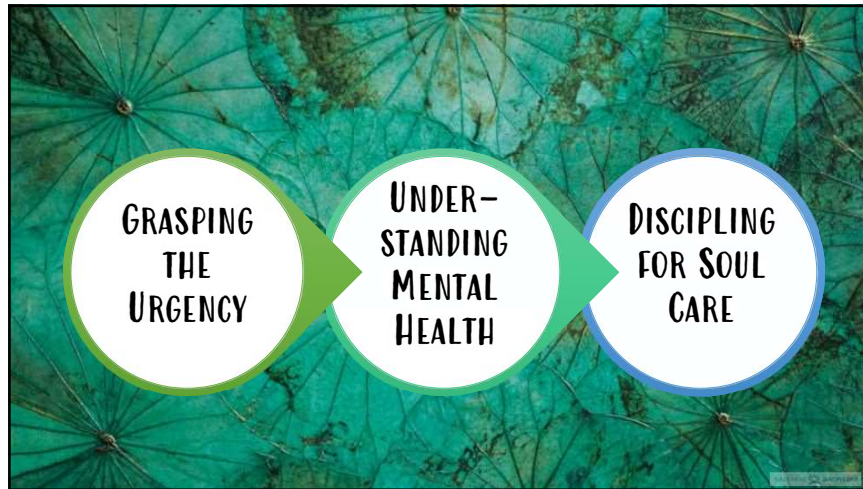
Neuroticism is the tendency to experience negative emotions coupled with the perception that the world is threatening and that we are ill-equipped to cope with it.

Adapted from Chapman, Kevin, 2023 CAPS Conference

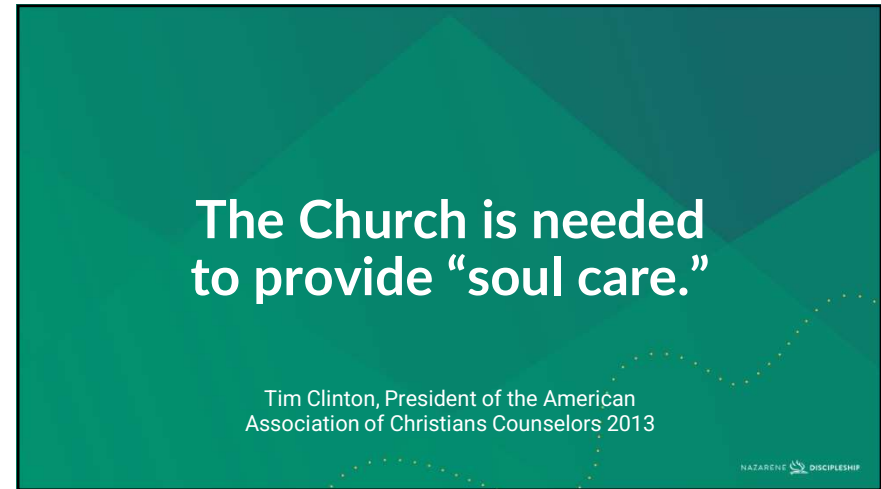
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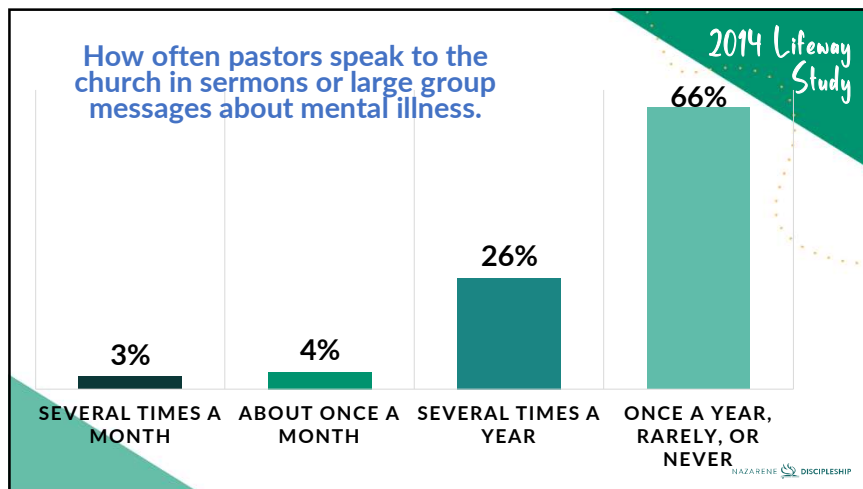
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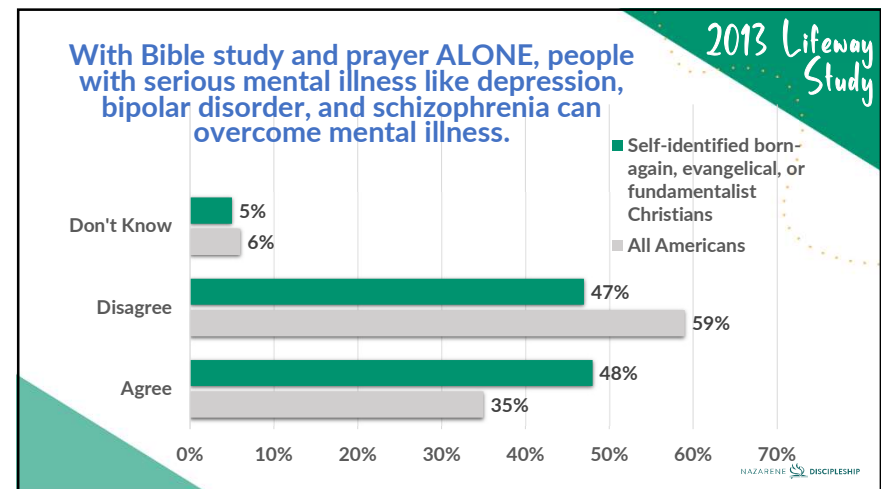
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What would it look like for us to
become communities of
confession, care, and healing?

10 PRINCIPLES

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Preparing
the Soil

Posture

Position

Purpose

Proximity

Protection

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PRINCIPLE #1 – POSTURE

Grace

Acceptance

Forgiveness

Accessibility

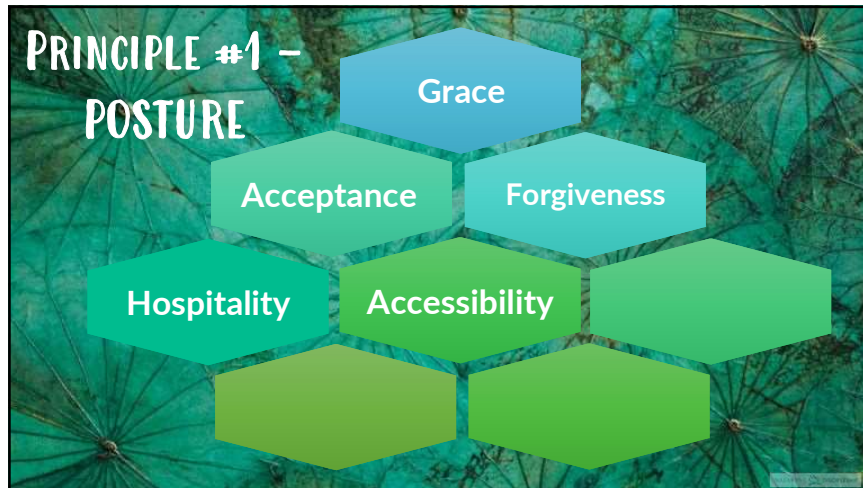
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"Make me genuinely accessible.
People come with their words, but they hope I will hear their
hearts. Whether they speak or write, teach me how
to be truly quiet inside and actively listen.
I do not want to disrespect them by interrupting or pretending to
listen while I secretly ignore them
so I can think about what I'm going to say.
I want to really listen and understand their hearts.
Help me open my mind and heart, not just my office door."

FROM "LEADERSHIP PRAYERS" (P. 74) BY RICHARD KRIEGBAUM , FORMER PRESIDENT OF FRESNO PACIFIC UNIVERSITY

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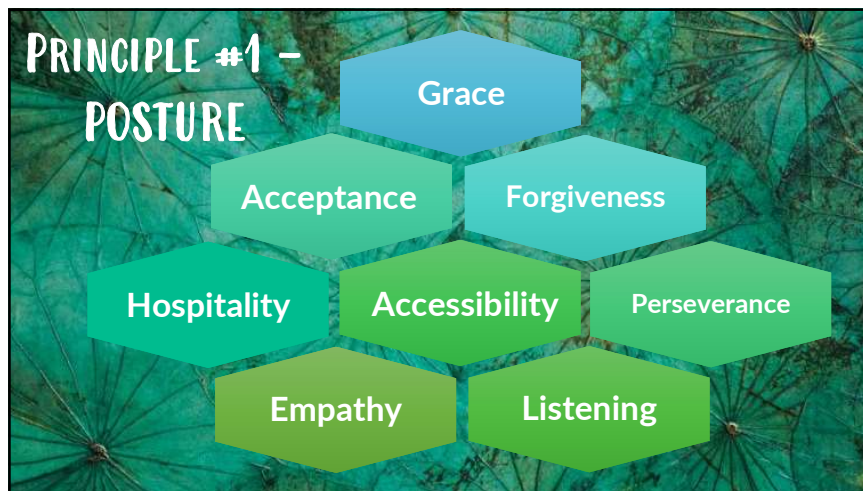
**BECOMING
SOUL HOSTS**

“Soul hosts prepare for their gift of hospitality by cultivating a place of quiet within themselves. This is the place where they will receive others. If I have no such place within myself, I am unable to offer myself in a gift of hospitality. But when I have begun to be a person with a quiet still center, I can invite others to come and rest there.”

David Benner, *Sacred Companions*

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Many people are looking for an ear that will listen. They do not find it among Christians, because Christians are talking when they should be listening. He [or she] who no longer listens to his brother [or sister] will soon no longer be listening to God either . . . One who cannot listen long and patiently will presently be talking beside the point and never really speaking to others.

Dietrich Bonhoeffer, (quoted in H. J. Clinebell's (1984) *Basic Types of Pastoral Care and Counseling*, p. 72)

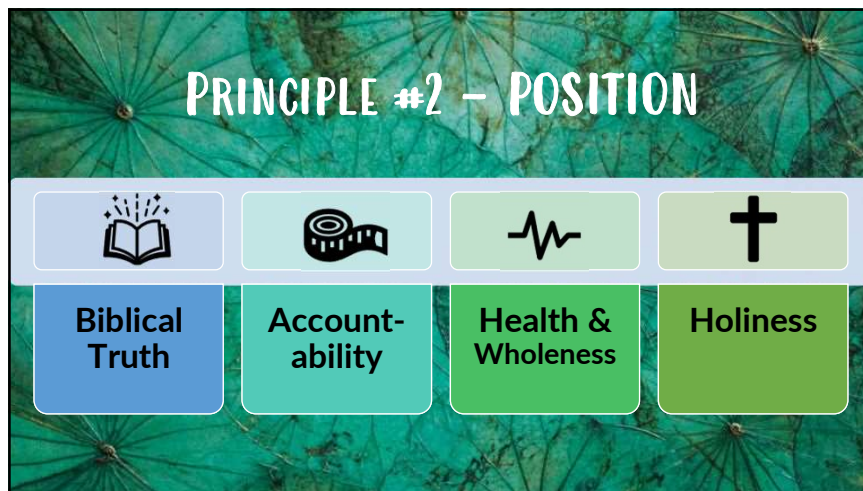
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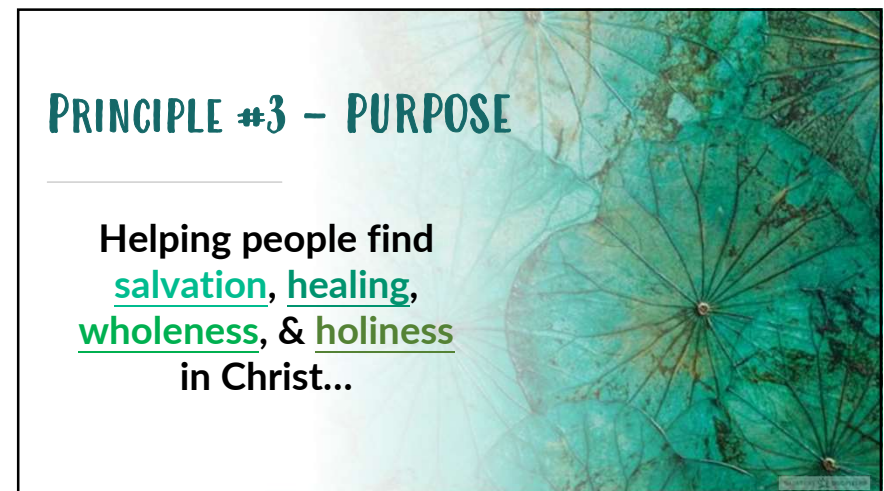
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PRINCIPLE #3 – PURPOSE

...by teaching them (and ourselves)
how to navigate emotions
from a kingdom perspective
while glorifying God in the process.

Adapted from Chapman, Kevin,
2023 CAPS Conference

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PRINCIPLE #4 – PROXIMITY

We must come near
to people...

- As co-laborers and friends
- Living life together
- Within boundaries, while
- Modeling faith and
- Regulating emotion

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*Psychologist and developmental researcher Daniel Stern
(2004) reports in his studies of infants through adults,*

“Our nervous systems are constructed to be captured by the nervous systems of others, so that we can experience others as if from within their skin, as well as from within our own. A sort of direct feeling route into the other person is potentially open, and we resonate with and participate in their experience, and they in ours.”

(p. 76, *The Present Moment in Psychotherapy and in Life*).



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“Because human physiology is . . . an open loop arrangement, an individual does not direct all of his [or her] own functions. A second person transmits regulatory information that can alter hormone levels, cardiovascular function, sleep rhythms, immune function, and more – inside the body of the first. The reciprocal process occurs simultaneously: the first person regulates the physiology of the second, even as he [or she] is regulated. Neither is a functioning whole on his own; each has open loops that only somebody else can complete. Together they create a stable, properly balanced pair of organisms.” (p. 85).

Lewis, Amini, & Lannon (2000). *A General Theory of Love*.



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PRINCIPLE #6 – PROVISION

The diagram features a background of green lotus leaves. A list of five bullet points is displayed on the left side of the slide:

- Preach the Gospel for real life, including emotional struggles in Scripture
- Pray and teach people to pray
- Meet needs

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PRINCIPLE #6 – PROVISION

The diagram features a background of green lotus leaves. A list of five bullet points is displayed on the left side of the slide:

- Provide encouragement and reassurance
- Provide accurate information about mental health
- Refer and support help-seeking
- Collaborate with clinicians

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PRINCIPLE #7 – PARTICULARS

- Different mental health issues often need different kinds of help,
- But with this model of neuroticism, general principles will allow us to minister to and disciple most people.

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PRINCIPLE #8 – PERSPECTIVE

We want to help shift people's perspective through:

- Increasing positive emotion,
- Making re-appraisals, and
- Seeing God's grace.

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PRINCIPLE #8 – PERSPECTIVE

We can help people increase their capacity to experience positive emotions by increasing their:



Wanting



Liking



Learning

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Habits for Positive Emotions

(Craske et al., 2022)



Designing and Practicing Positive Activities
Savoring the Moment



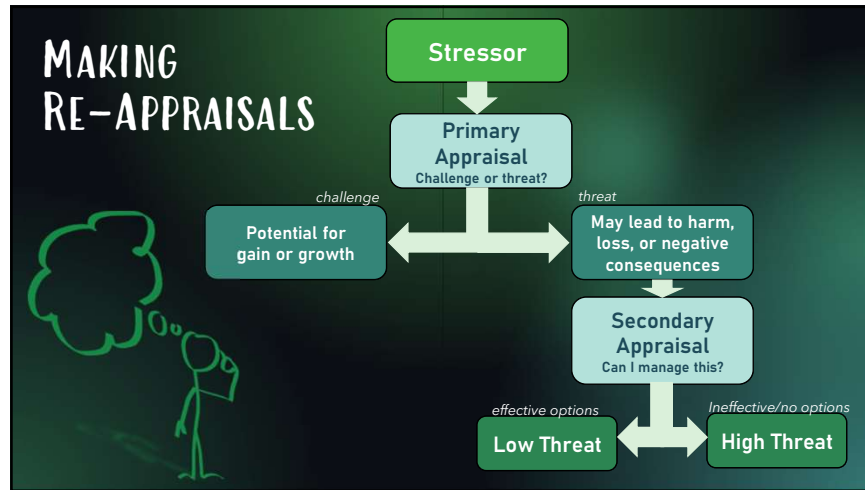
Attending to the Positive
Finding the Silver Linings, Taking Ownership



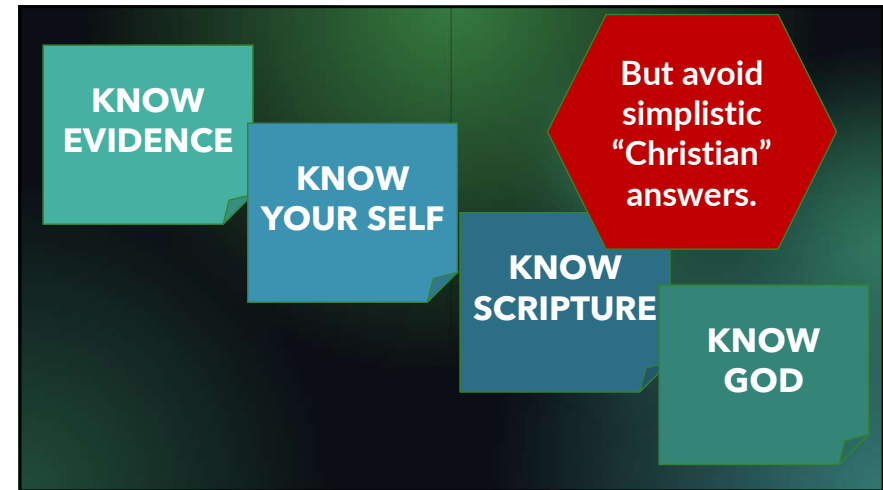
Building Positivity
Practicing Loving-Kindness, Gratitude, Generosity

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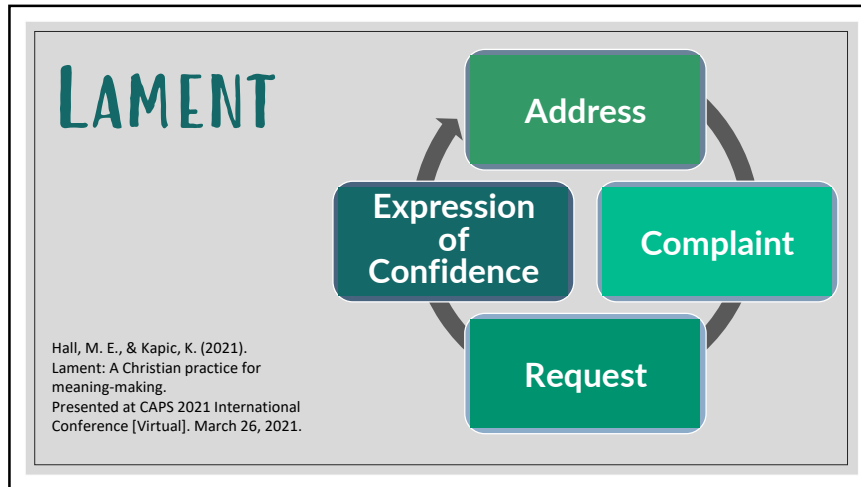
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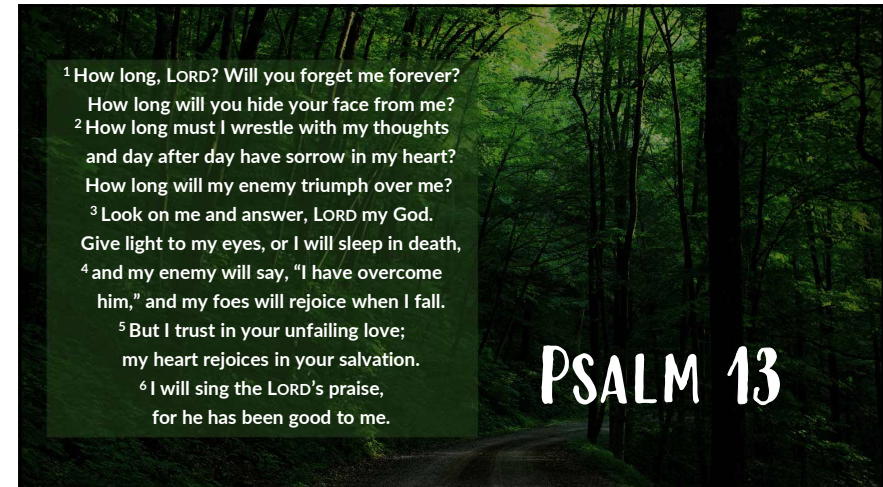
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