

Member Care Associates

Resource Update—May 2014 **Member Care in Mission/Aid** [Global Integration for Good Practice](#)



Good Mental Health

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This month we share several new resources to support mental health for yourself and others. Maintaining good mental health, of course, is an important part of the wellbeing needed for both mission/aid workers and member care workers themselves.

Part one provides links for self-help materials, short articles, and recent video presentations on mental health subjects. These resources are from/for the church-mission community. Part two highlights recent overview materials from global mental health (GMH), to help you quickly grasp the big picture of this important domain. GMH is vast area filled with vast opportunities for ministry by the church-mission community. especially in view of the estimated 450-700 million people in the world suffering from some type of mental condition.

We finish this *Update* with a brilliant, animated video on depression (four minutes), called *I Had a Black Dog*. It is something to watch and something to share!

**Warm greetings from Geneva,
Kelly and Michèle O'Donnell**



Mental health is a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

World Health Organization

Resources—Church-Mission Community (CMC)

The materials in this section are diverse—and relevant. Have a look and you will likely find several that interest you—addictions, depression, anxiety, etc.

[The Gathering on Mental Health and the Church](#) (Saddleback Church, Orange County, California, USA , 28 March 2014). Catholics, Evangelicals, and the National Alliance on Mental Illness seriously connect on behalf of mental health with an estimated 10,000 people participating in person/online. See the article: [Can Churches Separate Mental Illness and Shame?](#) and [the Event website](#). Several videos and audios of the presentations are now available, (examples, Dr. Daniel Amen, Dr. John Townsend, etc.): <http://mentalhealthandthechurch.com/>

[Cross Cultural Workers](#). Website by Dr. Ron and Bonnie Kotesky, with many resources on mental health and member care. See especially the “[Ought to Know](#)” materials. <http://www.crossculturalworkers.com/>

A Closer Look at Adult Children of the Mentally Ill in Missions. This article by Vicki Hornung looks at characteristics of adult children of the mentally ill (ACMIs) including the strengths and struggles of ACMI mission workers. (*Evangelical Missions Quarterly*, April 2014) (note—a subscription is needed to access this article online or hardcopy: <http://www.emqonline.com/>)

Going Further: Have a look at the [mental health-member care entries on our CORE MC weblog](#). <http://coremembercare.blogspot.fr/search/label/mental%20health>

Resources—Global Mental Health (GMH)

The resources in this section are meant to give you a quick overview of GMH and to stimulate some ideas for **mental health as mission (mhM)**.

[Transforming Lives, Enhancing Communities](#). Got five minutes? Read this three-page, compelling article on GMH, written by Vikram Patel (author of *Where There is no Psychiatrist*) and Shekhar Saxena (head of the Mental Health Department, World Health Organization). Published 15 January 2014, *New England Journal of Medicine*. <http://www.nejm.org/doi/full/10.1056/NEJMp1315214>

[GMH: Strategies for Staying Updated](#) This short article by Kelly was written to help people get updated and stay updated with GMH. The materials are organized into seven areas (“GMH flows”). [Click here for the full version of the article](#). (*Psychology International*, March 2014, Vol. 25, No. 1)

<http://www.apa.org/international/pi/2014/03/global-health.aspx>

GMH and NGOs: Working Together Well! This is a condensed version of a power point-plenary session done at the [HimalPartner GMH Seminar](#), Oslo, 7 March 2014, by Kelly. It can give you some ideas for getting involved in mental health around the world.

<https://docs.google.com/viewer?a=v&pid=sites&srcid=ZGVmYXVsdGRvbWFpbXbnbWhtYXB8Z3g6Y2M2YmFjMGlyYTA5ZjMz>

Going Further: See the resources on the websites for: [AtHealth](#) (Mental Health Information and Resources) and the [National Institute of Mental Health](#) (Health Topics).

Final Thoughts

Dealing with Depression

A Personal Word from Kelly and Michèle



Depression, like other types of mental health struggles, is no stranger to the church-mission community. One of our favourite videos to help people with depression is by Matthew Johnstone from Australia. It is an animated piece called [I Had a Black Dog](#). We have shared it once before in these *Updates* and do so again now. It is about four and a half minutes and covers many of the core features and helpful responses regarding depression. Have a look, and share it with a friend. To your good mental health!

<https://www.youtube.com/watch?v=XiCrniLQGYc>

More MCA Resources

Recently published:

[Global Member Care \(volume 2\): Crossing Sectors for Serving Humanity](#) (book)

[Now available as an e-book from Amazon](#)

[Global Portal for Good Practice](#) (website)

[Reflections, Research, and Resources for Good Practice](#) (weblog)

[Global Mental Health: A Global Map for a Global Movement](#) (website)

[Global Integration: Ideas for Connecting and Contributing \(various materials\)](#)