

## Brook Lane's Chaplain Program



For over 68 years, Brook Lane has been committed to the mission of helping individuals improve their emotional and behavioral well-being through education and treatment. From the very beginning, our organization blended pastoral care as a part of the treatment plan for patients. The Chaplain program at Brook Lane is designed to provide spiritual support to those struggling with mental health issues without charging a fee. Through prayer, counseling and encouragement, we strive to bring hope to those who may feel hopeless, fearful, worthless and all alone.

Our Chaplain Ministry offers various services for those going through a difficult time in their life. Services range from personal one-to-one spiritual counseling to a weekly church service for all who desire to attend. The chaplain is a safe person for patients to connect with. He/she will provide a listening ear, caring presence and a message of hope to the patient and is available to everyone regardless of one's religious beliefs. Our goal is to meet each client wherever they are in their journey of life and draw from their spiritual background and resources to help them move forward in their recovery.

Our chaplains are also a resource to local pastors, providing mental health information for their congregations, as well as facilitators to connect those in need with services. As a Pastor to Pastors, the chaplains provide a safe place for pastors to share their burdens, challenges, and personal struggles while receiving encouragement and assistance. We believe in caring for the whole person, including physical, mental, emotional and spiritual needs.

As your local missions outreach partner, we minister to those in your neighborhood, your children's school, and possibly your congregation. We care for those who are often overlooked, ignored or pushed away because of a lack of understanding in how to address children and adults with mental health issues. Please consider supporting our program; your donation would be an investment in the lives of the children and adults we serve. Life is not getting easier in the world we are living in and our Chaplain services are being called upon more than ever before. Your gift will enable us to continue our ministry and be here to continue to speak God's peace and hope into those with troubled lives.

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## May is Mental Health Month

### What is Mental Health?

MentalHealth.gov defines mental health as our emotional, psychological, and social well-being. It affects how we think, feel, and act. Mental health is the ability to function effectively in daily activities, resulting in productivity at work and school, experiencing fulfilling relationships, and developing resilience to change and adversity. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

### What is Mental Illness?

Many people think mental disorders are rare. But in fact, they are common—60 million Americans (1 in 4 adults) experience mental illness in a given year. In addition, 1 in 10 children lives with a serious mental or emotional disorder.

A mental illness is a disease causing mild to significant disturbances in thinking, behavior, and/or emotion resulting in an inability to cope with ordinary life challenges and routines. According to Mental Health America there are more than 200 classified forms for mental illness. Some of the more common disorders are depression, bipolar disorder, dementia, schizophrenia, and anxiety disorder.

As with other health conditions, mental illnesses are often physical as well as emotional and psychological. They may be caused by reaction to environmental stresses, genetic factors, biochemical imbalances, or a combination of these. With the proper care and treatment, many people learn to cope with their illness and continue functioning in their daily lives. Mental illness is real and highly treatable.

### Changing the Way We Think About Mental Health

Catching mental health conditions early is known as Early Identification and Intervention. However, many times people may not realize that their symptoms are being caused by a mental health condition or feel ashamed to pursue help because of the stigma associated with mental illness. It's up to all of us to know the signs and take action so that mental illnesses can be caught early and treated, and we can live up to our full potential. Even though mental illnesses may require intensive, long-term treatment and a lot of hard work at the later stages, people can and do recover and reclaim their lives.

Remember, mental health conditions are not only common, they are treatable. There is a wide variety of treatment options for mental illnesses ranging from talk therapy to medication to peer support, and it may take some time for a person to find the right treatment or combination of treatments that works best for them. But when they do, the results can be truly amazing and life changing.

### Mental Health First Aid

Brook Lane provides Youth Mental Health First Aid training for adults working with young people and Adult Mental Health First Aid. The courses are designed for teaching lay people that may encounter an individual struggling with a mental health issue or crisis, how to handle the situation and steer the individual toward assistance. These trainings are free and offered on a quarterly basis. Please visit [www.brooklane.org](http://www.brooklane.org) "Current Events" for more information.

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