



The role of mental health in God's Kingdom


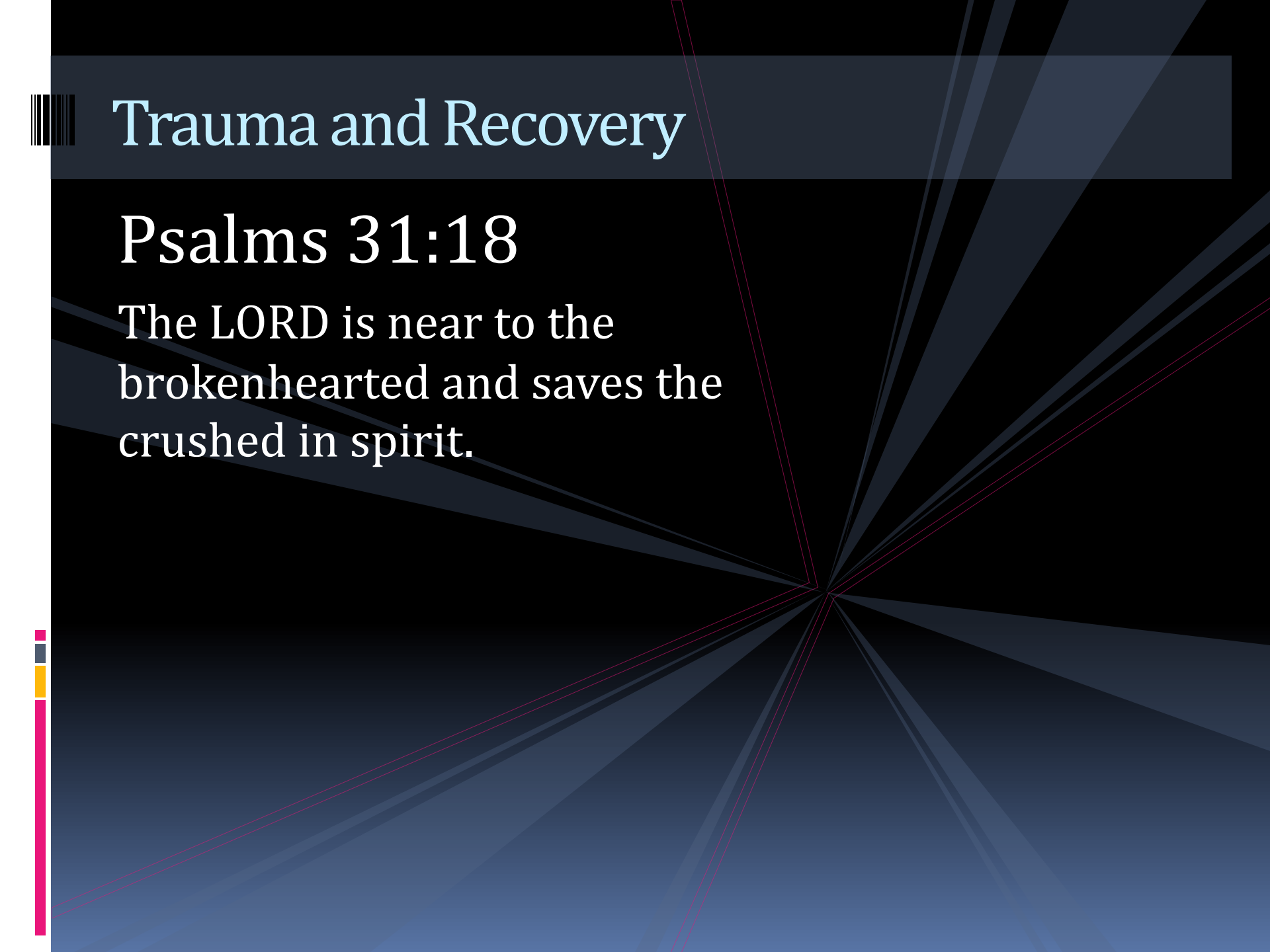
FEARFULLY & WONDERFULLY



Trauma and Recovery

Psalms 31:18

The LORD is near to the
brokenhearted and saves the
crushed in spirit.






How do we reconcile trauma with

Romans 8:28

The background features a complex geometric design with various shades of blue and grey. A central point from which several lines radiate outwards, creating a starburst or sunburst effect. The lines are of varying lengths and angles, some pointing towards the corners of the slide. The overall aesthetic is modern and abstract.

Trauma is

- “An emotional response to a terrible event.”
 - American Psychological Association (2007)
- Loss of control  Increase threat response
 - Isolated –or- Recurrent
 - Physical, Biological, Emotional, Psychological . . .
 - Personal –or- Associative
 - Perpetrated by other –or- Perpetrated by self

Trauma is

~~UNIFORM~~

PERSONAL

Impact of Trauma

- Intense, unpredictable feelings
- Changes in thought patterns
- Changes in behavior
- Sensitivity to environmental factors
- Strain on relationships (Current and Future)
- Heightened stress response



Impactful Trauma

THE TRUTH ABOUT ACEs

WHAT ARE THEY?

ACEs are
ADVERSE
CHILDHOOD
EXPERIENCES

The three types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse

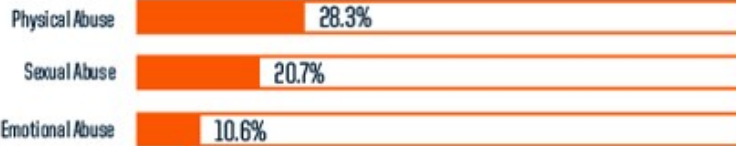


Divorce

HOW PREVALENT ARE ACEs?

The ACE study* revealed the following estimates:

ABUSE

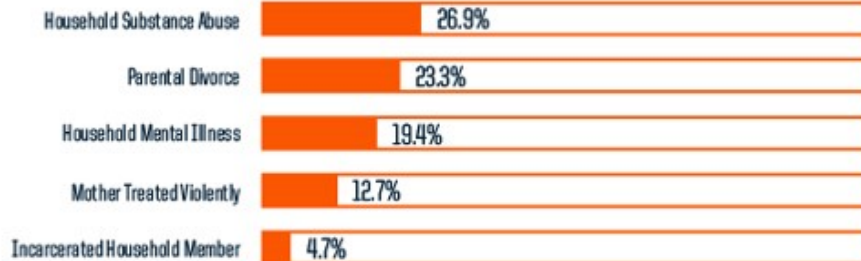


percentage of study participants that experienced a specific ACE

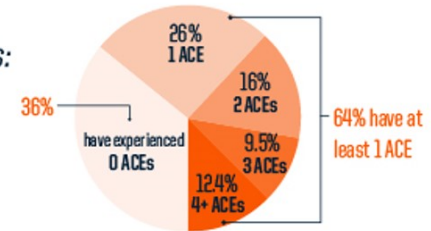
NEGLECT



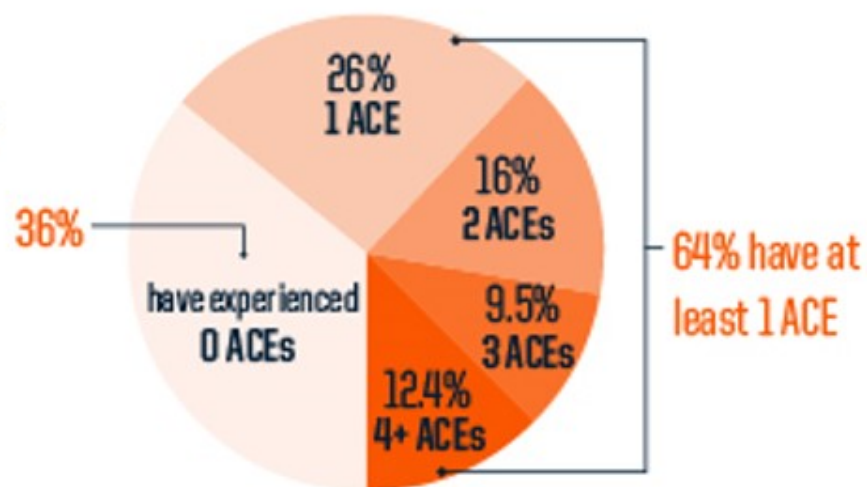
HOUSEHOLD DYSFUNCTION



Of 17,000 ACE study participants:



*Of 17,000 ACE
study participants:*



WHAT IMPACT DO ACEs HAVE?

As the number of ACEs increases, so does the risk for negative health outcomes



Possible Risk Outcomes:
















BEHAVIOR				
 Lack of physical activity	 Smoking	 Alcoholism	 Drug use	 Missed work
PHYSICAL & MENTAL HEALTH				
 Severe obesity	 Diabetes	 Depression	 Suicide attempts	 STDs
 Heart disease	 Cancer	 Stroke	 COPD	 Broken bones

Table 1. ACE-Related Odds of Having a Physical Health Condition¹

Health Condition	0 ACEs	1 ACEs	2 ACEs	3 ACEs	4+ ACEs
Arthritis	100%	130%	145%	155%	236%
Asthma	100%	115%	118%	160%	231%
Cancer	100%	112%	101%	111%	157%
COPD	100%	120%	161%	220%	399%
Diabetes	100%	128%	132%	115%	201%
Heart Attack	100%	148%	144%	287%	232%
Heart Disease	100%	123%	149%	250%	285%
Kidney Disease	100%	83%	164%	179%	263%
Stroke	100%	114%	117%	180%	281%
Vision	100%	167%	181%	199%	354%

Trauma Recovery

Isaiah 61:1-2

¹ The Spirit of the Lord GOD is upon me,
Because the LORD has anointed me
To bring good news to the afflicted;
He has sent me to bind up the brokenhearted,
To proclaim liberty to captives
And freedom to prisoners;

² To proclaim the favorable year of the LORD
And the day of vengeance of our God;
To comfort all who mourn



Luke 4:21

... Today this Scripture has been



Luke 4:21

... Today this Scripture has been

FULFILLED





Trauma Recovery

- Safety & Stabilization
- Remembrance & Mourning
- Reconnection & Integration




Trauma Response

TRUST(worthy)

- Competence
- Reliability
- Benevolence
- Integrity



Rachel Botsman “Who can you trust?”



For the Lamb in the midst of the
throne will be their shepherd,

And He will guide them to springs
of living water,



And God will wipe away every tear
from their eyes.

Revelation 7:17

Local Resources- Immediate Crisis

Mobile Crisis

9-1-1

865/539-2409

- Knox
- Blount
- Loudon
- Monroe
- Sevier

Domestic Violence Resources

Family Justice Center

(KCSO & KPD)

400 Harriet Tubman St.

Knoxville, TN 37915

865/215-6800

865/521-6336

Kent C. Withers Family Crisis Center

(Helen Ross McNabb)

901 E. Summit Hill Dr.

Knoxville, TN 37915

865/637-8000

Sexual Abuse and Assault

Sexual Assault Center of East Tennessee

2455 Sutherland Ave.

Bldg. B

Knoxville, TN 37919

865/522-7273

ChildHelp

2505 Kingston Pike

Knoxville, TN 37919

865/637-1753



Report Child Abuse & Neglect

Who is mandated to report
suspected abuse and neglect?

EVERYONE

Tennessee Code Annotated 37-1-403(i)



1-877-237-0004