



Seventh-day Adventist Church
NORTH AMERICAN DIVISION

HEALTH MINISTRIES

Connecting for Health. Connecting for Life.

Move towards Healing

Dr. David Satcher, 16th Surgeon General of the United States, made this statement in his 2000 report:

Stigma erodes confidence that mental disorders are valid, treatable health conditions. It leads people to avoid socializing, employing or working with, or renting to or living near persons who have a mental disorder. A consequent inability or failure to obtain treatment reinforces destructive patterns of low self-esteem, isolation, and hopelessness. Stigma tragically deprives people of their dignity and interferes with their full participation in society. It must be overcome.

Did you know that people with mental illnesses are subject to stigma more than those with physical health diseases? Researchers in Australia, for example, found that even when using an anonymous survey 36% of people with a mental illness do not disclose their illness, compared to 17% of people with other diagnoses such as heart disease. Why is this so?

During 2022, Health Ministries has focused on the topic of mental health and wellness, and as we move towards the end of this year, we wanted to highlight several of the resources available for you to *share hope and wholeness through the healing power of Christ*. Too many continue to suffer because they are afraid of the consequences of making their illness known. But we can share with them the good news that Christ desires us to prosper in both our physical and mental wellbeing, even as our soul prospers.

Featured Webinar

with Ingrid Slikkers and the Andrews University Trauma Education Team



Featured Article: Inflammation & Depression

by Dr. Fay Kazzi Shanholtzer PhD, MS, RD

In this day and age, the world appears to be well versed on the varying topics of mental health. However, there still seems to be a disconnect when it comes to some of the leading mental health disorders, such as depression. Very much like the body, the mind can literally get sick. The mind manifests its illnesses through a myriad of ways, such as ongoing migraines, confusion, forgetfulness, brain fog, and slow or poor processing of information. One of the most complex and underestimated facets of mental health challenges is the deep, dark, and isolating state of chronic depression. In many cases depression goes unaddressed mostly due to its apparent non-urgency.

Let me try to put this in perspective. When a person shows up with a deep gash to the leg, blood everywhere, and writhing in pain we instantly recognize the severity of the situation and that this person is in desperate need of help. We can see the violent circumstance they're in and thus respond and sympathize accordingly. If a person walks in a room who appears to be young with a bald head, pale complexion, hunched over, and emaciated, it won't take too much for us to recognize their state, have our hearts go out to them, while trying not to make it so obvious that we know they have some form of terminal cancer. Our sympathies are there because we can "see" the sickness.

Mental health issues are so much more difficult to understand and treat because the manifestations, whether demotivation, sadness, fatigue, or despair, appear to be superficial in nature and easily manageable if one would simply "snap out of it," "control their thoughts," or "just get over it." Or so we think. But this is a serious problem into today's world. In fact over 150 million people worldwide are affected by depression and as a result it is the leading cause of losing healthy years of one's life as a result of disability...

Scan the QR code to read more,
or visit nadhealth.org/articles



Curried Southern Stew

By Donna Green Goodman

Warm up during this fall season with this delicious stew. Click image to get the recipe or visit nadhealth.org/recipes.

TOGETHER IN MISSION

SAVE THE DATE

NAD Health Summit, April 2-8, 2023

In person event in Lexington, KY

The NAD Health Summit provides leadership training, networking opportunities, and inspiration for anyone who is involved in the health work -- whether at their local congregation or in professional ministry. If you have interest in engaging your congregation, Adventist organizations, and community stakeholders in the health and wellness mission of the Seventh-day Adventist Church, this conference is for you!



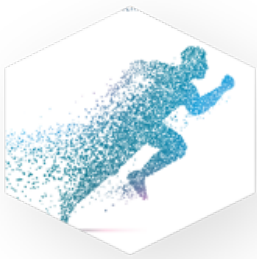
Registration Coming Soon

Together at the Summit we will:

- **Network** — Fellowship with numerous health leaders and collaborate on different ideas, perspectives and strategic planning for your ministry
- **Train** — Gain skills and confidence in your health work through practical classes and discussion groups
- **Heal** — We can best share what we experience, so come and find a little more strength for the journey that you are traveling, because you don't need to travel it alone!

Adventist Recovery Ministries (ARMin)

There is hope and help for any and all addictions. Some drugs of choice may be classified as substances that are addictive. Other “drugs” of choice include processes and activities that are out of balance in a person's life. Join us as we look again at the temperance work of the church during Recovery Sabbath, and become trained as a Journey to Wholeness facilitator to help others find freedom through Christ. [Learn More](#)



UPCOMING EVENTS

Coaching Webinar

Breaking Down Resistance to Change

Sunday, October 23, 2022

We will explore why clients are resistant and why that is a GOOD THING, and how to use that to the client's advance! Visit nadhealth.org/events for details.

Recovery Sabbath

Ministry to Addicted Nations

November 12, 2022

We are launching a NEW yearly Sabbath focus on addiction recovery. As we understand the recovery process, we come to appreciate more beautifully the process of God's work in our lives. Visit nadhealth.org/sabbaths for details.

Journey to Wholeness

Facilitator Training

In-Person Training

November 11-13, 2022

Adventist Recovery Ministries is pleased to invite you to attend our next facilitator training on the campus of Andrews University. Visit nadhealth.org/events for details.

October is National Breast Cancer Awareness Month

Over 290,000 women are diagnosed with breast cancer each year in the US and Canada.

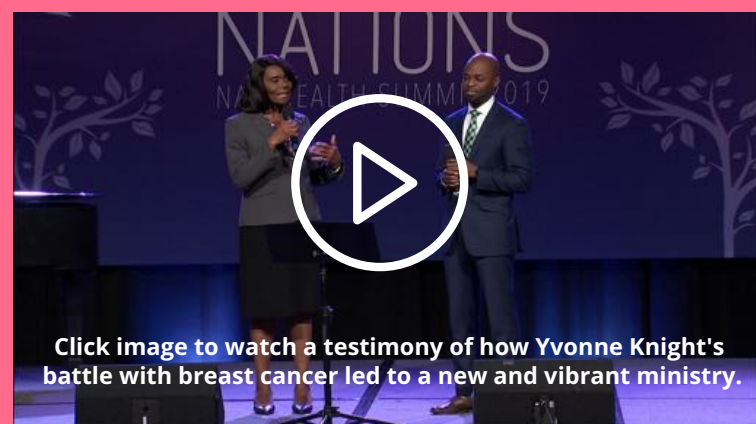
American Cancer Society offer programs and services to help you during and after cancer treatment, including lodging during treatment and rides to treatment.

24/7 Cancer Helpline—1-800-227-2345

Breast cancer prevention tips from the National Cancer Institute: <https://www.cancer.gov/types/breast/patient/breast-prevention-pdq>

Be a part of the Breast Cancer Survivor member network. Send an email to CSNSupportTeam@cancer.org

Find hair loss and mastectomy products through TLC of the American Cancer Society. Call 1-800-850-9445



Click image to watch a testimony of how Yvonne Knight's battle with breast cancer led to a new and vibrant ministry.

WORDS OF HOPE

“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.”

2 Corinthians 1:3-4.