



Index:

1. Abortion Recovery
2. Depression
3. Gambling
4. Grief
5. Pornography
6. Chemical Abuse/Drugs & Alcohol
7. Sexual Abuse/Rape
8. Suicide
9. Unwanted/Unplanned Pregnancy

ABORTION RECOVERY

INTRO/FAQS:

I believe they have an issue-have not healed from past abortion-shame, depression. How can I help?

- You can only help if they want help.
- Is this person looking for help or are you trying to convince them to get help? This may result in confronting the individual.
- Being gentle, loving, non-judgmental, and genuine as well as validating how they are feeling is the most important.
- They need to first understand that they are loved and forgiven reminding them that God has forgiven them as far as the east is from the west and He doesn't remember; however, sometimes a poor choice can lead to consequences that our God is big enough to help them work through.
- You can help guide the person by encouraging them to seek biblical truth, a class, program, or counselor.

They have mentioned they have a secret-shameful sin they have never addressed-but I don't know if it's the major problem.

- People who had an abortion are usually very guilt ridden and over compensate by good deeds or drive into depression.

Some results of having an abortion.

- They are having intimacy issues, keeping secrets from spouse, nightmares, intense shame, fertility-female issues, feeling their past sins are TOO BIG for God to forgive, over protective of children, over anxious and/or depressed.

HEART ISSUE:

- Why would they have an abortion? Most women feel it's their only option: they haven't been told the truth! Decision could also be made out of fear, NO support from "father of child" or parents, shame due to promiscuity, lack of financial support, unworthiness, rape or sexual abuse etc. There is always a reason why.
- Many women became pregnant because they just wanted to be loved, taught that sex was the only thing they were good for, "everybody does it" and didn't want to feel left out or it was demanded by their significant other. They are taught that it is not a baby, but part of THEIR BODY and they have a right to choose what they want to do with their body. They are also given statistics on how a baby can "ruin their life". Because they are scared, they believe this world-view.



FACTS:

- Statistics show 1 in 3 women of child-bearing age have had at least 1 abortion or used the RU486 pill/or morning after pill. (this includes evangelical church women)
- Findings show once a woman has had one, usually multiple abortions follows – even as a form of birth control.
- IF the woman has an ultra-sound 80% of them choose LIFE.
- Most women keep this a secret for life, not realizing they may suffer from multiple symptoms similar to PTSD!
- From 1973 through 2008, nearly 50 million legal abortions occurred.

REFERRALS:

- **Surrendering the Secret** - Confidential support through bible study-we hold classes typically twice a year, spring and fall-Next class 3-11-14, 6:30 p.m. at The Lodge – runs 8 weeks, 330-666-8341.
- **Life Groups** - Grace Church MEC & Bath Campus
- **Life Skills** - A program that digs to the heart issues of why we as individuals choose to turn towards a behavior or substance in an effort to stabilize our lives. Contact Community Chaplain Services, CCS @ 330-825-7422
- **Counseling** - Pastor Dale Henneman @ Community Chaplain Services, 330-825-7422

SCRIPTURE:

Colossians 1:13-14 (NIV): “For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins.”

BOOKS:

Surrendering the Secret: Healing the Heartache of Abortion, Pat Layton
Forgiven and Set Free: A Post-Abortion Bible Study for Women, Linda Cochrane

SOURCES:

Contributions from Connie Rohaley and Lynn Shaffer
World Health Organization (WHO) - Statistics by the World Health Organization
Jones RK et al., Abortion in the United States: incidence and access to services, 2005, *Perspectives on Sexual and Reproductive Health*, 2008, 40(1):6–16
Jones RK and Kooistra, K., Abortion incidence and access to services in the United States, 2008, *Perspectives on Sexual and Reproductive Health*, 2011, 43(1):41-50.

DEPRESSION

INTRO/FAQS:

How can I help?

- Ask clarifying questions:
 - On a scale of 1-10, how would you rate your depression?
 - Ask if you could help schedule a counselor?
 - Are you ok tonight? Can we meet?
- Recognize that Depression is Multi-faceted: Chemical, Emotional and Spiritual.
- Validate them by telling them that, he or she is loved, deserves to feel better, and will feel better with appropriate treatment.
- Don't give up too soon, have a long term approach — the depressed person may have to hear more than once and from several people that he or she deserves to feel better and can, with proper treatment. Message/email/call them that your thinking of them.
- Help guide the person by encouraging him/her to seek biblical truth, a class, program, or counselor. Remember, you can only help if help is wanted.

Stats:

- Depression disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older (18% of U.S. population).
- The number of patients diagnosed with depression increase 20% every year and over 80% of people with clinical depression are not receiving any specific treatments for their depression.

What are the most prevalent signs that they are experiencing depression?

- Sadness or depressed mood most of the day or almost every day
- Loss of enjoyment in things that were once pleasurable
- Major change in weight (gain or loss of more than 5% of weight within a month) or appetite
- Insomnia or excessive sleep almost every day
- Physical restlessness or sense of being rundown that is noticeable by others
- Fatigue or loss of energy almost every day
- Feelings of hopelessness or worthlessness or excessive guilt almost every day
- Problems with concentration or making decisions almost every day
- Recurring thoughts of death or suicide, suicide plan, or suicide attempt



HEART ISSUE:

Anger is often the unconscious foundation of depression and may stem from sources such as rejection and loss. Due to Depression being multi-faceted, there are several other heart issues/causes that may lead to depression such as; Abuse, Certain Medications, Conflict, Death or Loss, Genetics, Major Events, Other personal problems, serious illness, and/or substance abuse. A counselor should be involved in helping identify the issues/causes of depression.

REFERRALS/RESOURCES:

- **Diagnosis** – Professional Counseling; Pastor Dale Henneman – Call office 330-666-8341 for info on Pastor Dale (Community Chaplain Services) and additional Counseling Referrals
- **Support** - Life Groups = Biblical Community
- **Once Root/Cause has been identified – Celebrate Recovery-Anonymous support and community, we have an active CR Group that meets at Grace Bath weekly – 330-666-8341**

SCRIPTURE:

1. Phillippians 4:8 - *Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*

2. Deuteronomy 31:8 - *The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.*

3. 1 Peter 5:7 - *Cast all your anxiety on him because he cares for you*

BOOKS:

Overwhelmed by Perry Noble, *Overcoming Depression* by Neil Anderson

SOURCES:

<http://www.webmd.com/depression/guide/depression-diagnosis> ; <http://psychcentral.com/lib/10-ways-to-help-someone-whos-depressed/0004979>

GAMBLING

INTRO/FAQS:

I believe they have an issue with gambling. How can I help?

- You can only help if they want help.
- Is this person looking for help or are you trying to convince them to get help? This may result in confronting the individual.
- The individual needs to face their consequences. You can help guide the person by encouraging them to seek biblical truth, a class, program, or counselor. Remember you can only help if they want help.

How do I know if they have a problem?

- If, when they honestly want to, they find they cannot quit gambling entirely, or if they have little control over the amount they bet, they are probably a compulsive gambler. A compulsive gambler is described as a person whose gambling has caused growing and continuing problems in any department of his/her life. If this is the case, they may be suffering from a problem which only a spiritual solution will conquer.

Some signs of a gambling problem:

- Have they missed days of work or school because of gambling? Are they having trouble keeping a job?
- Have they struggled with paying their bills in order to finance their addiction, making little “bets” with others, risky behavior that involves chance, fighting with partner about money or time away from family, and/or spending time with friends (who gamble).

HEART ISSUE:

- Why would they abuse gambling? Most people turn to gambling because they are dealing with financial debt, defeat, unworthiness, excitement of the experience/rush, etc. There is always a reason why.
- There are several methods used to treat gambling addictions. Celebrate Recovery will show them how they learn to live without gambling one day at a time with the help of Jesus Christ. Many treatment programs will have the gambling addict take some form of psychotherapy or medication. Medications for gambling addiction treatment are usually some form of anti-depressant. SSRR's (Serotonin Reuptake Inhibitors) have proven to be effective for mood swings and pathological gamblers.

FACTS:

- Estimates of the number of people who gamble socially qualify for being diagnosed with a gambling addiction range from 2%-5%, thereby affecting millions of people in the United



States alone.

- Although more men than women are thought to suffer from pathological gambling, women are developing this disorder at higher rates, now making up as much as 25% of individuals with pathological gambling.
- Men tend to develop this disorder during their early teenage years while women tend to develop it later.

REFERRALS:

- **Celebrate Recovery** – A biblical and balanced program that helps us overcome our hurts, hang-ups and habits. Located at Bath Campus, 330-666-8341, and in over 20,000 churches worldwide.
- **Grace Church Life Groups** – 330-666-8341
- **Life Skills** - A program that digs to the heart issues of why we as individuals choose to turn towards a behavior or substance in an effort to stabilize our lives. Contact Community Chaplain Services, CCS @ 330-825-7422.
- **Counseling** - Pastor Dale Henneman @ Community Chaplain Services, 330-825-7422
- **The Treatment Helpline** 24/7 – 888-987-7342
- **Greenleaf Family Center** - Certified gambling counselor, 330-376-9494
- **Have an Accountability Partner - with complete honesty and develop a relapse prevention plan.** (such as if Friday night is gambling night, spending it with AP)

SCRIPTURE:

Matthew 19:26 (NIV): “Jesus looked at them and said, “With man this is impossible, but with God all things are possible.”

Ephesians 5:18 (NIV): “Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit” (the principle can apply to gambling as well)

SOURCES:

Contributions from Lynn Shaffer

Heart Issue Source: National Council on Problem Gambling <http://www.ncpgambling.org/i4a/pages/index.cfm?pageid=1> www.helpguide.org/mental/gambling_addiction.php

GRIEF

Comments or Questions that may suggest there is an issue:

My _____ has(had) an issue with Grieving

INTRO/FAQS:

How can I help?

- Listen! Sometimes all someone needs is a sympathetic ear to hear their pain.
- Notice, Identify and Articulate each time any particular feeling surfaces.
- Help guide the person by encouraging him/her to seek biblical truth, a class, program, or counselor. Remember, you can only help if help is wanted.

What can I say to encourage someone in the grieving process?

- Grief is an unavoidable process which must be experienced on the road to recovery. It's cumulative and verbalization on their part speeds the grieving process. Grieving people DO NOT need advice or questions. The quiet, reassuring presence of a friend can be helpful as grief is being experienced. The "Ministry of Presence" is the greatest gift to the grieving.

What are the most prevalent signs that the griever needs outside resource assistance?

- Suicidal thoughts, depression, guilt, regret, anger, rage, fury, numbness, fears, panic attacks, cognitive and mental symptoms, confusion, not being able to focus "during conversations"
- Forgetfulness, failure to process facts and details accurately. Are they having trouble keeping a job?
- Have they struggled with paying their bills? Struggling to take care of their children?

HEART ISSUE:

Grief is a person's emotional response to the experience of loss. Mourning is the outward expression of that grief, which may include cultural and religious customs surrounding death. Mourning is also defined as the process of adapting to life after a loss. Meanwhile, bereavement refers to the period of grief and mourning after a loss, such as the death of a loved one. Although the pain often feels unbearable, our losses do not mean God is done with our lives. Walking with Jesus in faith is not easy, but He will make things right eventually.



REFERRALS/RESOURCES:

- Celebrate Recovery - Anonymous support and community, we have an active CR group that meets at Grace Church Bath weekly.
- Life Groups/Counseling - Pastor Dale
- HMC The Robertson Bereavement Center - 1.800.700.4771 5075 Windfall Rd., Medina OH 44256
- Griefshare.org/healing meets at Northside Christian Church in Wadsworth
- CLEVELAND Cornerstone of Hope, 5905 Brecksville Road, Independence, OH
<http://cornerstoneofhope.org/contact>

SCRIPTURE:

Deuteronomy 31:8 & Psalm 10:14 *“God doesn’t look down on us when we feel grief. He thinks about us, cares about us, and helps us.”*

Deuteronomy 31:8 *“The LORD himself goes before you and will be with you; he will never leave you nor forsake you, Do not be afraid; do not be discouraged.”*

Psalm 10:14 *“But you, God, see the trouble of the afflicted; you consider their grief and take it in hand. The victims commit themselves to You; You are the helper of the fatherless.”*

BOOKS:

The Grief Recovery Handbook by John W. James and Russell Friedman & *Tear Soup* (for families with children) by Pat Schwibert/Chuck Deklyen

SOURCES:

<http://www.caring.com/questions/taking-care-during-the-grieving-process>

<http://www.loudounfuneralchapel.com/grief-and-healing/facts-about-grief>

www.newspring.cc

PORNOGRAPHY

INTRO/FAQS:

I believe they have an issue with Pornography. How can I help?

- You can only help if they want help. Are they looking for help or are you trying to convince them to get help? This may result in confronting the individual.
- You can help guide the person by encouraging them to seek biblical truth, a class, program and/or counselor.
- X3 Church recommends 3 Steps to Recovery
 - **1. Get accountable.** Accountability to others is the critical first step to any recovery journey. You can't deal with an addiction, whether it's porn, gambling, or substance abuse, if it remains a secret! Since most porn use is now online, it's crucial to get the best monitoring and filtering software available. Be intentional about how you use the computer, build honesty and openness, and connect with champions who can encourage you. If you're serious about avoiding porn or recovering from porn addiction, it all starts with accountability.
 - **2. Get informed.** Addiction is not a simple thing—many spiritual, psychological and biological factors play into a person's sexual dependence. There are workshops that are tailored to your needs with sessions specifically designed for men, women, parents and couples, both in online formats and DVD format for small groups. They'll give you the information you need on the issues surrounding pornography, sexual addiction, and the nature of sexual temptation. Knowledge is power in the battle for sexual purity, and X3pure is here to help you fight.
 - **3. Get real.** No matter how much you know, you can't do it alone. We're better together, and the third step in this journey is connecting with a supportive community to seek healing, find help, share struggles, and process emotions. X3 groups offer you the community you need in a convenient, anonymous and secure setting, providing a safe space to work through your sexual struggles with a trained leader and practical next steps. Invest just one hour a week in an online video meeting and jumpstart your journey to health.

Is this just a problem men face?

- No, this affects both genders. More and more women are not just viewing porn, they are entering anonymous chat rooms and are more likely to act out in real life what others just type about. This can also include many magazines as well as romance novels.

HEART ISSUE:

Why may they struggle with pornography?

- Pornography is easy, but relationships are hard. Pornography offers a feeling of risk free intimacy. Has there been a relationship in their life recently that has been unusually difficult?
- It is exciting, but life is boring. Have they found themselves bored or itching for excitement? Do they feel like their life is mundane?



- It makes men feel powerful but real life makes them feel powerless. Have they been in any situations recently that make them feel belittled, unimportant, or disrespected?

FACTS:

- Christians aren't immune. When surveyed, 53% of men who attended Promise Keepers said they viewed pornography that week.
- More than 45% of Christians admit that pornography is a major problem in their home.
- In an online newsletter, 34% of female readers of *Today's Christian Woman* admitted to intentionally accessing internet porn. One out of every six women who read *Today's Christian Woman* say they struggle with addiction to pornography (*Today's Christian Woman*, Fall 2003).
- Pornography tempts both genders in similar and divergent ways. A man's temptation toward visual infidelity is erosive: visible from the outside and easier to spot. A wife's temptation is more subtle and nuanced: less visible, attacking from the inside and harder to spot, acknowledge and heal.

REFERRALS/RESOURCES:

- **Celebrate Recovery** – A biblical and balanced program that helps us overcome our hurts, hang-ups and habits. Located at Bath Campus, 330-666-8341, and in over 20,000 churches worldwide.
- **Grace Church Life Groups** – 330-666-8341
- **Life Skills** - A program that digs to the heart issues of why we as individuals choose to turn towards a behavior or substance in an effort to stabilize our lives. Contact Community Chaplain Services, CCS @ 330-825-7422.
- **Counseling** - Pastor Dale Henneman @ Community Chaplain Services, 330-825-7422
- **X3 Church and X3 Accountability Software**

SCRIPTURE:

Ephesians 4:17-24 (NIV) *“Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. But that is not the way you learned Christ!—assuming that you have heard about him and were taught in him, as the truth is in Jesus, to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.”*

BOOKS:

Sex Is Not the Problem (Lust Is): Sexual Purity in a Lust-Saturated World by Joshua Harris
Breaking Free (Understanding the Power of Sexual Addiction) by Russell Willingham

SOURCES:

http://www.focusonthefamily.com/marriage/divorce_and_infidelity/pornography_and_virtual_infidelity.aspx (accessed 2/4/14)
<http://biblicalcounselingcoalition.org/blogs/2012/07/05/4-reasons-men-like-porn/>
X3watch.com

CHEMICAL ABUSE/DEPENDENCY: ALCOHOL & DRUGS

INTRO/FAQS:

They have mentioned they might have an issue with drinking/using, but I don't know if it's a major problem.

• You can ask how much they drink/use, when they drink/use, and what. Such as "I only have one beer", clarify size of beer is it mixed with something or taken with drugs/prescription medication. If they find they cannot quit drinking or using entirely, or if they have little control over the amount they consume, they are probably an alcoholic and/or an addict. If that is the case, they may be suffering from a problem which only a spiritual solution will conquer.

• Most of the time the problem is worse than what they have shared.

I believe they have an issue with alcohol/drugs. How can I help?

• Only when one is ready to change, hitting rock bottom, will one allow you to help. You can only help if they want help.

• Is this person looking for help or are you trying to convince them to get help? This may result in confronting the individual.

• The individual needs to face their consequences. You can help guide the person by encouraging them to seek biblical truth, a class, program and/or counselor.

• Encourage person to have a sponsor or accountability partner. A sponsor is one who has been through the same issues and can walk the person through the healing process, help hold the person accountable, and develop a relapse prevention plan.

Some signs of abuse/dependency:

• They are having trouble keeping a job; their drivers' license may be revoked.

• Functional alcoholics (drinkers) tend to just miss work, or don't come home after work, bills aren't getting paid because money goes to drinking, family feels neglected, talk about looking forward to the next party/going to the bar, and/or have more friends that drink than don't and/or have the worldview that everybody drinks, etc.

HEART ISSUE:

• There are various reasons why one drinks/uses. Many are insecure and want to fit into the crowd. They might be in pain physically/emotionally and want to "numb out" for a while. Sometimes people will self medicate masking another mental disorder such as anxiety or depression. They may be dealing with shame, defeat, unworthiness, etc...

• Help the person identify the deeper issue, what are they numbing out from, is there a mental/medical disorder, or a chemical imbalance. Start person on a plan to help them replace maladaptive behaviors with healthy coping strategies.



FACTS:

- Chemical dependency can run in families, such as if your father was an alcoholic, men have an 80% chance of being chemical dependent and women 50%.
- There may be a chemical dependency family system in which every member plays a certain role with the significant other being the chief enabler.
- Regarding recovery programs: Statistics show 9 month programs produce a 65%-70% success rate.

REFERRALS:

- **Celebrate Recovery** – A biblical and balanced program that helps us overcome our hurts, hang-ups and habits. Located at Bath Campus, 330-666-8341, and in over 20,000 churches worldwide.
- **AA (Alcoholics Anonymous)** – 330-253-8181, Fellowship of men/women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.
- **NA (Narcotics Anonymous)** – 800-587-4232, Nonprofit fellowship or society of men and women for whom drugs had become a major problem.
- **Community Health Center** – 330-434-4141
- **Edwin Shaw Hospital** – 330-436-0950
- **Grace Church Life Groups** – 330-666-8341
- **Life Skills** - A program that digs to the heart issues of why we as individuals choose to turn towards a behavior or substance in an effort to stabilize our lives. Contact Community Chaplain Services, CCS @ 330-825-7422.
- **New Destiny Treatment Center** - A ministry of the Barberton Rescue Mission (BRM). Suboxone, and Recovery House programs. Located in Clinton, OH @ 330-825-5202.
- **Counseling** - Pastor Dale Henneman @ Community Chaplain Services, 330-825-7422

SCRIPTURE:

Matthew 19:26 (NIV): *“Jesus looked at them and said, “With man this is impossible, but with God all things are possible.”*

Ephesians 5:18 (NIV): *“Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit”*

SOURCES:

Contributions from Pastor Dale Henneman and Lynn Shaffer

Thoughts from Celebrate Recovery, The Problem/Solution Pamphlet, www.celebraterecovery.com

SEXUAL ABUSE/ RAPE

INTRO/FAQS:

What is Sexual Abuse?

• Sexual Abuse is any type of sexual behavior or contact where consent is not freely given or obtained and is accomplished through force, intimidation, violence, coercion, manipulation, threat, deception, or abuse of authority.

HEART ISSUE:

• No one plans on being Sexually Abused/Raped and therefore it does not stem from a heart issue. However many behavioral and emotional issues can come out of being Sexually Abused/Raped. Sexual Abuse/Rape affects the core of who they are and robs them of their value and worth. Some of the behavioral and emotional issues can include: Fear or dislike of certain places or people, sleep disturbances, school problems, depression, anxiety, feelings of guilt, eating disorders, self destructive behaviors, anger problems, drug and alcohol problems and many other things. One of the greatest things is helping them to see that there is hope and healing for them. They do not have to be defined by what happened to them. Yes, it is a part of their story, but it doesn't have to define them or be the last word in their story.

FACTS:

- Statistics show 1 in 4 women and 1 in 6 men are or will be victims of Sexual Assault in their lifetime.
- Approximately 80% of victims are assaulted by an acquaintance.
- Victims of a Sexual Assault are 26 times more likely to abuse drugs and 13 times more likely to abuse alcohol.
- 60% of sexual assaults are not reported to the police.
- There is an average of **237,868** victims (age 12 or older) of rape and sexual assault each year.

REFERRALS:

- **Rid of My DisGRACE Class** – We hold classes typically twice a year, spring and fall -runs 5 weeks.
- **Life Groups** – Grace Church MEC & Bath Campus
- **Life Skills** – This program digs to the heart issues of why we as individuals choose to turn towards a behavior or decisions that have major consequences-contact CCS @ 330.825-7422.
- **Counseling** – Dale Henneman @ Community Chaplain Services 330.825.7422



SCRIPTURE:

2 Cor. 5:17 “Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold the new has come.”

BOOKS:

Rid of My Disgrace – Justin & Lindsey Holcomb

NOTES:

Sexual Abuse definition from “*Rid of My Disgrace*” Justin & Lindsey Holcomb pg 28.

U.S. Department of Justice. National Crime Victimization Survey. 2008-2012

“*Sexual Assault in Abusive Relationships*,” National Institute of Justice Journal 256 (2007)

SUICIDE

INTRO/FAQS:

When they've decided that you can be trusted to talk to, admitting their suicidal thoughts to another person can be difficult.

- IF A PERSON HAS A SUICIDAL PLAN AND/OR PAST ATTEMPTS, DO NOT LEAVE THE PERSON ALONE!!!!!! THIS PERSON NEEDS ASSESSED BY A TRAINED PROFESSIONAL – call 911 or suicide hot line 330-434-9144 (adult) 330-762-0591 (kids/teens) for help and guidance if unsure what to do If person is on the phone, DO NOT HANG UP, find out where person is, call 911, stay on phone until a police officer tells you they are there.
- There are signs to indicate suicidal intentions – No future plans, giving away of things, vague saying good-byes, feelings of hopelessness/helplessness, low self esteem, struggles with depression/high anxiety, struggles with physical or emotional pain that can't be resolved, feeling better after a serve depression, unable to see an end to their situation, and/or feeling that they have no control over their life.
- Discern whether the person just wants the pain to stop or wants to end his/her life. Discern whether the person is invested into something in his/her life, such as statements “I want to kill myself, but I won't because my kids will have nobody” possibly reduces the intensity of the ideations. Help the person focus on what he/she has to live for and develop a plan to get her/him help within 24/48 hours.
- If person refuses an assessment or go to the hospital develop an “in home hospitalization” by creating a support system where someone is with the person 24/7 until they are assessed.
- Work with the person on a Bible word study around their Heavenly Father's love and purpose for their lives.
- If they are unwilling to “talk about it”, use a scale with them, such as “on a scale of 1 to 10 --- 10 being the worst where would you put your depression? Where would you put your feelings of hopelessness? Physical pain? Emotional pain? Hurting yourself? If hurting yourself is high, one can ask how they will hurt themselves. IF YOU FEEL IN OVER YOUR HEAD, PLEASE SEEK HELP IN WORKING WITH THIS PERSON.

They can they help you understand it better by sharing what they are feeling and thinking, asking open-ended questions and validating them. Have them sign a statement of intent. A contract can be helpful.

HEART ISSUE:

- This person is in so much emotional/physical pain and can't see an end to it. They hurt!! They can't see God's love or buy into the lies others/Satan have told them. They will not understand God's love until they experience it through us. Many times, suicide is not logical so if you try to reason with someone with a plan, they will reason back with



their distorted thinking. Listening and validating is the first step. There are a few rare occasions where threatening suicide is an attention getting behavior and needs to be addressed with a professional.

- Many kinds of emotional pain can lead to thoughts of suicide. The reasons for this pain are unique to each one of us, and our ability to cope with the pain differs from person to person. What might be bearable to one person may not be bearable to another. There are, however, some common factors that may lead us to experience suicidal thoughts and feelings.
- A suicidal crisis is almost always temporary, although it might seem as if their pain and unhappiness will never end, it is important to realize that crises are usually temporary. Solutions are often found, feelings change, unexpected positive events occur. Remember: suicide is a permanent solution to a temporary problem. Help them allow themselves the time necessary for things to change and the pain to subside.

FACTS:

- Nearly 30,000 Americans commit suicide every year.
- In the U.S., suicide rates are highest during the spring. Suicide is the third leading cause of death for 15- 24 year-olds and second for 24-35 year-olds.
- On average, one person commits suicide every 16.2 minutes. Each suicide intimately affects at least six other people. There is one suicide for every 25 attempted suicides.
- About two-thirds of people who complete suicide are depressed at the time of their deaths. Depression that is untreated, undiagnosed, or ineffectively treated is the number one cause of suicide.
- Males make up 79 percent of all suicides, while women are more prone to having suicidal thoughts.

REFERRALS:

- **Suicide/crisis hotline** - 330-434-9144 (adults) 330-762-0591 (kids/teens)
- **Emergency rooms** - Summa 330-375-3361; Akron Children's 330-543-3000; Akron General 30-344-6611
- Call the **National Suicide Prevention Lifeline** at 1-800-273-TALK (8255) or the National Hopeline Network at 1-800-SUICIDE (1-800-784-2433). These toll-free crisis hotlines offer 24-hour suicide prevention and support. Your call is free and confidential.
- **Life Skills** - A program that digs to the heart issues of why we as individuals choose to turn towards a behavior or substance in an effort to stabilize our lives. Contact Community Chaplain Services, CCS @ 330-825-7422
- **Counseling** - Pastor Dale Henneman @ Community Chaplain Services, 330-825-7422

SCRIPTURE:

Psalms 34:17-20 *“When the righteous cry for help, the Lord hears and delivers them out of all their troubles. The Lord is near to the brokenhearted and saves the crushed in spirit. Many are the afflictions of the righteous, but the Lord delivers him out of them all. He keeps all his bones; not one of them is broken.”*

SOURCES:

Contributions from Lynn Shaffer, **FACTS:** <http://www.dosomething.org/tipsandtools/11-facts-about-suicide>, **Referrals, FAQ, Heart Issues:** http://www.helpguide.org/mental/suicide_help.htm

UNWANTED/UNPLANNED PREGNANCY

INTRO/FAQS:

Just found out I/they are pregnant. How can I help?

- You can only help if they want help.
- Is this person looking for help or are you trying to convince them to get help? (This may result in confronting the individual.)
- You can help guide the person by encouraging them to seek biblical truth, a class, program, or counselor.

They have mentioned they just found out they're pregnant and don't know what to do.

- Often times – they want an immediate solution, encourage them to slow down & investigate the truth.

Some scenarios to consider:

- They may be alone, unmarried, multiple partners and unsure of father, could be involved in prostitution, strained family relationships, low income, uneducated.
- They may be obeying their husband/significant other who demand sex right now or refuses the use of contraceptives. Many woman just want to be loved and have been told that “if you love someone then you will have sex”. They are afraid of losing their partner or that he will find sex elsewhere. Many significant others blame the woman for their “unhappiness” when they refuse to have sex.
- Within the church, some married women have been told that they have to obey their husband's every wish or they are sinning. **IF THIS IS THE CASE, LOOK FURTHER INTO EMOTIONAL/PHYSICAL/SEXUAL ABUSE.** This client will need professional counseling to help with the distorted thought process or to separate from an abusive relationship.

HEART ISSUE:

- Many women just want to be loved and have been told that they have to have sex in order to keep the relationship. Many women have been sexually abused and have the distorted thought that she is only good for sex, sexually activity, or seductive behavior, thus devaluing her as a person. These women need to work through the process that they deserved to be loved in a healthy manner and work towards believing that their heavenly father loves them (not just hear it.)
- Occasionally conditions that lead to unplanned pregnancies include barriers to contraception i.e. long wait to see a doctor, insurers don't always cover birth control. Sometimes methods are not easy to use. Immaturity, lack of sex-education, promiscuity, broken homes without parental involvement and often this consequence stems back to relationships.



FACTS:

- Currently, about half (51%) of the 6.6 million pregnancies in the United States each year (3.4 million) are unintended
- Unintended pregnancy rates are highest among poor and low-income women, women aged 18–24, cohabiting women and minority women.
- Poor women's high rate of unintended pregnancy results in their also having high rates of both abortions (52 per 1,000) and unplanned births (70 per 1,000).

REFERRALS:

- **Oaks Family Care Center** – 4196 Center Rd., Brunswick 330.220.777- A Social Service Agency providing support and encouragement to fathers, mothers, teens and those in crisis.
- **Laura's Home** – Women's Crisis Center , 18120 Puritas Ave., Cleveland 216.472.5500
- **Pregnancy Services & Solutions:** Free ultrasounds – 3136 Manchester Rd., Akron 330.644.4490
- **Care for Kids** in Cuyahoga Falls <http://www.cfkadopt.org/> 330-928-0044
- **Counseling** – Pastor Dale Henneman @ Community Chaplain Services 330-825-7422.

SCRIPTURE:

Psalms 139:13-16 (NIV): *“For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.”*

SOURCES:

Contributions from Connie Rohaley and Lynn Shaffer

The Alan Guttmacher Institute (AGI), Fulfilling the Promise: Public Policy and U.S. Family Planning Clinics, New York: AGI, 2000

