



CROSSING PATHS

Perspectives Christian Counseling Centers

Spring 2019

SPRING PASTORAL OPEN HOUSE

THURSDAY, MAY 2, 2019, 9:00AM—12:00PM

ADOLESCENT MENTAL HEALTH:

Stabilizing Our Youth in an Ever-Changing World

Today's youth face stressors and challenges that are unlike any we have seen before. These stressors can often lead youth to experience anxiety, depression, and even suicidal thoughts. Thankfully, church leaders are in perfect positions to recognize early warning signs and help foster resiliency.

Learn more at our 2019 Spring Pastoral Open House!

Keynote Speaker:

LaTanya Carter, PhD, LP

Director of Pastoral Care Services

Free Seminar for Pastors and Pastoral Staff!

Complimentary Breakfast Provided!

SAVE THE DATE

**SPRING
PASTORAL
OPEN HOUSE**

**Thursday, May 2, 2019
9:00am—12:00pm**

***Perspectives Christian
Counseling Centers
888 W. Big Beaver,
Suite 1450, Troy, MI
48084***

SPACE IS LIMITED!

**Call today to
reserve your seat!
248-244-8644**



Visit our website: perspectivesoftroy.com/pastoral-care-education

Did You Know?

- 1 in 5 teens has a diagnosable mental illness.
- 50% of lifetime cases of mental illness start by age 14.
- Suicide is the 3rd leading cause of death for 10-24 year olds.

Source: www.nami.org



Do You Know The Warning Signs of Mental Illness?

Social and academic pressures. Unstable home environments. Perilous world events. Adolescents seem to be facing more threats to their mental stability now than ever before. Not all adolescents handle these stressors in the same manner, with 20% of teens developing a serious mental illness. Recognizing warning signs and intervening as soon as possible can be crucial for preventing the worsening of symptoms.

The church can be the first line of defense.

Adolescents are often actively involved in Sunday school, youth group, and summer church camps. Church leaders therefore have many opportunities to identify potential mental health problems early and to intervene or make referrals to professionals. Some of the signs you may attune to include:

- ◆ Withdrawal from peers or youth group activities.
- ◆ Increased difficulty focusing or concentrating.
- ◆ Increased irritability or agitation.
- ◆ Negative or disparaging comments about herself.
- ◆ Fatigue.
- ◆ Crisis of faith.

If you notice any of these warning signs, talk to the youth about her current stressors and coping skills then approach her parents about getting her enrolled in therapy.

Register for the Spring Pastoral Open House!

At this year's Open House we'll be discussing the challenges our teens are facing; recognizing when a problem exists; and ways to help. You do not want to miss this valuable learning opportunity!

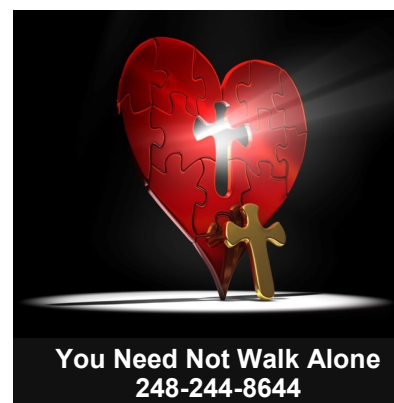
Reserve your seat today: 248-244-8644.

"I Don't Want to Go to Therapy"

You may be working with an adolescent who is resistant to the idea of therapy. Strategies that may encourage them to follow through on your referral to treatment include:

1. Normalize the need to talk to someone about their stress and problems.
2. If they seem worried about social judgment, tell them their actions may inspire others to seek help.
3. Help them understand therapy is not a lifelong commitment.
4. Remind them that therapy is confidential, unless they are in danger.
5. Correct negative self-talk like "I'm crazy" with positive statements like "I'm brave for asking for help."

Making the proper therapy referral can be a life-changing (even life-saving) decision. Perspectives has several Christian therapists who specialize in adolescent services. We are here to help. Call today!



**You Need Not Walk Alone
248-244-8644**

May is National Mental Health Awareness Month

With May being National Mental Health Awareness Month, it is the perfect time to hold mental health seminars and workshops at your church to promote emotional and spiritual wellbeing.

Perspectives has several qualified Christian professionals available to speak to your congregation or small groups about a variety of emotional wellness topics including:

- ◆ Depression
- ◆ Anxiety
- ◆ Marriage
- ◆ Grief
- ◆ Addictions
- ◆ Suicide
- ◆ Marriage
- ◆ And much more!

Call today to schedule your next emotional wellness event!

248-244-8644



ADOLESCENT RESILIENCY

While some adolescents may develop mental health problems in the face of life's challenges, others seem to press forward with less difficulty. These resilient teens are able to develop healthy thinking and coping patterns that minimize the negative impact of the stressors around them.

Three factors that contribute to adolescents persevering through challenges are:

1. Bonding to caring adults outside of their families.
2. Connections to positive organizations.
3. Possession of personal faith.

A teenagers local church can provide all three of these essential components to resiliency. However, they will not know how to utilize these factors on their own. Youth pastors and leaders need to teach their members how to utilize their faith, youth group activities, and church social connections to manage their daily stress.

Knowing the warning signs, making referrals appropriately, and fostering resiliency are all steps that youth pastors and leaders can take to improve the overall emotional wellbeing of their members. Together we can provide stability to our teens and help them feel secure in an constantly-changing world.



Perspectives is Now Open in 5 Convenient Locations!

Troy

888 W. Big Beaver, Ste 1450
Troy, MI 48084
248-244-8644

Novi

23965 Novi Rd, Ste 130
Novi, MI 48375
248-946-4664

Sterling Heights

4151 17 Mile Rd, Ste D
Sterling Heights, MI 48310
586-268-6712

Plymouth

705 S. Main St
Plymouth, MI 48170
248-688-9071

Clarkston

3694 Clarkston Rd
Village of Clarkston, MI 48348
248-688-9021

Visit our website: perspectivesoftroy.com/pastoral-care-education

Need an out-of-state referral for mental health services?

Try one of our sister companies from the *Refresh Mental Health Community*. With 18 agencies nationwide, many of which offer faith-based services, you can confidently refer your members for treatment and trust they will receive quality care.



833-7-REFRESH
refreshmh.com

PLACE
STAMP
HERE

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888 W. Big Beaver, Suite 1450
Troy, MI 48084