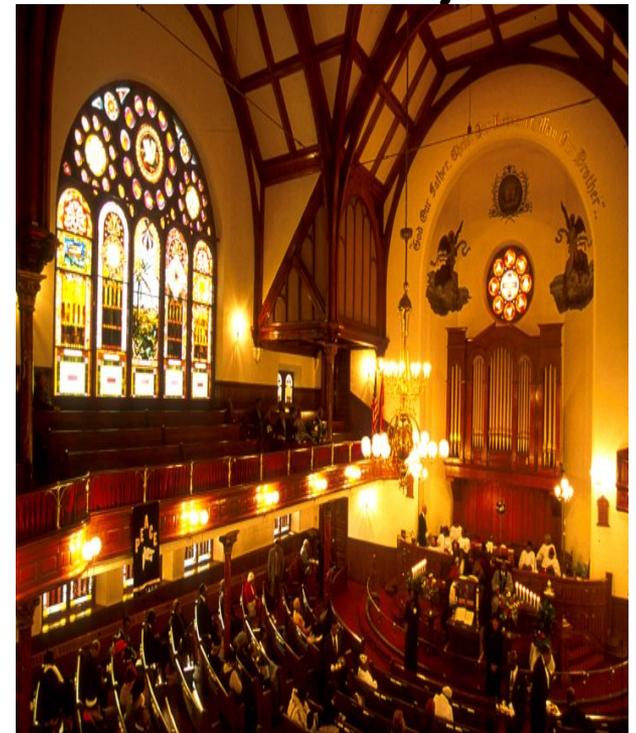


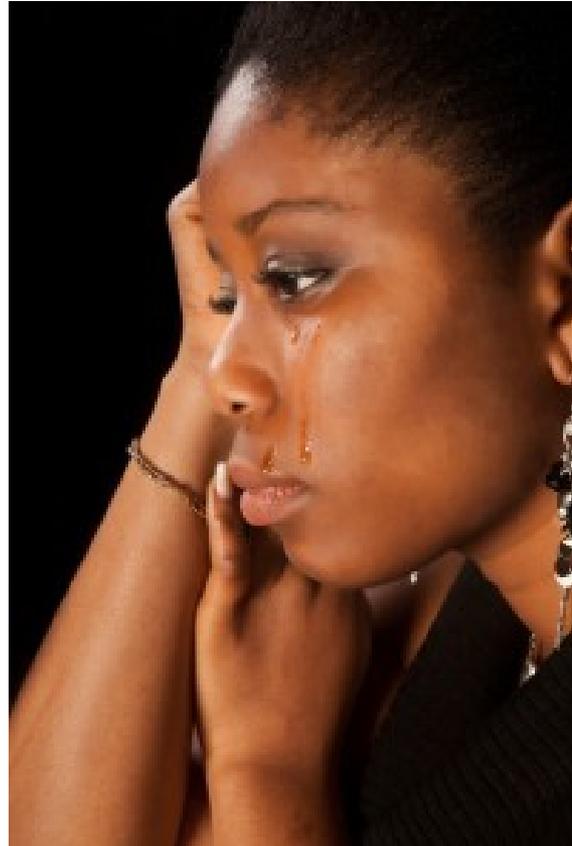
From Trauma to Triumph and from Triumph to Glory

Central Texas African American Family
Support Conference

Rev. Dr. Dennis W. Young &
Rev. Preston J. Allen



How Do You Define Depression?



Depression

- Sadness and no interest or pleasure in normal activities **for at least 2 weeks.**
- Activities such as eating, socializing, sex, or recreation lose their appeal.
- Low energy
- Weight loss (when not dieting) or weight gain
- Sleep changes (sleeping too much or being unable to sleep)
- Agitation and restlessness
- Feelings of worthlessness or guilt
- Inability to think, concentrate, or make decisions
- Recurring thoughts of death or suicide
- Physical symptoms

Depression (Cont.)

- Major depression is one of the most common mental illness, affecting 6.7% (more than 16 million) of American adults each year.
- Depression can occur to anyone, at any age, and to people of any race or ethnic group. Depression is never a “normal” part of life, no matter what your age, gender or health situation.

Impact of Depression

- On April 5, 2013, John Smith (son of Caleb and Mary Smith) who had struggled with depression all his life took his own life. He was 27 years old.
- On February 9, 2011, Dr. James Black, pastor of XYZ Community Church, took his own life. He was 42 and had a long struggle with depression.

Impact of Depression

- On May 31, 2015, Dr. Mark Price, pastor of ABC Church since 1995, took his own life. He was 69 and suffered from depression.
- In 2011, Dr. Price gave the eulogy for Dr. Black and made several important statements about depression. Note the following:

Quotes from Dr. Price

- “Depression is a time defying sadness. Depression speaks a language of its own known only to those who are depressed.”
- “Depression, we are told, may be the biggest killer on earth. It claims more lives than war, cancer, and AIDS together.”

(Continued)

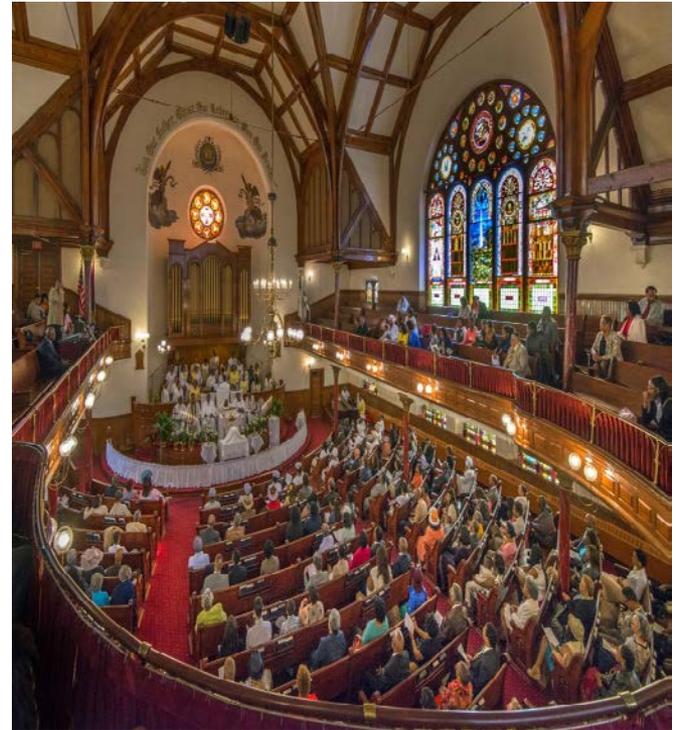
- “Depression speaks a language of its own. A persistent and anxious emptiness. A feeling of hopelessness and pessimism. A sense of guilt, worthlessness and helplessness. A loss of pleasure or interest in things that were once extremely enjoyable.”
- “Depression is both ancient and universal. Doctors and psychiatrists tell us that depression is the most common emotional problem in America. No one is immune to it. It is not a willful fault nor is it a sin.”

Depression and the Clergy

- A recent study (LifeWay Resources) shares that approximately 1 in 4 pastors (25 percent) recognized that they have struggled with mental illness such as depression. However, these pastors are often reluctant to share their struggles.
- 12 percent say they have received a diagnosis for a mental health illness.
- Another recent study shares that 70 percent of pastors battle depression.

Clergy Depression

- Spiritual Warfare
- Unrealistic Expectations
- Greater Platform for Critics
- Workaholics
- Marriage and Family Problems
- Financial Strains
- The Comparison Game



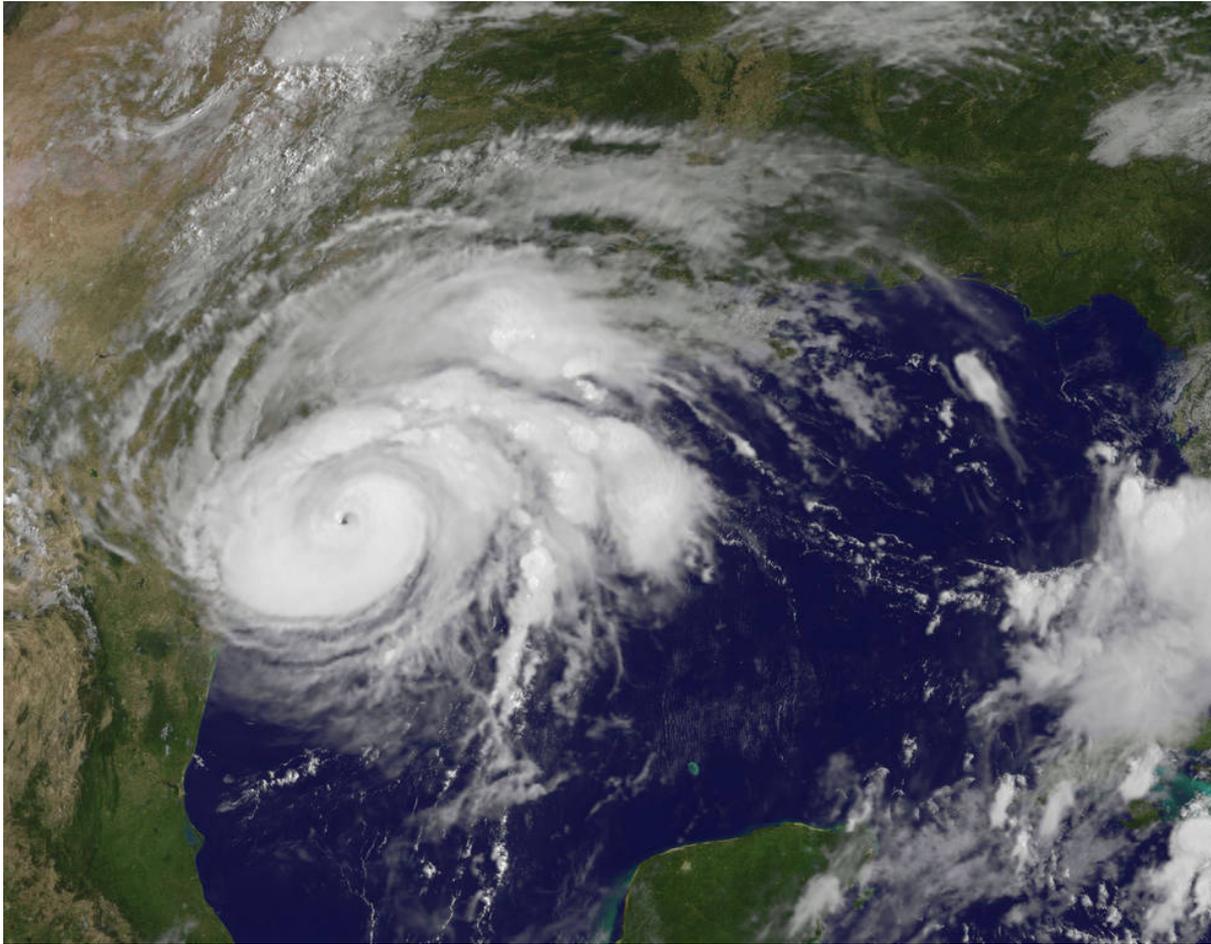
Words of Encouragement

- Remember that YOU are not Alone
- Remember that YOU Need not to be Ashamed
- Seek Help
- Make the Recommended Changes
- Remain Faithful

Hurricane Harvey



Personal Reflections



Kalandria Storm

- Lived on the first floor of her apartment building that had never flooded since built.
- Had to move up to second floor, with several other renters, into a vacant apartment that was dirty, filled with roaches, damp dirty rolled-up carpet, no electricity (no air), and just had some crackers and peanut butter. Had to remain in that situation for several days.

Sharon Flood

- Lived in a townhouse in Houston for a little more than 13 years . . . The place had never flooded.
- The house made it through the storm. However, she said, “It was the flood that followed that did the most damage and completely disrupted her life.”
- She shared that the memory of evacuating her home and leaving everything behind is still fresh on her mind.

Thoughts Shared by Women

- “Time has not softened the raw emotional pain.”
- “I am still not normal.”
- “There were day I was barely holding it together, but I had to work.”
- “It felt as if I lived on a deserted Island.”

Thoughts Shared by Therapists and Counselors

- “Houstonians are suffering from post-traumatic stress disorder.”
- “The feeling of helplessness is common in Houston right now.”
- People are “still dealing with not knowing what insurance will cover . . . There’s financial stress. When you live in chaos for an ongoing period, it takes a toll.”

Therapists and Counselors Advice

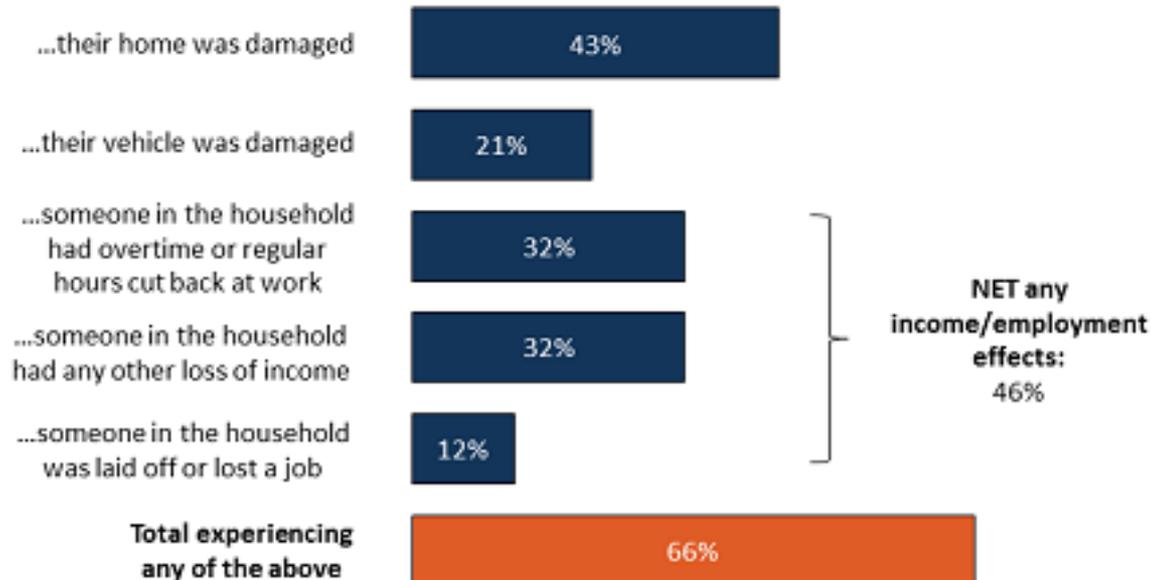
- “Take time to acknowledge emotions.”
- “Be comfortable seeking and getting support . . . The best stress reliever is support”
- “Give yourself compassion. It’s a personal growth opportunity.”
- “Asking for help is key.”
- Make “self-care a priority – eating properly, getting enough sleep and making time to relax.”
- “Go to a park and walk around . . . Or set aside 10 to 15 minutes where you do nothing at all but listen to music that you like”

Hurricane Harvey's Impact

- How many households in the Gulf Coast had either property damage or income loss?
 - A) 10%
 - B) 25%
 - C) 33%
 - D) 66%
 - E) 75%

Two-Thirds of Residents in Harvey-Affected Texas Gulf Coast Counties Report Experiencing Property Damage or Income Loss

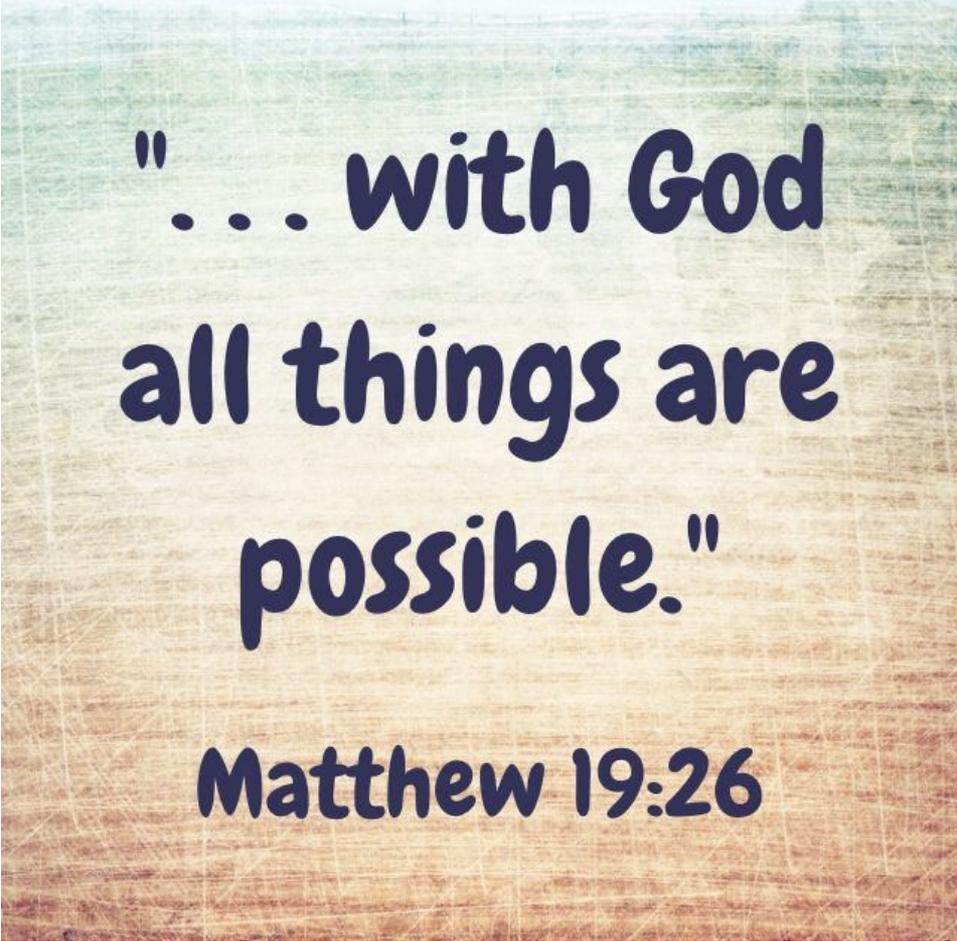
AMONG TEXAS GULF COAST RESIDENTS IN 24 HARVEY-AFFECTED COUNTIES: Percent who say, as a result of Hurricane Harvey...



SOURCE: Kaiser Family Foundation/Episcopal Health Foundation Texas Post-Harvey Survey (conducted Oct. 17-Nov. 20, 2017)



Restoration



**"... with God
all things are
possible."**

Matthew 19:26