The Role of Faith and Spirituality in Mental Health

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<table>
<thead>
<tr>
<th>HEALTH</th>
<th>Mental Health Problems</th>
<th>ILLNESS</th>
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<tbody>
<tr>
<td>Well-being</td>
<td>Emotional Problems or Concerns</td>
<td>Mental Illness</td>
</tr>
<tr>
<td>Occasional stress to mild distress</td>
<td>Mild to moderate distress</td>
<td>Marked distress</td>
</tr>
<tr>
<td>No impairment</td>
<td>Mild or temporary impairment</td>
<td>Moderate to disabling or chronic impairment</td>
</tr>
</tbody>
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Reasons for the Involvement of R/S in Mental Health

- Logistical
- Therapeutic
- Spiritual
Individuals experiencing distress are more likely to go to a clergy before any other professional group; this is especially true in minority populations.

Chalfant et al., 1990; Wang, Berglund, & Kessler, 2003
How often are church leaders approached for help with mental illness each year?

- Once [16.1%]
- 2 to 5 times [44.5%]
- 6 to 12 times [17%]
- More than 12 times [15.8%]
- Never [6%]
28% indicate their church provides care for the mentally ill or their families by maintaining lists of experts to refer people to.

Among Protestants with Family Members in Household with Acute Mental Illness:

- Provide training for leaders to identify symptoms of mental illness: 11%
- Provide training for encouraging people with acute mental illness: 18%
- Maintain lists of experts to refer people to: 28%
- Have a plan for supporting families of the mentally ill: 21%
- Offer programs like Celebrate Recovery: 14%
- Offer topical seminars on depression or anxiety: 14%
- Have a counselor on staff skilled in mental illness: 15%
- Have a lay counseling ministry: 31%
- Host groups in your community such as the NAMI that help the mentally ill: 8%
- Don't know: 19%
- None of these: 15%

10% Other

Q24: "Which if any of the following types of care for the mentally ill or their families does your church provide? (Select all that apply)"
Gallup Survey: R/S and Mood

Average Number of Daily Positive and Negative Emotions, by Church Attendance

Positive | Negative
---|---
Never: 3.08 | 1.04
Seldom: 3.15 | 1.03
About once a month: 3.23 | 0.99
Almost every week: 3.29 | 0.93
At least once a week: 3.36 | 1.10

Jan. 2-Dec. 31, 2011
Gallup-Healthways Well-Being Index

GALLUP
**BU Religion Survey: R/S and Worry**

**Religious Behaviors For Non-worriers And Worriers**

- **Never attend religious services**
  - Non-worriers: 25%
  - Worriers: 33%

- **Attend religious services every week**
  - Non-worriers: 37%
  - Worriers: 17%

- **Read Bible weekly**
  - Non-worriers: 29%
  - Worriers: 13%

- **Consider themselves very religious**
  - Non-worriers: 39%
  - Worriers: 19%
BU Religion Survey: R/S and Mental Health

Percentages Of Fewer Reported Mental Health Issues For Those Who Strongly Believe That:

- I have a warm relationship with God: 31%
- God knows when I need support: 19%
- God is responsive to me: 19%
- God's love never fails: 17%
BU Religion Survey: R/S and Anxiety

Percent Increase Or Decrease In Anxiety Disorders For Those Who Believe In A Very Judgmental Or A Very Engaged God

- **Very Engaged God**
  - Generalized Anxiety: -21%
  - Social Anxiety: -34%
  - Paranoia: -25%
  - Obsession: -18%
  - Compulsion: -17%

- **Very Judgmental God**
  - Generalized Anxiety: 45%
  - Social Anxiety: 18%
  - Paranoia: 18%
  - Obsession: 33%
A HOLISTIC VIEW OF THE SELF

Mark 12:30-31
Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. ... Love your neighbor as yourself.

Luke 2:52
And Jesus grew in wisdom and stature, and in favor with God and man.
A Holistic Approach to Recovery

• Physical Needs
  – Sleep
  – Medication
  – Relaxation
  – Nutrition
  – Exercise

• Mental Needs
  – Psychotherapy
  – Coping Skills
  – Structure and Routine
  – Cycles and Triggers
  – Mental Activities

• Spiritual Needs
  – Hope
  – Identity
  – Purpose
  – Spiritual Growth
  – Community

• Relational Needs
  – Family and Friends
  – Resolving Conflict
  – Overcoming Stigma
  – Opportunities to Serve
  – Forgiveness
GOD IS THE ONLY ONE WHO CAN MAKE THE VALLEY OF TROUBLE A DOOR OF HOPE

Hosea 2:15
“I was sick and you looked after me ... Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.”

(Matthew 25:36,40)
With Bible study and prayer ALONE, people with serious mental illness like depression, bipolar disorder, and schizophrenia can overcome mental illness.

<table>
<thead>
<tr>
<th></th>
<th>Among all Americans</th>
<th>Among self-identified born-again, evangelical, or fundamentalist Christians</th>
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</thead>
<tbody>
<tr>
<td><strong>AGREE</strong></td>
<td>35%</td>
<td>48%</td>
</tr>
<tr>
<td><strong>DISAGREE</strong></td>
<td>59%</td>
<td>47%</td>
</tr>
<tr>
<td><strong>DON'T KNOW/NOT SURE</strong></td>
<td>6%</td>
<td>5%</td>
</tr>
</tbody>
</table>
living grace groups

Depression / Anxiety Score

Pre-Group

Post-Group

Spiritual Growth Score

Pre-Group

Post-Group

Rogers & Stanford, 2015
Why are Faith and Spirituality Important?

- Front door to the mental health care system
- Supportive care and relapse management
- Therapeutic benefits
- Holistic perspective
- Hope that transcends circumstances
- Personal spiritual growth
Fact: Nearly 44 million adults experience mental illness in a given year.¹

1 in every 5 adults in America experience a mental illness.

Nearly 1 in 25 (approximately 13.6 million) adults in America live with a serious mental illness.

One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.
Barriers to Accessing Mental Health Care

- **Availability**
  - Too Few Mental Health Professionals
  - Serious Lack of Facilities

- **Accessibility**
  - No Transportation
  - Limited Financial Resources
  - Lack of Knowledge and Education

- **Acceptability**
  - Stigma
  - Cultural Beliefs
Adults with Any Mental Illness* Who Received Treatment in the Past Year by Race/Ethnicity, 2010

Percent with any mental illness who received treatment:

- All Adults: 39%
- White: 44%
- Hispanic: 28%
- Black: 27%
- Asian: 16%

NOTE: Any Mental Illness (AMI) is defined as having a diagnosable mental, behavioral, or emotional disorder, other than a substance use disorder, that met the criteria found in the DSM-IV.

SOURCE: SAMHSA, Center for Behavioral Health Statistics and Quality (formerly the Office of Applied Studies), National Survey on Drug Use and Health, 2009 and 2010.
Community Mental Health Initiative

The goal of the CMHI is to implement a system of supportive mental health services throughout the community using non-professionals, working in collaboration with professional mental health care providers. These free and easily accessible services will enhance the quality of life of individuals struggling with mental health problems and their families.

- Mental Health Training
- Support Groups
- Mental Health Coaches
- Recovery Homes
- Education and Awareness Seminars
CMHI Framework