The Intersection of Faith & Mental Health – Working toward a common purpose

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CCC : A Working Model of Integration
A Brief History of CCC
Challenges to Building a Community Mental Health Center
Challenges.

History

Previous mistreatments, like such tragic events as the Tuskegee Syphilis study (Brandt, 1978).
When it comes to mental health services, treatment is consistently reported to be inferior to the services received by whites (Redmon, Gelia, & Delva, 2009).
Challenges.

Lack of Culturally Diverse Mental Health Professionals

For Example:
There is a Dearth of Black Mental Health Professionals

- 2% of Psychiatrist
- 2% of Psychologist,
- 4% of Social Workers

In the United States (Surgeon General, 2001)
Challenges.

Cultural Perceptions

- Mental health problems are viewed as a sign of personal weakness rather than illness.
- Somatization, rather than seeking therapy, is a common form of coping among African Americans.
Challenges.

• Turn to extended family not professionals
• Seek guidance from religious figures (Broman, 1996)
Steps to Building the Center.

Steps Involved

• Support already existed
• Assess resources
• Secure volunteers
• Develop training program
What Types of Professional Services?
Key Relationships.
Trainees.
Key Approvals.
CCC’s Mission.

To meet the mental health needs of the Church and the Community.

1. **TREATMENT**

   **Mental Health Services**
   Provide state-of-the-art, trauma-focused support in response to the mental health needs of the victims of urban violence, including but not limited to physical and sexual assault, crime-related trauma, and other traumatic events.

2. **TRAINING**

   **Education & Training**
   Provide education, training and consultation resources for mental health professionals, clinical staff, students and other related community-based organizations in the principles and practice of modern, innovative trauma therapy.

3. **RESEARCH**

   **Research Initiatives**
   Act as a collaborative conduit of relevant research and statistical data for consultation resources (mental health professionals, clinical staff, students and other community-based organizations), provide access to leading-edge treatment techniques as well as various policy initiatives related to treatment and mitigation of traumatic experiences within urban communities.
Who We Are, What We Do.

Champion Counseling Center (CCC) provides educational and counseling services to meet the needs of children, teens, adults, couples, and families.

1. Therapeutic Environment
   Our trained staff and professional counselors offer the application of sound psychological practices with the context of a therapeutic environment.

2. Integration of Theology and Psychology
   Trained in the integration of Theology and Psychology, we utilize proven, researched psychological and educational techniques that provide real-world solutions to the problems clients face.

3. Culturally Sensitive
   Our interventions are culturally sensitive and individually tailored to help individuals, groups, and families reach their full potential.
Counseling Services

- Individual Counseling
- Couples Counseling
- Child/Teen Counseling
Counseling Services.

- Group Therapy
- Grief Counseling Workshops
- Pastoral Consultation
Champion Counseling Center (CCC)
The Champion Counseling Center provides educational and counseling services to meet the needs of children, teens, adults, couples, and families. Our trained staff and professional counselors offer the application of sound psychological practices within the context of a therapeutic environment. Trained in the integration of Theology and Psychology, we utilize proven, researched psychological and educational techniques that provide real-world solutions to the problems clients face. Our interventions are culturally sensitive and individually tailored to help individuals, groups, and families reach their full potential.

Individual Counseling
When the stress of life becomes too difficult to deal with and coping strategies become tiring, the wise individual seeks additional resources. Even intelligent and creative individuals are not exempt from difficult circumstances and decisions weighing them down. Using one-on-one confidential sessions, the CCC will help you gain a deeper understanding of painful issues and give you strategies to overcome them. Individual counseling is a great way to help you live more productive life.

At CCC, we partner with parents to help children and teens conquer and overcome trauma, stressors, and behavioral challenges. We understand child development and family dynamics. We seek to promote success at home, in school, and within the community. Our families benefit from therapy sessions that create a safe place to clear the air and work toward a family unit where everyone can thrive. Whether it's a child, teen, or family in trouble, we partner to promote and ensure healthy living.

Marriage and Couples Counseling
Marriage is one of the most important and satisfying relationships a couple can ever experience. And like any quality relationship, you have to nurture it to grow. A successful marriage takes an investment of time, effort, and commitment. At CCC, we offer a proven assessment tool to help married, pre-marital, and dating couples establish stronger relationships. We also offer workshops and counseling for couples seeking to achieve healthy, strong, and long lasting unions.

Classes and Workshops
Whether you are a mental health professional, a parent experiencing high conflict in co-parenting, or a person who has lost a loved one, our class and workshop offerings are a powerful resource for mental health professionals who desire continued education and clients seeking to refine skills to promote healthy living.

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Counseling Services.

- Relationship Assessment Tool
- Prepare/Enrich
Current CCC Organization.

Mental Health Professionals

- **Paid Staff**
  - 2 – licensed clinical psychologists
  - 1 – licensed marriage and family therapist

- **Volunteers**
  - 13 – practicum and internship trainees
  - Various licensed clinicians
Counseling Services

- Abortion Recovery
- Lay Counseling - in the form of Prayer & Support

Have you or anyone you know, been affected by abortion? For many, abortion is a secret silent sorrow. The reasons are numerous. Often the regret of abortion is hard. Many struggle and suffer in silence because their family, church, and society do not know how to help.

Women who have experienced abortion may develop the following symptoms:
- Guilt
- Grief
- Anger
- Anxiety
- Depression
- Suicidal thoughts
- Eating disorders
- Drug and alcohol abuse
- Difficulty with relationships
- Emotional numbness
- Bouts of crying
- Lowered self-esteem
- Nightmares or flashbacks
- Discomfort around babies or pregnant women

How long ago? 40 days ago? 40 years ago? It does not matter.

Never told anyone? It’s ok, we’ll listen.

For further information please contact:

No Longer Bound
Abortion Recovery Ministry

Faithful Central Bible Church
333 West Florence Avenue
Inglewood, CA 90301
310.330.8000, ext. 3227
310.433.6008
Fax 323.344.1785
no.longerbound@faithfamily.org

No Longer Bound is therapy for your soul

“The Spirit of the LORD is upon Me, because He has anointed Me to preach the gospel to the poor; He has sent Me to heal the broken-hearted, to proclaim liberty to the captives and recovery of sight to the blind, to set at liberty those who are oppressed....” Luke 4:18 (NKJV)
Counseling Services.

Parenting

BreakThrough Parenting Classes

- 10-week course
- Increase your skills and knowledge as a parent.
- Promote responsible, thinking and Confident children
- Learn effective discipline that encourages positive behavioral changes.
- Only $30 per Session*

Certificate of Completion Provided

Classes Begin September 16, 2013
Monday’s 7:00-9:00pm

- Parenting Classes
- High Conflict Parenting Classes
Counseling Services.

AND...

- Anger Management