



MENTAL HEALTH MINISTRIES AT A GLANCE

16

The number of mental health webinars NBA has conducted since 2016

500

Minutes of mental health content and resources available to anyone, via our NBA YouTube channel

20%

Of African Americans are more likely to report serious psychological distress than other populations

3x

Asian Americans are three-times less likely to seek mental health services over other Americans. This is largely due to language barriers.

23%

Percent of Mexican immigrants living near the Mexico/California border who suffer from issues of mental health

33%

Of Latino adults with mental illness who receive treatment each year compared to the U.S. average of 43%.

Learn more at nbacares.org/connect!



Rev. Hector Hernandez connects with Rev. Daniel Romero and Dr. Carlos Correa Bernier of Centro Romero located in San Ysidro.

Becoming the Bridge to Mental Health and Wellness

It is so painful when we are unable to find support in our brokenness. It is confusing when we receive quick-fix solutions, or judgment from people who are supposed to walk alongside us while trying our best to survive “the valley of the shadow of death.”

During one of the worse times in my life, depression and hopelessness took control of me. My wife forced me to seek help from my pastor.

My pastor welcomed me in my vulnerable state. He listened to my story and invited me to work with a mental health professional. He guided me through the referral process and helped me set up my first appointment with a therapist. He became a bridge of compassion, connecting me with the professional support I needed.

(continued inside)

INSIDE:

NBA XPLOR: Meet the newest cohort of Residents

INCUBATE: Welcome BMAR, newest partner

The NBA Mental Health and Wellness Initiative seeks to be a bridge for all, especially for churches and faith communities that don't know how to assist someone dealing with mental illness. As NBA's Connect Coordinator, I've spent the last year visiting churches and sharing our commitment to raise awareness of mental health and wellness within Disciples churches. We've made an intentional effort to connect with Hispanic Disciples and faith communities. Unfortunately, mental health is still a taboo subject in a number of our Hispanic churches.

Statistics show that a significant percentage of our Hispanic immigrant populations are struggling with mental illnesses. Additionally, many of our communities are continually facing oppressive systems that are vehemently working against them, impacting the mental wellbeing of families, children, and churches.

It has been joyful to witness people speaking honestly about mental health in my



Rev. Hernandez connects with Hispanic Disciples communities across the church about mental health and wellness.

workshops and conversations. Some congregations I've visited are exploring ways to create local ministries that will provide mental health services. Nancy Jimenez is working to end the stigmas surrounding mental health in the Hispanic community. Nancy and her business partner, Evangelina Perez, have begun creating a mental health hub with a holistic approach that provides services for the Latino community in Grand Prairie, Texas.

When I was struggling, my pastor acted as a bridge.

As a pastor and trained psychotherapist, I've witnessed how life's traumatic events can

shake up people's lives. When these moments occur, they often bring confusion, fear, and hopelessness, regardless of how strong our faith may be.

The church must always be the place where we can find hope and liberation. We are called to "bear one another's burdens (Galatians 6:2)." The challenges of life often require the church to work in partnership with other institutions and professionals. Let us serve together as bridges that connect people suffering with brokenness to opportunities of hope, compassion, and care.

To read Hector's full story, visit nbacares.org.

Giving Thanks

Thank you for your support! We are grateful for the financial gifts you have given. At times, you may think that what you do does not matter. On the contrary, your generosity enables NBA to work with so many leaders and nonprofits to strengthen and transform communities. You may give online at nbacares.org/donate, by mail, or call us at (314) 993-9000 ext. 5479. **With thanks!**



XPLOR Residents, Spiritual Companions, and NBA staff spent several days orienting, learning, and planning for the coming year.

Welcome 2019-2020 XPLOR!

At the NBA, we have a commitment and heart for spiritual and leadership development. NBA XPLOR is now in its sixth year! A new house has been added in Bloomington, Indiana, where Residents serve at Monroe County United Ministries, Habitat for Humanity of Monroe County, and New Hope for Families.

Two Residents are working with QC Family Tree in Charlotte, North Carolina, as part of the XPLORmore program. Established for Residents

to complete a second year, XPLORmore aims for young adults to learn and experience more regarding the four program cornerstones.

The 2019-20 XPLOR cohort gathered in Leavenworth, Kansas, for XPLOR Laboratory/Orientation in August. Together they made connections and delved deeper about about the program and their commitments for the coming months. The XPLOR program year will conclude on June 22, 2020.

Transformation is Real with BMAR in Los Angeles

The NBA welcomes Broken Mended and Restored (BMAR), as a new Incubate partner that is committed to innovative approaches to health and social service ministry. BMAR was founded in 2008 by Rev. Dr. Lisa Enders Tunstall. Based in Los Angeles, BMAR was created with the goal of bringing hope and wholeness to individuals impacted by emotional, spiritual and physical domestic/partner abuse while also educating the wider church on these issues.

BMAR is a Disciple-related health and social service organization that has entered into partnership with NBA through a Memoranda of Understanding. BMAR equips churches with the knowledge and resources necessary to provide healthy environments for emotionally



Rev. Dr. Tunstall shares that "partnering with the NBA equips BMAR to strengthen our infrastructure and make a difference."

traumatized individuals and victims of relationship abuse. BMAR believes the disease of relationship abuse and emotional trauma is a family affair that does not just affect the nuclear family, yet the entire faith community. Learn more at nbacares.org/incubate.



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NBA is a grateful recipient of Disciples Mission Fund support.
Your contributions help make stories and ministries like these possible. Thank you!

Snapshots from our 2019 Year

As we approach the end of another year, the people, moments, and images of our shared work truly resonate for all of us. From greeting friends at General Assembly (hooray for “everyday heroes”), to welcoming a new XPLOR cohort, and working with social entrepreneurs across the country, to advocating for the well-being of all, we are inspired and blessed by many along the way.



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