

faith leader's summit

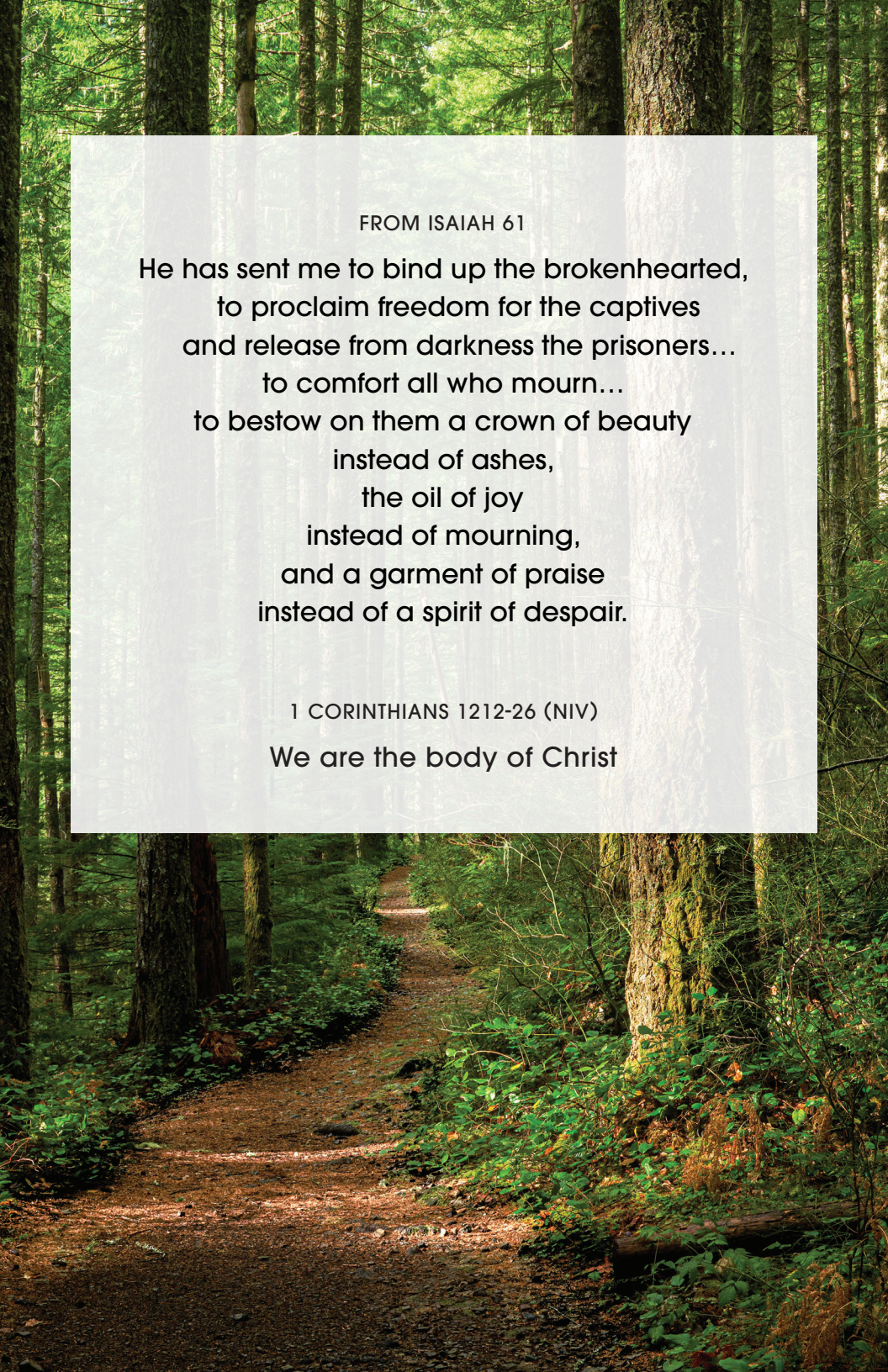
The Christian's
Mental Health

Survival Guide

Care
to change



Thursday, May 9, 2024
Connection Pointe Church

A photograph of a dirt path winding through a dense forest of tall, thin trees. Sunlight filters through the canopy, creating dappled light on the path. A semi-transparent white rectangular box is centered over the image, containing text.

FROM ISAIAH 61

He has sent me to bind up the brokenhearted,
to proclaim freedom for the captives
and release from darkness the prisoners...
to comfort all who mourn...
to bestow on them a crown of beauty
instead of ashes,
the oil of joy
instead of mourning,
and a garment of praise
instead of a spirit of despair.

1 CORINTHIANS 12:12-26 (NIV)

We are the body of Christ

Agenda

8:00 Registration

8:30 Welcome & Worship

9:15 Opening with Ron Merrell

10:00 Breakout 1

11:00 Breakout 2

Noon Lunch

1:00 Breakout 3

2:00 Breakout 4

3:00 Q & A - Text your questions to 317-979-7133

3:30 Closing with Matthew Hoskinson



Welcome

We're glad you're here. We've been praying for you and for this day.



We recognize the dedication and sacrifice it takes to spend an entire day here when you have so many people asking for your time and so many responsibilities you are shouldering. Your presence here today is truly appreciated and valued.

I encourage you to take full advantage of today's discussions, engage with your fellow leaders, and explore opportunities for future collaboration. Our aim is to empower you with the tools and resources necessary to make a positive impact in the lives of those you serve and lead.

As you gather here to be equipped to serve, we also want to acknowledge that to be human is to experience difficulties, and it's possible that some right here in this room may be facing stress, anxiety, or relationship challenges. Yes, today is for the people you lead. But today is also for you, and our support for you extends beyond today's event. We are committed to being a resource for you as you continue to serve our community with dedication and compassion. Whether you need assistance, guidance, or simply a listening ear, please know that we are here to support you in your important work as faith leaders.

Your work matters, and you matter. Thank you for showing up. For the work of eternity. For the people you lead. And, most importantly, for yourself. May today be a blessing.

With heartfelt gratitude,

April Bordeaux

Managing Director and Therapist

Featured Speakers

Ron Merrell



Ron Merrell is a pastor, comedian, and voice actor. With a love for people and a background in stand-up comedy writing, Ron has spent the last few decades leading church-based ministries across the country. He co-authored *Random Thoughts* with Steve Russo and wrote freelance for *The Tonight Show* with Jay Leno. Ron is the

Teaching Pastor at Connection Pointe Church in Brownsburg, IN. He and his wife, Anna, have 3 kids.

Matthew Hoskinson



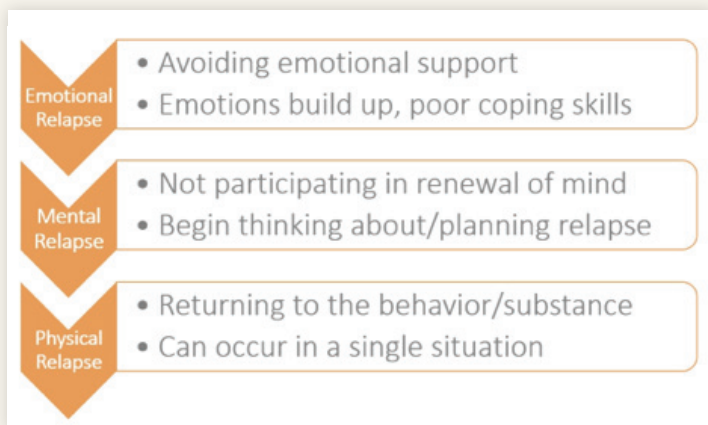
Matthew is an ordained minister, a cancer survivor, a marathon runner, and a certified coach. The biracial son of blue-collar parents in Detroit, he completed his PhD in theology in 2005. After fifteen years of pastoral ministry mostly in NYC, he now works for Redeemer City to City as the director of the City Ministry Program,

a transformative urban education for the next generation of Christian leaders. A pastor for pastors, he provides coaching, spiritual direction, and mentoring for leaders and ministers across North America.



Track 1: Hot Topics in Mental Health

- **Brain and Behavior:** Why do we do what we do and feel what we feel?
- **Anxiety/Depression:** Is it spiritual, circumstantial, or chemical?
- **The Traumatized brain:** What happens in the brain when there is trauma?
- **The Addicted brain:** How addictions begin, what the cycle is, and how to prevent relapse?





Track 2: The Nuts and Bolts of Counseling

- **The Difference** between pastoral care and counseling
- **Empowering Lay Leaders** to Make a Difference
- **Types of Counseling**—(EMDR/brainspotting/sandtray/experiential work)
- **The Counseling Process** from beginning to end

1 CORINTHIANS 12:12-26 (NIV)

While our presentable parts need no special treatment. But God has put the body together, giving greater honor to the parts that lacked it, 25 so that there should be no division in the body, but that its parts should have equal concern for each other. 26 If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it. Now you are the body of Christ, and each one of you is a part of it.



Track 3: All about Relationships

- **Showing up the best version of you:** Living who God created you to be
- **Communication 101:** Connection through understanding
- **Conflict Resolution:** Alternatives to reacting in unproductive ways
- **Care Cycle:** How to heal from what gets in the way

2 CORINTHIANS 5:17 (NKJV)

Therefore, if anyone is in Christ,
he is a new creation; old things have passed away;
behold, all things have become new.

Faith Leader Roundtable Series



Register for
Roundtable

Aug 22

Balancing the Bible and Science

The Christian approach to mental health challenges

11:30 am - 1:30 pm | Traders Point Church

\$10.00 Lunch provided, registration required on [Eventbrite.com](https://www.eventbrite.com)

317.790.9396 | [CareToChange.org](https://www.CareToChange.org)

Scan these quick links



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Schedule an Appointment

Thank you

To Connection Pointe For hosting
and leading worship



and the Hendricks County Health Partnership
and Hendricks County Community Foundation
for sponsoring this event



Hendricks County

Health Partnership



**Hendricks County
Community Foundation**

Where Local Good Grows





Take a step,
Reach out,
Find Hope

Care
to change

317.790.9396 | [CareToChange.org](https://www.CareToChange.org)

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In person and tele locations available

