



Every church a center of hope and health.

REACH UP

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Focus on a Spirit Led Revival



United in Prayer

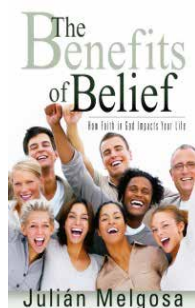
This quarter we are united in Interceding for the Least of These. We are called to set aside time for prayer and fasting and to follow Jesus' counsel to seek His Spirit and come together to intercede for "the least of these." You can follow the prayer requests from around the world and join us in prayer and intercession. Find resources in English and Spanish at www.goo.gl/agt7Ch

Believe His Prophets

Believe His Prophets, the sequel to *Revived by His Word*, is a five-year program reading through the Bible and selected Ellen White writings, including *Steps to Christ*, *Christ's Object Lessons*, *Patriarchs and Prophets*, *Prophets and Kings*, *The Desire of Ages*, *The Acts of the Apostles*, and *The Great Controversy*. You can receive daily Bible readings, participate in interactive blogs and read select inspirational writings. Sign up at www.revivalandreformation.org/signup

Books

Benefits of Belief by Julian Melgosa (Dr. Melgosa uses research and personal stories to reveal the amazing benefits everyone can obtain by living a life of faith in God. Blessings of living such life are not exclusively material, but are also related to the exercise of wisdom, resilience, and endurance that ultimately translate into good health, happiness, and well-being. www.goo.gl/WFzoU4



Let's Talk



In my work as a psychiatrist I met many patients and heard their stories—stories of pain, stories of suffering, stories of struggles, stories of abuse, stories of neglect, stories of being broken people in broken relationships in a broken world.

The greatest mystery often was not the reasons why they were struggling and maybe contemplating giving up on life. Often, what amazed me was that they had not given up already. I was impressed that despite all the pain and challenges, they still pressed on, that the will to live was stronger than the desire to give up. I have never met anyone who truly wanted to die, but I met many who were not sure there was any way of escaping the pains of life other than by suicide. As a church, we should be there to comfort the suffering and help them find life paths worth walking.

If you met one of my patients on the street or in my waiting room, you would find that most of them look just like you and me. And most of them are just like you and me. Mental health challenges do not afflict "them;" they afflict us. Mental health disorders and symptoms are a normal part of living in a sinful world. We are living in a world we were not created for, and that makes us susceptible to struggles and hurt.

We may never know who is suffering unless we talk with one another about it. The ultimate cure for mental health challenges is Heaven. But while we wait for it the church should be a safe place where people can find comfort, hope, and healing. As a church, we are in a unique position to support people who are suffering mentally. Through Comprehensive Health Ministry we can

embrace people and their whole existence—physical, mental, social, and spiritual.

Our **programs**—*Celebrations*, *Youth Alive*, *Journey to Wholeness*, *Gateway to Wholeness*, and the upcoming *MindWell*—are well suited to support and increase mental resilience. As the World Mental Health Day approaches (October 10) with its theme, "Young People and Mental Health in a Changing World," we challenge you to take the opportunity to raise awareness of the importance of mental health in your local church. Check out the new *Youth Alive* program and other resources in this issue of *The Health Connection* newsletter (see page 2).

Editor's note: Dr. Bergland was appointed in April 2018 as the newest member of the General Conference Health Ministry team. Though originally from Norward, he came to us from the United Kingdom where he served as the Trans-European Division Health Ministries director since 2016.



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Health Ministries Resources



•**World Heart Day** is September 29. The main call to action for this year's campaign is to make a promise as an individual to be more active, say no to destructive habits such as alcohol, smoking or drugs or to eat more healthfully. As a healthcare professional we can commit to save more lives. As policymaker we can aim to implement a noncommunicable disease (NCD) action plan. Make a simple promise to work to make My Heart, For Your Heart, All Our Hearts healthier. Resources at: www.goo.gl/fXiM1M

•**World Mental Health Day** is October 10. The theme this year is Young People and Mental Health in a Changing World. Adolescence and the early years of adulthood are a time of life when many changes occur such as changing schools, leaving home, and starting university or a new job. For many these are exciting times, but they can also be times of stress and apprehension. In some cases, if not recognized and managed, these feelings can lead to mental illness. Find resources from the WHO www.goo.gl/uYCCvw

•**Pornography Addiction.** Gateway to Wholeness is a program to help people overcome problems associated with pornography use. Although one may feel trapped, Gateway to Wholeness helps draw on emotional, social, and spiritual resources to get users to move toward recovery from addiction. Based on a wealth of psychological research and knowledge, Gateway is designed to be the first step toward recovery and freedom from pornography addiction. It is free and anonymous. For more information go to: www.gatewaytowholeness.com



•**Youth Alive (YA).** This evidence-based program is now refreshed with a brand-new website and materials for youth leaders and for youth themselves. At the new Youth Alive portal one can find articles, blogs, videos, courses and books on various topics that will help build resilience, so they can to say NO to addictive and unhealthy behaviors. This is a youth discipleship program that seeks to bring health connections to young people, helping them find acceptance and purpose in Christ. Check out the YA Leaders' portal and learn more at www.youthaliveportal.org.

Health Calendar Emphasis



September–December

- World Alzheimer's Day - **September 21**
- World Heart Day - **September 29**
- World Mental Health Day - **October 10**
- World Diabetes Day - **November 14**
- World Day for Prevention of Violence Against Children - **November 19**
- World AIDS Day - **December 01**
- International Day of Persons with Disabilities - **December 3**

Dates to Remember

2018

September 24–28
ICPA Conference
Sri Lanka Mission

September 28–30
NAD Health Summit-Canada
Ontario, Canada

October 18–22
Global Healthcare Conference
Loma Linda, CA

November 2–4
Chiapas Union Health Congress
San Cristobal de las Casas, Mexico

November 14–17
SID Health Summit
Johannesburg, SA

2019

February 1–11
GC - Leadership Council
Health Retreat
Montego Bay, Jamaica

March 12–17
General Conference
Nutrition Council
Tasmania

March 22–24
SAD ARMin Global Training
São Paulo, Brazil

July 9–13
3rd Global Conference
on Health and Lifestyle
Loma Linda, CA

RESEARCH UPDATES

Share Facts with Hope and Positive Choices



•**Video Game Addiction.** According to a two-year study of more than 3000 school-age children, video game addiction has been associated with problems in youth including depression, anxiety, social phobias, and lower school performance. Those who reduce their use of video games showed lower levels of the symptoms listed, but they still showed higher levels than the control group of children who never became addicted. The American Academy of Pediatrics recommends that parents limit screen time (including television, videos, DVDs, and video gaming) to no more than two hours per day. In doing so, you decrease your child's risk for poor school performance and mental health problems. Turn off the screen and give your kid a brighter and happier future. www.factswithhope.org (video 25).



•**Suicide Top Killer Among Adolescents.** Around the world, suicide is the second leading cause of death among youth ages 16-29. The U.S. Centers for Disease Control and Prevention (CDC) report the suicide rate in the U.S. has increased by almost 25 percent between 1999 and 2016. Harmful use of alcohol and illicit drugs among adolescents is a major issue in many countries and can lead to risky behaviors such as unsafe sex or dangerous driving. Do you know someone depressed, anxious, or abusing substances? Please encourage them to see a mental health professional immediately and share with them the resources on page 2 of this newsletter. www.positivechoices.com/tips/2018/06/10

•**Sad facts of opioid addiction.** Opioid deaths are higher than those due to hypertension, pneumonia, and HIV/AIDS combined. You hear a lot about this on the news. Deaths attributable to opioids have increased by 292 percent in the last 15 years. These amounted to 1.68 million person-years of life in 2016 alone—higher than those due to hypertension, pneumonia and HIV/AIDS. During 2016, 20 percent opioids in certain circumstances for short time periods, but using them recreationally in combination with other substances can be deadly. www.positivechoices.com/tips/2018/06/08

•**Depression Among Teens.** According to the 2013 National Survey on Drug Abuse and Health, one in 10 adolescents (10.7 percent) had a major depressive episode the previous year and 1.4 percent had a substance abuse disorder combined with depression. Sadly, only 38 percent received treatment. Knowing common depression symptoms among adolescents can help parents and friends offer help in a loving and non-judgmental way. Connecting depressive adolescents with adequate health care and treatment is a critical first step in reducing the high prevalence of depression and suicide in this age group. So let's judge less and help more. www.factswithhope.org (video 36).



Health Ministries News



Participants of the AAIM Congress

Tri-Division AAIM Congress

Kenya | African Divisions (ECD, WAD, SID)

The 7th Adventist AIDS-HIV International Ministry (AAIM) Tri-Division Advisory was held at the East Central Africa Division (ECD) Headquarters in Nairobi, Kenya, on July 1-6, 2018. The theme "AAIM- Help for Today and Hope for Tomorrow" was chosen to create acute awareness that this ministry is not only to take care of the basic everyday living needs among those affected by HIV, but also to give each individual an opportunity for eternity. According to Dr. Alex Laguno, AAIM Director, originally structured for about 60 to 70 participants targeting all the AAIM coordinators of all the unions in the three African divisions, the number swelled to 110 from East, West-Central and South Africa-Indian Ocean divisions, indicating the keen interest and ardent desire of many to be part of the compassionate, loving, merciful and grace-filled ministry. Collaborators and presenters were from ADRA and GC Health Ministry teams as well as representatives of the ministry of health. Some highlights were the expansion of AAIM into schools and the partnership with ADRA and Youth Alive. The fervent prayer of the organizers is that all who participated will continue to bless those they minister to with joy and vision.



Youth leaders join Dr. Reinert at the Youth Alive booth

New Youth Alive Version is Launched

Kessel, Germany | General Conference

The Youth Alive program, used by many around the world to help build resilience among youth against at-risk behaviors, has been revised. The newer edition of the program was launched in Kessel, Germany, during the Global Youth Leadership Congress on July 31-August 4, 2018. Youth Alive is a program drawing together many ministries to collaborate in discipling young people using the iCor (intergenerational churches of refuge) model, which is critical for the success of the program. Health, Youth, and Family ministries, along with Education, and Global Mission leaders are involved. New branding and a brand-new online portal now offer various resources at the fingertip of youth and youth leaders. Leaders from every division of the Seventh-day Adventist Church welcomed the program enthusiastically: "I have been longing for a program like this for years," said Alastair Agabaje, one of the youth leaders for the Trans-European Division. Starting in 2019 Divisions from around the world can start hosting Youth Alive training and conferences. "We pray that many young people will be feel loved, accepted and also find their purpose in Christ through this program," said Dr. Katia Reinert and Gary Blanchard, GC Youth alive Coordinator.



International Mission Congress attendees

International Medical Missionary Congress

Ilisan, North Korea | Northern Asia Pacific Division (NSD)

Hundreds of attendees participated of the International Medical Missionary Congress that took place during the International Mission Congress at the KINTEX (Korea International Exhibition and Convention Center) from August 9-10, 2018. One of the aims of the Congress was to promote a correct and balanced understanding of the Adventist health message and to review the mission of medical evangelism which is the right arm of the gospel. Dr. Peter Landless, Health Ministries Director of General Conference, along with Dr. Youngil Choi, Northern Asia Pacific Division Health Ministries director, conducted seminars, and over 500 participants were equipped to minister to the health needs of the local community. At the conclusion of the event a certificate was share with those who completed the training and many left inspired to care for those in the cities.



Participants of the Northern Tanzania Union CHM Training.

West Kenya Union and Northern Tanzania CHM Trainings

Kenya and Tanzania | East Central Africa Division (ECD)

During the month of August two Unions in the East-Central Africa Division helped sponsor two Comprehensive Health Ministry (CHM) training events. The first took place in Kisumu, Kenya at the West Kenya Union Mission headquarters from August 22-24, 2018. Organized by a collaboration between Health Ministries and Women's Ministries, attendees were Conference and Union health leaders, administrators, health professionals, and women- and health-ministry leaders. Dr. Katia Reinert was the main speaker, and several action plans were initiated by each conference represented. Enthusiastic. The second training took place in Mwanza, Tanzania, from August 27-February 1, 2018, sponsored by the Northern Tanzania Union. Nearly 500 attendees came together for the 6 days, including pastors, conference and local church health leaders, as well as lay leaders. An action plan was also initiated with specific goals in mind. Presenters were Dr. Fesaha (ECD), Dr. Laguno (AAIM), and Dr. Reinert (GC HM) inspired attendees at both events. Attendees of both events praised the Union leaders for organizing a n inspiring event, first of its kind for both Union Missions.