

Breathe



A HALF-DAY ONLINE RETREAT
FOR PARENTS OF CHILDREN
WITH MENTAL ILLNESS

March 27, 2021

TABLE OF CONTENTS

Letter from Kay	1
Program Schedule	2
Workshop Descriptions	3
Speakers & Bios	4
Notes	7
Recommended Resources	10

LETTER FROM KAY

Dear Friends,

Welcome to Breathe! Thank you for joining me and nearly 300 other parents for this online retreat. While I wish we could be together in person, it's still good to be with you to share our common experiences of being the mom or dad of a child with mental health challenges.

Rick and I became very well acquainted with the mental health system while seeking care, treatment and support for our son, Matthew, during his 20-year battle with serious mental illness. Even though there were some good times – times when the happy, creative, funny person he truly was on the inside peeked through, I often felt worried and confused, unsure of the decisions we as parents made, and I found myself increasingly hopeless as his illness continued with few signs of stability or wellbeing.

Over the years, I realized if I didn't pay closer attention to myself physically, emotionally, and spiritually, I would not have the energy or stamina I needed. I learned the value of connecting with God and others in meaningful ways, and these connections strengthened and sustained me on many dark days. I began to practice spiritual, emotional, and physical habits that poured life back into the dry, parched places in my soul, allowing me to survive and even thrive.

Out of the long journey with our son, I developed a passion to link up in rich community in a retreat setting with other parents of children who experience mental illness. I'm convinced that in these safe, supportive spaces, some of the joys are multiplied, and the heartaches are halved as we listen to each other's stories – celebrating the "improvement," empathizing with the "hard," commiserating with the "unbelievable" and praying for the "miraculous."

Today, my prayer is that this online Breathe Retreat will be a welcoming place for you to lay down your burdens for a few hours, laugh and grieve with others in affinity, breathe deeply and experience hope in a new way.

Warmly,
Kay

PROGRAM SCHEDULE

- 9:00am PT** Main Session
- 9:50am PT** Workshop Sessions*
- Navigating a Mental Health Crisis**
presented by Steve Pitman
- Parenting a Child with a Mood Disorder**
presented by Dr. Sidney Hankerson
- Been There, Done That: The Voices of Parents in Pain**
moderated by John and Kelly Rosati
- 10:35am PT** Breakout Discussion Rooms
- 11:05am PT** Main Session
- 12:00pm PT** Online Retreat Ends & Optional Lord's Supper (communion)

**For an overview of workshop descriptions please see page 3. For information about the presenters and panelists, please see page 4.*

WORKSHOP DESCRIPTIONS

Navigating a Mental Health Crisis

Presented by:
Steve Pitman

When a mental health crisis occurs – especially if it's the first time - many families and loved ones are completely unprepared and don't know how or where to seek help. It's common to experience overwhelming, chaotic emotions, and be paralyzed by difficult decisions. Steve Pitman has walked this painful journey as caregiver for both his brother and his niece and has helped countless families in his years of service through NAMI. If you are worried about your loved one experiencing a mental health crisis, this session gives you tools to recognize precipitating events leading up to a crisis, what you need to know to help yourself and your loved one through the crisis, how to follow up afterwards, and how to connect with ongoing support.

Parenting a Child with a Mood Disorder

Presented by: Sidney Hankerson, MD, MBA

Parenting when depression, bipolar, or other mood disorders are present can be quite challenging over the lifespan of the individual. Dr. Sidney Hankerson will address diagnosing and managing mood disorders in children, adolescents and adults, as well offering encouraging words of comfort and support to weary moms and dads.

Been There, Done That: The Voices of Parents in Pain

Panel moderated by:
John and Kelly Rosati

A parent of a child with a mental illness knows within seconds when they are with another parent who has walked a similar journey. The shared experience of making more mundane decisions about school adaptations and therapy to facing seemingly impossible decisions about substance misuse, homelessness, and violence is a common bond that only other parents in this club have. The panelists in this session share honestly from their experiences – the good, the bad, the heartbreaking, and the hopeful.

SPEAKERS & BIOS



Kay Warren | Host & Main Session Presenter

Kay cofounded Saddleback Church with her husband, Rick Warren, in Lake Forest, California in 1980. After the death of her son, Matthew, who lived with serious mental illness for most of his life, she founded Saddleback's Hope for Mental Health Initiative as a way to support individuals and family members of loved ones with mental illness and suicidal ideation. Kay is a board member of the National Action Alliance for Suicide Prevention and is active in mental health and suicide prevention efforts in Orange County, CA. Kay has written multiple books including, *Choose Joy: Because Happiness Isn't Enough*.



Dr. Sidney Hankerson | Parenting a Child with a Mood Disorder Workshop Presenter

Dr. Hankerson is a Co-Director of the Columbia University Wellness Center and Assistant Professor of Clinical Psychiatry at Columbia University. He participated in the White House Dialogue on Men's Health after publishing the first-ever depression screening study in African American Churches. As a clinician, Dr. Hankerson provides clinical services in Harlem, New York. He is passionate about working with faith communities to help people integrate their faith into their mental health care.



Steve Pitman | Navigating a Mental Health Crisis Workshop Presenter

Steve serves as a member on the Board of Directors for NAMI (National Alliance on Mental Illness) National and as President of the Board for NAMI Orange County. Steve is passionate about giving back what was so freely given to him when he sought help for his brother, John, and his granddaughter, Melissa, who was diagnosed with bipolar disorder. Steve was able to serve as his brother's caregiver for the last 15 to 20 years of his life because of the tools he learned from NAMI and the Family-to-Family class.

SPEAKERS & BIOS



John and Kelly Rosati | Been There, Done That: The Voices of Parents in Pain Workshop Moderators

John is retired from the United States Air Force and has spent his post Air Force career serving children. Kelly is an attorney by education and has spent her professional life in child and family advocacy. They have five children and live near Colorado Springs, CO. Four of the Rosati's five adolescent and young adult children live with mental illness. Their family knows this journey inside and out. John and Kelly have written about their journey of adopting children through the foster care system in their book, *Wait No More*.

Panelists



Shawn Williamson | Been There, Done That Workshop Panelist

Shawn is a mother, grandmother, and great grandma - but most of all, a lover of Jesus. As a mother with an adult child living with mental illness, she is no stranger to the unique challenges of this journey. Shawn also serves on the Saddleback Worship Team, leading worship at Saddleback Church Lake Forest.



Tim and Cheri Healy | Been There, Done That Workshop Panelists

Tim and Cheri are proud parents of two remarkable adult children. Tim is the President of ARB Inc., a subsidiary of a publicly traded energy infrastructure construction company. He has volunteered in student ministries at Saddleback Church, with Saddleback Kids, and High School Ministries for over 20 years. Cheri worked for Saddleback Church's High School Ministry, has led life-groups, and worked for the Office of Kay Warren in the HIV&AIDS and mental health ministries. Cheri has a heart for teenage students who struggle with mental health. Tim and Cheri's daughter has struggled with depression, anxiety and an eating disorder for over 10 years.

S P E A K E R S & B I O S

Special Features



David Mandani, MSW, LCSW | Special Feature

David is the Founder and President of Saving Face Saving Grace (SFSG), a Christian mental health organization focused on raising awareness and providing education to anyone impacted by mental illness. He served as a volunteer at Saddleback Church for many years, then as Pastor of Mental Health from 2016-2020. He is presently a doctoral student at The King's University in Dallas-Ft.Worth, TX. Diagnosed with schizophrenia at the age of 18, David offers a unique perspective as a person with lived experience, and as a parent advocate. He is fully committed to sharing the comfort and HOPE that he has found in Jesus Christ.



Brooke Thompson, M-HYI | Special Feature

Brooke is a certified Holy Yoga teacher who also specializes in Holy Yoga Touch & Holy Yoga Kids. Her joy is creating space for body, mind and soul to be NOURISHED by the Spirit through movement, breath and meditation on God's Word. She runs a home studio and lives in Ladera Ranch, CA with her husband and three daughters.

RECOMMENDED RESOURCES

[KayWarren.com](#)

As a mom of a child with mental illness, Kay often felt overwhelmed by the lack of mental health resources and the time it took to find reputable information. Her website was created to be a place where people can come and easily access trustworthy and helpful material without having to spend hours searching the Internet. Please visit the specific mental health pages on her website: [ADHD](#), [Anxiety](#), [Bipolar Disorder](#), [Borderline Personality Disorder](#), [Depression](#), [Eating Disorders](#), [Grief](#), [Obsessive Compulsive Disorder](#), [Schizophrenia](#), [Students](#), [Substance Misuse Disorder](#), [Suicide](#), [Support for Families and Friends](#), [Trauma](#).

[Mental Health Resource Guide for Individuals and Families](#)

The Mental Health Resource Guide for Individuals and Families is provided free of charge. It includes basic education about common mental illnesses, answers to frequently asked questions, and helpful information for families on how to support their loved ones with mental illness. It is designed to serve as a simplified reference guide and should not be utilized as a diagnostic tool. Click [HERE](#) to download the Resource Guide.

[Saddleback Church's Monthly Hope for Mental Health Community](#)

The Hope for Mental Health Community is a safe place for anyone living with or affected by mental illness. These monthly online gatherings are a time to connect with others who live with mental health challenges, learn from professionals in the fields of psychology, theology, and wellness, and gain spiritual strength from God and each other. Please join us on the 4th Sunday of each month at 1:00 pm PT at [Facebook.com/KayWarrensPage](#). You can view previous Hope for Mental Health Community events at [KayWarren.com/Community](#).

[How to Navigate a Mental Health Crisis Seminar](#)

This four-hour recorded seminar, hosted by the Saddleback Church Hope for Mental Health Ministry, will give you the tools to recognize the precipitating events leading up to a crisis, what you need to know to help yourself or your loved one through the crisis, how to follow up afterwards, as well as ways to connect with on-going support.

- Click [HERE](#) to follow along with the PowerPoint presentation.
- Download the handouts [HERE](#).

RECOMMENDED RESOURCES

Books

The Bipolar Disorder Survival Guide, Third Edition: What You and Your Family Need to Know
by David J. Miklowitz, PhD

DARE: The New Way to End Anxiety and Stop Panic Attacks by Barry McDonagh

Downcast: Biblical and Medical Hope for Depression by Jennifer Huang Harris, MD; Harold G. Koenig, MD; and John R. Peteet, MD

Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature by Peter Scazzero

Finding Quiet: My Story of Overcoming Anxiety and the Practices that Brought Peace
by J.P. Moreland, PhD

Glorious Weakness: Discovering God in All We Lack by Alia Joy

Grace for the Afflicted: A Clinical and Biblical Perspective on Mental Illness
by Matthew S. Stanford, PhD

Grace for the Children: Finding Hope in the Midst of Child and Adolescent Mental Illness
by Matthew S. Stanford, PhD

How We Love: Discover Your Love Style, Enhance Your Marriage by Milan & Kay Yerkovich

How We Love Our Kids: The Five Love Styles of Parenting by Milan and Kay Yerkovich

I Am Not Sick, I Don't Need Help! How to Help Someone Accept Treatment by Xavier Amador, PhD

Inside a Cutter's Mind: Understanding and Helping Those Who Self-Injure by Jerusha Clark
with Dr. Earl Henslin

Overcoming Borderline Personality Disorder: A Family Guide for Healing and Change
by Valerie Porr, MA

Surviving Schizophrenia: A Family Manual by E. Fuller Torrey, MD

Talking to Depression: Simple Ways to Connect When Someone in Your Life is Depressed
by Claudia J. Strauss

Talking to Eating Disorders: Simple Ways to Support Someone Who Has Anorexia, Bulimia, or Other Eating Disorders by Jeanne Albronda Heaton, PhD and Claudia J. Strauss

RECOMMENDED RESOURCES

Organizations and Websites

[Crisis Text Line](#)

Text HOME to 741741 to connect with a trained Crisis Counselor.

[National Suicide Prevention Lifeline](#) | 1-800-273-TALK (8255)

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Call 1-800-273-8255, en Español 1-888-628-9454, or visit their website to connect via online chat.

[2-1-1](#)

Provides free and confidential information and referral for mental health services, help with food, housing, employment, counseling, and more.

- Crisis Assessment Team (CAT) - A Crisis Assessment Team provides 24/7 mobile response services for clients of all ages who are experiencing a mental health crisis or suicide risk. Team clinicians are often the first point of contact between the client and the county mental health system. The teams assist law enforcement, paramedics, social service agencies, and families by providing mental health crisis assessment services. Call 2-1-1 to see if your county offers this service.

[Mental Health Grace Alliance](#)

The Grace Alliance is a Christian based organization that provides support groups for individuals, parents, and loved ones. Their support groups combine neuroscience and faith with the hope of building mental and emotional health resiliency.

[National Alliance on Mental Illness \(NAMI\)](#)

NAMI is the nation's largest grassroots mental health organization which provides education classes, support groups, and resources for individuals and families.

[Sources of Strength](#)

Sources of Strength is a strength-based, comprehensive wellness program used in schools that focuses on suicide prevention but impacts other issues such as substance abuse and violence. They have created great [resources](#) for students and families to strengthen mental health and resilience during COVID-19. Download a free family guide [HERE](#).

**For additional recommended books, organizations, and resources
please visit [KayWarren.com/MentalHealth](https://www.kaywarren.com/MentalHealth).**