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Mental Health Resource Foundation

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The Foundation nears completion of another year. For some of us who have been involved with the Foundation from the beginning, it will be just one more year of many. The Foundation has been in existence for well over 20 years. I remember in the early 1980's when the Foundation received its first private non-profit status. The name then was *Substance Abuse Volunteer Efforts Inc.* or *S.A.V.E. Inc.* At that time we provided LDS tailored Alcoholics Anonymous support groups. Then we transitioned to being a library of many resources in addition to alcohol and drugs. We changed the name to *Hidden Treasures Institute* or *H.T.I.* Later, in an attempt to capitalize on the LDS resources we changed the name again to *LDS Mental Health.Org* and used this same name for the website address. We still receive hits daily of individuals accessing the website using the old address *LDSMentalHealth.Org*. About 4 years ago the Foundation name changed one more time to *Mental Health Resource Foundation*. The Foundation name changes have always occurred after much deliberation and in an effort to improve the image and increase the use of the resources. Although the names of the Foundation have changed over the years, the primary goal of helping LDS persons experiencing life challenges has not. We continue to be committed to the core principles – consistent with the teachings of the LDS Church - upon which the Foundation was founded and to provide resources on mental illness, addictions, and other emotional challenges. The Foundation exists because of ongoing devotion of volunteers and financial contributors who continue to believe in Foundation's mission. In 2008 the Foundation will continue to explore alternatives to improve resources and increase awareness. In fact, we are currently consulting with national business and marketing experts to further refine Foundation objectives. I am grateful for those supporting and overseeing the Foundation activities. They devote many hours in shepherding the Foundation's direction and quality of services. I look forward to an improved year in which the Foundation will enrich its resources and help more and more saints in need.

Happy Holidays!

Dr. Rick

Executive Director

Impulses

To experience life is to feel impulses. An impulse is an urge of the human body to gratify its appetites, its desires and its passions. Impulses are our friend when they are satisfied in moderation and submit to self-mastery. Impulses are our enemy when they are left unchecked and self-mastery surrenders to the bad impulse. We receive impulses mentally and emotionally depending on our genetics, environment, thinking, and choosing.

We have the power to think and to act therefore we have power to choose good impulses and reject bad impulses. If a person has not silenced his conscience by over submission to bad impulses he will know if an impulse is good or bad. There is something within each of us which urges us to rise above ourselves, to control our environment, to master our body. A great challenge in life is to learn how to overcome bad impulses and to act on good impulses. If we continually submit to a bad impulse the spirit surrenders to the bad impulse.

Lack of awareness of bad impulses is a sign that we may be impulse driven and a substance or an activity has started to control our lives. If we consistently defend or minimize bad impulses we are probably impulse driven and likely on the path to addiction.

Impulse driven people often succumb to a desire, appetite or passion of the flesh. They have become a puppet on the string of a substance or an activity that controls their life. Our earthly existence is but a test as to whether we will concentrate our efforts, our mind, our spirit, upon things which contribute to fulfilling and gratifying our physical impulses or whether we will pursue spiritual qualities and develop self mastery over bad impulses.

Identify what physically or emotionally triggers the impulse and avoid it with determination.

RGC

Mission Statement:

To increase personal and family wellness, and decrease the burdens of mental illness, addictions, and emotional problems.

You Make the Difference

Did you know that individuals give 75% of all the money that charities receive? For charities like the Mental Health Resource Foundation the charitable contributions are essential if the Foundation is to continue providing services. One rule for claiming a charitable donation deduction is that you must donate to a qualified 501(c)(3) tax-exempt organization. Mental Health Resource Foundation is a qualified 501(c)(3) organization. Charitable donations are tax deductible. This reduces your taxable income and lowers your tax bill. Because of charitable donations the Foundation was able to send nearly 1,000 resource guidebooks to LDS Family Services in Mexico and provide educational seminars to hundreds of saints in three Western States. Donations can be made to the Foundation by:

- Mailing a cash donation directly to the Foundation.
- Using your credit card through the link "Make a Donation to the Foundation" provided on our website.

Foundation's Speakers Bureau

To help increase personal and family wellness and decrease the burdens of mental illness, addictions, and emotional problems, the Foundation provides speakers who are qualified to speak on a specific aspect of personal "family wellness" or on a particular mental health topic. Foundation speakers will be highlighted in the newsletter. Visit the website for more information on available speakers and topics.

Elayne P. Pearson offers practical, tried and true concepts to build a symbolic umbrella of "stress-busters" to help protect us from the rain showers and serious storms of this life. Her lively presentation will teach the importance of balancing our mental, physical, spiritual and social lives; recognize the symptoms when we are out of balance; and to stop, look and listen to our body and soul. Her lighthearted presentation is ideal for anyone striving to live beyond the crazy survival mode in this hectic world and can be tailored for the youth, singles, and couples.