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Mental Health Resource Foundation

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LDS Chaplains Seminar.

At the request of Colonel Frank W. Clawson, Rulon G. Craven and I made a presentation to the LDS Chaplains Seminar held at the Church Office Building. Elder Robert C. Oaks, Elder John M. Madsen, and about 70 LDS Chaplains from around the world were present. We presented the MentalHealthLibrary.Info website and the Guidebook on Pornography. A thank you note from Elder Robert C. Oaks read in part *“Your indepth knowledge of the issues and passion for helping those with pornography addictions was evident in this important work you are doing. The guidebooks and Internet website library will be a tremendous resource for our chaplains.”*

Mexico City.

Fifteen hundred Guidebooks have been delivered to LDS Family Services in Mexico City. These Guidebooks on mental illness and pornography have been professionally translated in Spanish. They provide suggested guidelines and specific local resources for clergy on how to help someone with mental health and pornography concerns. LDS Family Services and the Esther Foundation were among those who made this project possible. Sister Xio Ramirez Brown, Director of LDS Family Services in Mexico writes, *“I would like to thank you for the guidebooks which have been received quite thankfully by our leaders here in Mexico City. I think the manageable size of them plus the reader friendly format has helped a lot.”* The Foundation is currently preparing an Alcohol and Drug Guidebook in Spanish for Mexico.

Appreciation Banquet.

The banquet was held in the Empire Room in the Joseph Smith Memorial Building. Elder Marlin Jensen of the Seventy and Church Historian and Recorder was the keynote speaker. *“Most families or extended families have someone with mental health challenges of one type or another, so knowing where to turn for help is a blessing and a benefit”*, said Elder Jensen. He went on to say, *“There is so much competing for our time and talents and attention . . .there is a surplus of everything, including [good] causes. What is remarkable to me about this group [the Foundation] is that you have chosen [mental health], one of the most Christlike things you could do.”* Fred M. Riley, Commissioner of LDS Family Services was also a speaker at the Banquet.

Dr. Rick

Executive Director

Act or React

A number of years ago I read an article from the Chicago Daily News which made an impression on my mind concerning acting and reacting it read as follows:

I walked with my friend to the news stand the other night and he bought a paper, thanking the newsboy politely, the newsboy didn't even acknowledge it. "A sullen fellow, isn't he?" I commented. "Oh he's that way every night," shrugged my friend. "Then why do you continue to be so polite to him?" I asked. "Why not?" inquired my friend. "Why should I let him decide how I'm going to act?" As I thought about this incident later, it occurred to me that the important word was "act". My friend acts toward people; most of us react toward them. He refuses to be discourteous because then he would no longer be in command of his own conduct.

To react in a negative manner toward other people can become an automatic pattern of behavior. Reacting negatively takes no thought, no discipline and no effort. It is just releasing undisciplined thoughts and emotions toward another person and then living with the consequences. Refinement of character comes only to the few who when confronted in an unpleasant two-way conversation have learned to discipline their thoughts, emotions and speech. The ability to stop reacting negatively and act positively develops thought power, disciplined power, personal power and spiritual power.

Rulon G. Craven,
Foundation Board of Directors

Mission Statement:

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

Helping Individuals Stop Using Alcohol, Tobacco & Other Drugs Guidebook

The Foundation is announcing the completion of a new guidebook entitled "*Helping Individuals Stop Using Alcohol, Tobacco & Other Drugs.*" After final approval by the Foundation Board of directors this guidebook has been posted on the Foundation website and is available for purchase. This is the third guidebook in the series. The other two guidebooks are: "*Helping Families Cope With Mental Illness*" and "*Helping Individuals Stop Using Pornography.*"

This guidebook was written to help family, friends, and clergy who are assisting someone to stop using alcohol, tobacco and other drugs. The guidebook has been reviewed by outside advisors and their input is greatly appreciated. This booklet has five major sections. First is a checklist for clergy to oversee the process of helping the individual. Second is the section on understanding the nature of the problem. The third section is intended to help the individual develop a personal growth plan. The fourth section discusses how to provide ongoing help to maintain progress and last, is a reference section for help. There are numerous resources listed, interviewing principles outlined, and also an excellent article by Elder Russell M. Nelson on "*Addiction or Freedom.*"

We believe that this guidebook will be very helpful to caregivers, friends, family and clergy..

Available Speakers

Foundation speakers are now ready to assist local LDS congregations. Currently we have a number of qualified presenters capable of speaking on such topics as strengthening marriage, self-worth, addiction, same-gender attraction, and pornography. To apply for a Foundation speaker online, simply go to the Foundation's homepage, select the "Speakers" navigation button, and follow the instructions.