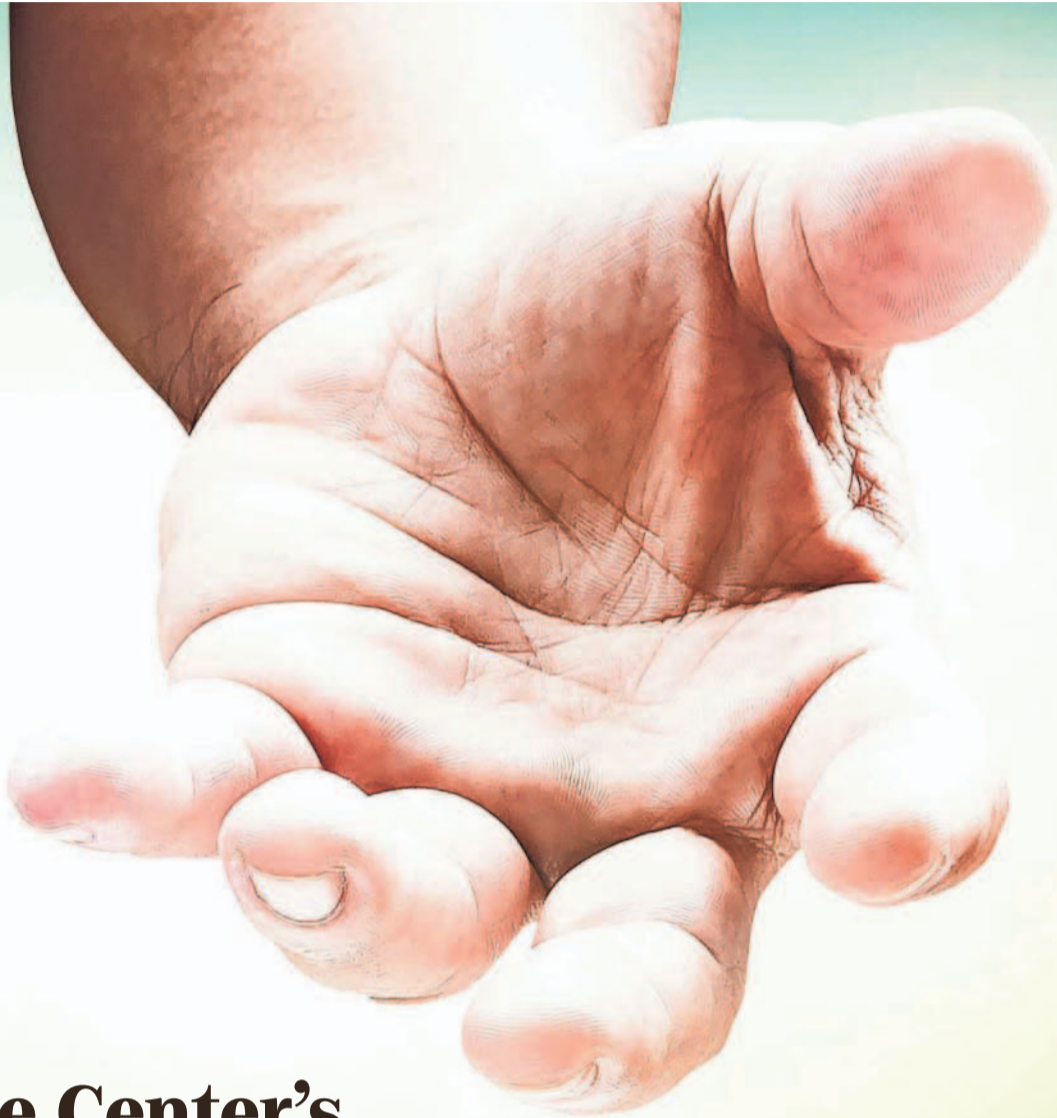


Blue Zones

‘Without your health, you’ve got nothing going on. I thank God every day for good health.’ – Ric Flair

SPECIAL TO THE NAPLES DAILY NEWS



David Lawrence Center’s Mindful Compassion: A Missional Movement

Emily Budd
Special to the Naples Daily News

With nearly 1 in 5 U.S. adults experiencing some form of mental illness in a given year¹, many are left looking some sort of support, and often look first to their church or pastor when a mental health crisis arises. Yet, many church leaders may not feel fully equipped to handle the complex issues surrounding mental health. In fact, a 2014 research study conducted by LifeWay found that only a quarter of churches (27 percent) have a plan to assist families affected by mental illness according to pastors, and only 21 percent of family members are aware of a plan in their church.²

That’s why the David Lawrence Center, a not-for-profit, leading provider of behavioral health solutions in Southwest Florida is partnering with local churches and faith organizations through a new initiative known as *Mindful Compassion: A Missional Movement*. Mindful Compassion provides faith organizations with ideas, tools, and resources to incorporate into their ministries aimed at developing them into stronger, more knowledgeable advocates for those facing mental health challenges. “Our hope is to create a strong coalition of the faith-based community who share the belief that our faith mandates us to serve those afflicted with mental illness, and to provide them and their families with the support and hope they

need,” said Emily Budd, Director of Development at David Lawrence Center. “This includes assisting parishioners who are suffering directly within their own churches.”

David Lawrence Center also works with faith-based organizations by inviting them to participate with clients to counsel, shepherd, and nurture the spiritual component of wellness and recovery plans. They offer their parishioners opportunities to personally serve and assist those in need through client and family prayer requests, collection drives, and faith counseling.

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