

Stories of Hope & Healing



July/August 2023

Beyond Casseroles

Bear one another's burdens, and so fulfill the law of Christ... And let us not grow weary of doing good, for in due season we will reap, if we do not give up. So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith.

Galatians 6:2, 6:9-10

In the verses above, Paul paints a picture of continuing to show up for people who are hurting, no matter how long their journey is. It's a beautiful picture, portraying a rare depth of love and friendship we all long for and few of us experience. It's a picture which goes far beyond flowers, cards and casseroles. These are all good things, yet they fall short of the needs of those whose mental health is suffering.

Why is this so hard to live out? Many of us may initially offer the answer that we are just too busy. This may be true, but if I can be so bold, I believe the reason goes much deeper than that. I believe that we have an intense fear of vulnerability, which is what is required to have the kind of relationships that notice when someone is deeply struggling. And vulnerability is a two way street - it also requires that we let others in on our own struggles and let them help us. No wonder we keep ourselves so busy - our schedules serve as a protective measure against the risks of vulnerability. Sadly, this feeds the stigma of mental health, just as much as minimizing it or misunderstanding it.

*vulnerability
is a
two way
street*



At In Him Christian Wellness, we see the yearning for the kind of relationships Paul describes and we see how difficult it is to implement them. We also see a direct correlation between the increase of mental health needs and the decrease of deep, meaningful relationships. That is why we are partnering with churches to overcome the mental health stigma and

to equip them with the knowledge and tools to develop and maintain the love we are called to. If you or your church could use some help with this, please reach out to us. We would love to come alongside you wherever you're at in your journey.



Written by Abby Turner, MFT

Abby specializes in working with children, teenagers, and adults who are working through trauma, anxiety, and depression.

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In Him's First Annual Golf Tournament

In April we hosted our 1st Annual Golf Tournament at Eagles Crossing Golf Club sponsored by Kingdom Focused Financial. We were impressed with the dedication of 65 golfers that came to play despite a cold and rainy day.

Overall, we raised \$10,000 to help supplement funds for individuals and families to receive counseling and wellness services. Thank you to all of our 28 sponsors and 65 golfers!



Join us
next year on
Friday, May 17th
for our
**2nd Annual Golf
Tournament!**

A Brief History of In Him Christian Wellness

In Him Christian Wellness began in April 2016, yet the dream began decades earlier. As an undergraduate in Psychology, Jon Burchard became fascinated by the possibility of addressing mental health issues in a holistic manner. Jon studied the value of movement, healthy choices, and healthy relationships for one's sense of well-being. After several decades of working in varied mental health contexts through limited and specific means, Jon decided to return to his initial passion of caring for the whole person. In Him's first team consisted of Jon as therapist, Jon's daughter-in-law as massage therapist, and one other as nutritionist. The non-profit incorporated faith in these professional disciplines, and collaboratively helped individuals and families pursue wellness of mind, body, and spirit.

Even though In Him Christian Wellness has grown and changed, it has maintained the same focus of using varied disciplines to help all find hope and healing in mind, body, and spirit. The non-profit now has 35 staff members, including counseling and integrated services of movement, nutrition, finances, and massage.

PAST



A few In Him Staff, Jon on the right, 2017



PRESENT

Most In Him Staff, Jon on the right, 2022

Staff Spotlight: *Whittaker "Whit"*



Whittaker (or "Whit" for short) is a therapy dog certified through the Alliance of Therapy Dogs. He is a Newfie-Doodle--half Newfoundland, half poodle. A true gentle giant, he loves snuggling, getting brushed, playing ball, and doing tricks for treats. He is always eager to please and seems to know when someone needs a little extra love.

Whit and his handler Abby Turner, a Marriage and Family Counselor, use approved Animal Assisted Therapy methods in their counseling work with children, families and adults.

Animal Assisted Therapy has been shown to reduce anxiety, depression, and aggression while also improving emotional regulation, awareness, and confidence. Whit will be at the Carlisle office and some In Him events!



Partner Spotlight: *Story and a Snack*

In Him Christian Wellness collaborated with The Cracked Pot Coffee Shop in Mechanicsburg to offer a five week series for young children called Story and a Snack. Classes took place on the upper level of the Cracked Pot on Mondays at 10 am in May and June. The theme for the series was "Eat the Rainbow." Each week, children learned about a different color fruit, listened to a story about the fruit, and assembled a simple snack including the fruit of the week.

The class was led by one of In Him's Registered Dietitian Nutritionists, Christine Barnett. Christine also shared a nutrition message about the different colored fruits and taught the children a simple food preparation skill each week, such as peeling, spreading, and stirring. Coffee or tea was included for adults in the registration price courtesy of the Cracked Pot.

The event was a huge success and was well received by attendees. The first 3 weeks sold out with 10 families joining and the number of kids attending per week ranging from 7-14. There will be a **Movement and Mindfulness** class for school-aged children this summer at the Cracked Pot and another **Story and a Snack** series for young children this fall.



Movement & Mindfulness Class is July 12 – August 2 for ages 5-10

Story and a Snack returns September 18 – October 16 themed around Food Explorers



Mindful Moment: Mountain Breathing

6 seconds

Inhale and imagine climbing a mountain; pull in as much air as you can to fill up your lungs fully for 6 sec.

4 seconds

Hold the air in your lungs for 4 sec. and imagine soaking in the view at the top of the mountain (what do you see, feel, hear, experience?)



8 seconds

Exhale and imagine climbing down the mountain; allowing yourself to slowly and controlled let go of all the air in your lungs for 8 sec.

3rd Annual

Wellness Fair



A Holistic Approach to
Mental Health



Daybreak
CHURCH

September 9, 2023

10 am - 2 pm

Daybreak Church

321 Gettysburg Pike, Mechanicsburg

In Him Christian Wellness and Daybreak Church are partnering to create an environment of hope, healing, and acceptance. We will be providing resources on mental health topics, partners in the area that work toward mental wellness, and 3 workshops ranging from Caregiving, to Parenting, to Holistic Wellness with Anxiety and Depression.



Join us for this **FREE** event with information, food, raffles, and giveaways!

Visit:

www.inhimchristianwellness.org/wellness-fair for more information.

Stay Connected!



Find out more about In Him Christian Wellness; our services, intake process, and events.

Scan the QR code to the left for links to our Website, Social Media, and other ways to stay connected.

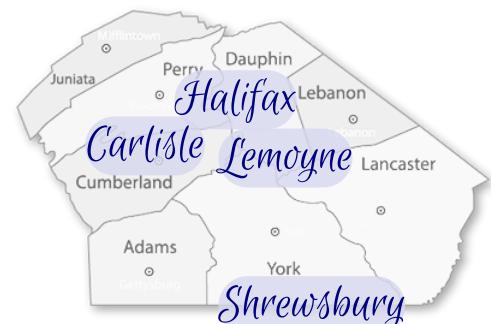
www.inhimchristianwellness.org



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Visit us at one of our four locations!



In Him Christian Wellness is a faith-based non-profit that addresses mental health from a Christ-centered, holistic perspective. Through professional services, collaborative care, and partnering with the local church, In Him seeks to promote hope and healing to all.

In Him is committed to providing services regardless of ability to pay. Connect with us to find out more!

