

Health Ministries News



Facilitators and youth leaders present at the Youth Alive in Zimbabwe.

Youth Alive Inspires Youth in Zimbabwe

Harare, Zimbabwe | Southern Africa Indian Ocean Division (SID)

The East Zimbabwe Union leadership brought youth and young adults together across conferences for a Youth Alive facilitator training and conference near Harare from April 15-20, 2024. Young leaders and their mentors convened from near and far, eager to be equipped to help peers who are struggling with substance use disorders, behavioral addictions, mental health problems with suicide ideation, and abuse at home. Experts across Zimbabwe and neighboring countries introduced seminars and plenaries to address these problems, and youth leaders had opportunities for frank conversations with the youth and young adults. Inter-generational mentoring, engagement in selfless service, and leading youth to find purpose in God as their Highest power are some of the resilience factors predominant in Youth Alive. Through education, fun cooperative games, worship, and small friendship activities, the young people left inspired to start Youth Alive groups across the country.



SPD leaders together at the launch of the AI Assistant Hope, in Fiji.

Addiction Recovery Training Draws a Crowd

Bucaramanga, Colombia | Eastern Colombia Union (IAD)

Nearly 300 Adventist pastors, ministry leaders, health professionals, and lay members joined with enthusiasm from May 2-4, 2024 for the addiction recovery training entitled Journey to Wholeness in Barquisimeto, Colombia. This training of facilitators was sponsored by Adventist Recovery Ministries - a vital ministry under the Health Ministries department that aims at walking beside people struggling with different kinds of behavioral addictions or substance use disorders. It was the only second training done in Spanish in the Inter-America Division (IAD) territory. Participants recognized the need for this Christ-centered approach to facilitate the recovery process, sharing personal stories of healing and the positive impact of reaching people with a holistic message of hope.



Participants of the Lifestyle Coaching Skills Workshop at UNASP-EC, Brazil.

Central Brazilian Union Emphasizes Lifestyle Coaching in Outreach

Sao Paulo, Brazil | South American Division (SAD)

The Sao Paulo Adventist University (UNASP-EC) hosted a Lifestyle Coaching Skills workshop on May 24-26, 2024 for health professionals, pastors, church leaders, and students to equip people to develop trusting relationships with people interested in improving their health. Co-sponsored by the Central Brazilian Union and the University in Sap Paulo, the goal was to teach listening skills well and reflectively, asking powerful questions that lead the participants to evaluate their health and wellness and design a lifestyle change plan. The course included critical time for practicing coaching skills challenging participants to integrate Christ's model and method of ministry into their approach to reaching people. Plans were set in motion to use the new skills in health programs across and other ministries at the local church.



Participants at the inaugural Youth Alive Conference in Battambang, Cambodia.

Youth Alive Comes to Cambodia

Southeastern Asia Union Mission (SSD)

The SEUM recently hosted its inaugural Youth Alive program at the Center of Influence (COI) in Battambang, Cambodia, drawing over 100 young leaders from four countries from July 25-27, 2024. The vibrant event brought together delegates from Cambodia, Vietnam, Laos, and Thailand, marking a significant milestone in SEUM's commitment to nurturing youth resilience and leadership. Materials were translated into all these languages with assistance from the General Conference. Youth were inspired to start friendship groups in their territories. The Youth Alive program is vital when considering the significant challenges faced by young people in these countries. The youth and health director of the SEUM asserted that Youth Alive is set to become a cornerstone of SEUM's efforts to cultivate a fully alive, resilient generation of leaders ready to make a meaningful impact in their communities. The program's introduction in Cambodia and the broader region represents a significant step forward in empowering the youth to navigate the challenges of modern life while remaining rooted in their faith. It also challenges youth to reach out to unreached friends who may never heard about Jesus and His bright plan for their futures.



THE HEALTH CONNECTION

Every church a center of hope and health.

REACH UP

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Focus on a Spirit Led Revival



United in Prayer

Join in our Quarterly Days of Prayer. We invite you to pray with your local church family. Check the tips for fasting or the quick guidelines to leading united prayer. Learn more at <https://bit.ly/3xdA3q8>

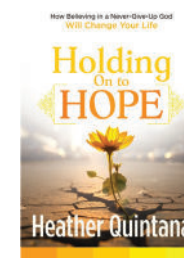


Believe His Prophets

Believe His Prophets, the sequel to Revived by His Word, is a five-year program of reading through the Bible and selected Ellen White writings, including Steps to Christ, Christ's Object Lessons, Patriarchs and Prophets, Prophets and Kings, The Desire of Ages, The Acts of the Apostles, and The Great Controversy. You can receive daily Bible readings, participate in interactive blogs, and read select inspirational writings. Sign up at <https://bit.ly/4bnrkQj>.

Books

Hold on to Hope, by Heather Quintana. Discover an often-overlooked Bible verse that will inspire you to hold on to hope even when things seem hopeless. When you're tempted to give up on a dream, goal, situation, person, or even yourself, this is a reminder that God hasn't given up, and He doesn't want you to either. <https://bit.ly/3NaRz2V>



Seasons Change



"There is a time for everything and a season for every activity under the heavens..." Ecclesiastes 3:1.

The seasons of the year change, bringing opportunities to plow, plant, nurture, and harvest. Each season may bring challenges—freezing or excessive heat, drought or floods, and even fires. Just so are the seasons of life.

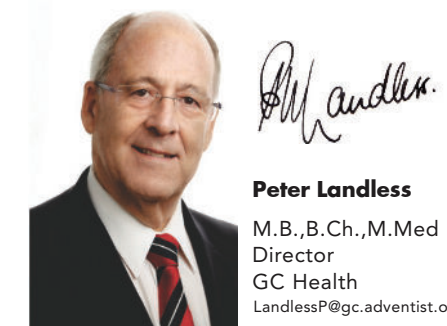
After 23 years of service in Adventist Health Ministries at the General Conference, and a total of 49 years as a physician, academic, pastor, and administrator in the service of the Lord and Church I love, it is a privilege to pass the baton of leadership to Dr. Zeno Charles-Marcel. May the Lord grant you wisdom, courage, and a double portion of His Spirit daily in this sacred task, Zeno. We will soon welcome Dr. Milton Mesa and family to Silver Spring – Bienvenido! We are blessed to have Dr. Katia Reinert's continued and energetic leadership. *Obrigado!*

I enter retirement in November with deep gratitude to God for all He has done for me and for the immense honor and privilege it has been for me to work with our World Church and the communities it serves around the planet. I am thankful for each of you – our global team of health ministers/missionaries who diligently extend the healing of Jesus Christ through comprehensive health ministry (CHM), sharing wholeness, and serving all. I salute and thank my mentors, teammates who have served in the past, and the current GC Health Ministries Team through whom God will continue to work mightily. As health leaders, each of you has made the difference in so many lives through your dedicated

ministry, the sharing of your wealth of skills in health, and the creating of useful and needed resources assisting people stop smoking, navigate recovery from addictions, and celebrate health and live life to the full.

Many young people are benefitting from strengthened or even newly developed resilience through Youth Alive. Mental and emotional health, a priority of our health of our work for two decades, culminated in the launch of the Reminded® program last year. Supporting health behavior change and running sustainable lifestyle centers are priorities in our global work. Supporting the start-up and sustaining of medical, dental, and nursing programs remains a priority.

We live in climatic times – the world is in chaos with disasters, conflicts, and escalating wars. May we not grow weary modeling and sharing this powerful and grace-filled Health Message to a broken world. I remind you of Ellen White's words: "I wish to tell you that soon there will be no work done in ministerial lines but medical missionary work." *Counsels on Health*, 533 (1901). LDE 80.3 Maranatha! Even so, come Lord Jesus.



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Health Ministries Resources

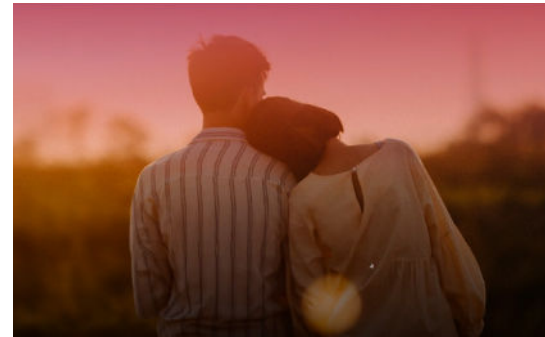


• **World Mental Health Awareness Day (October 10).** Safe, healthy working environments can act as a protective factor for mental health. Unhealthy conditions, including stigma, discrimination, and exposure to risks like harassment and other poor working conditions, can pose significant risks, affecting mental health, overall quality of life, and consequently, participation or productivity at work. With 60% of the global population in work, urgent action is needed to ensure work prevents risks to mental health and protects and supports mental health at work. For more on the WHO World Mental Health Awareness Day, visit <https://bit.ly/4drbrjO>

• **ADRA's New Mental Health Initiative.** ADRA Marketing and Development has started a fresh mental health focus featuring ADRA projects that relate directly to mental health and have webinars and conversations with mental health professionals. The quick off is a webinar for parents and caregivers. Join ADRA for a special World Mental Health Day webinar entitled "Let's Talk Mental Health: How Can I Help My Child" with ADRA's Mental Health Specialist WeAnne Estrada-Magbunua, MPH, and Shannon Trecartin, Vice-Chair and MSW Program Director for Andrew's University. You can learn more and sign up at Learn more at <https://bit.ly/3ZSW4qn>

• **Official Adventist Health statements.** The Adventist church has voted on several official statements and guidelines

about whole-person health and healing. These statements are related to physical, social, behavioral, and mental health. These include reproductive health, care of the dying, addictions, domestic violence, human cloning, poverty, sexuality, immunizations, and more. Check the GC Health Ministries website link at <https://bit.ly/3Ya8QQf> and help share these statements widely so they can help bring balance and a biblical approach to some of these vital themes. <https://bit.ly/47ZmQzy>



• **International Day of Persons with Disabilities (December 3).** Disability inclusion is essential for upholding human rights and sustainable development globally. <https://bit.ly/48Aexdi>. The Adventist church has advocated for inclusion, respect, and dignity for all, regardless of abilities. While we recognize the reality of disabilities and loss through the Adventist Possibility Ministries, we view these through the transforming lens of possibilities, what individuals can do and become because of God's grace. On this special day, check the resources available via this ministry at <https://bit.ly/3TVSXtV> and <https://bit.ly/3PYhZYX>

HM CALENDAR

2024

October 4-6 Lifestyle Coaching Training
Polish Union
Poland

October 9-11 GC LEAD Conference
United States

October 12-16 GC Annual Council
United States

October 18-20 Lifestyle Coaching Training
Czech Union
Czech Republic

October 28-November 2 Youth Alive Training/Conference
Southern Asia Division
India

November 5-8 Lifestyle Coaching Training
Sydney Conference
Australia

November 12-17 Lifestyle Coaching Training
Australian Union (NSW & NNSW)

December 8-14 Youth Alive Facilitator Training
West and East Kenya Unions

January 9-12 Lifestyle Coaching Training
Herghelia School of Nursing
Romania

February 5-16 Enliven Wellness Training and Retreat
Gulf Field, UAE

February 21-23 ARMin Facilitator Training
South Africa Union

February 28-March 5 Lifestyle Coaching Training
FAGU Union
Martinique & Guadalupe

RESEARCH UPDATES

Share Evidence-Based Health Information



October focuses on Mental Health and Addiction recovery. Here are myth busters to share with others:

• **Myth: You only need to take care of your mental health if you have a mental health condition.***

Fact: Everyone can benefit from taking active steps to promote their well-being and improve their mental health. Similarly, everyone can actively engage in healthy habits to optimize their physical health.

• **Myth: Nothing can be done to protect people from developing mental health conditions.***

Fact: Many factors can protect people from developing mental health conditions, including strengthening social and emotional skills, seeking help and support early on, developing supportive, loving, warm family relationships, and having a positive school environment and healthy sleep patterns. The ability to overcome adversity relies on a combination of protective factors, and neither environmental nor individual stressors alone will necessarily result in mental health problems. Children and adolescents who do well in the face of adversity typically have biological resistance and solid and supportive relationships with family, friends, and adults around them, resulting in a combination of protective factors to support well-being

• **Myth: Bad parenting causes mental conditions in adolescents.***

Fact: Many factors – including poverty, unemployment, and exposure to violence, migration, and other adverse circumstances and events – may influence the well-being and mental health of adolescents, their caregivers, and the relationship between them. Adolescents from loving, supportive homes can experience mental health difficulties, as can adolescents from homes where there may be caregivers who need support to maintain an optimum environment for healthy adolescent development. With support,

caregivers can play an essential role in helping adolescents to overcome any problems they experience.

*Adapted from UNICEF for Every Child: <https://uni.cf/3Y9RP8A>



• **Myth: People with mental health conditions are violent.**

Fact: Most people with mental health conditions are no more likely to be violent than anyone else. Only 3%–5% of violent acts can be attributed to individuals living with a serious mental illness. People with severe mental illnesses are over ten times more likely to be victims of violent crimes than the general population. You probably know someone with a mental health condition and don't even realize it because many people with mental health conditions are highly active and productive members of our communities. <https://bit.ly/4dvXVV9>

Global Health Calendar Emphasis 2024



October-December

October 10
World Mental Health Day

November 14
World Diabetes Day

November 19
World Day for Prevention of Violence Against Children

December 01
World AIDS Day

December 3
International Day of Persons with Disabilities