



England Therapy

Navigating Life **Depression**



Jerred England, LMFT



JERRED ENGLAND

Licensed Marriage & Family Therapist

LIFE EXPERIENCE

Husband, Dad, former Youth Minister & Preacher, Eclipse Critic

MENTAL HEALTH EXPERIENCE

Licensed since 2015, Masters in 2012, worked in community mental health and private practice. Primary work with adolescents, young adults, couples and I can do Brainspotting and Neurofeedback.

Today's Discussion

Topics to
Cover

- How bad is it?
- Is it OK to be sad?
- What can we do?
- How can I help?
- Resources



He was despised and rejected by
mankind, a man of suffering, and
familiar with pain.

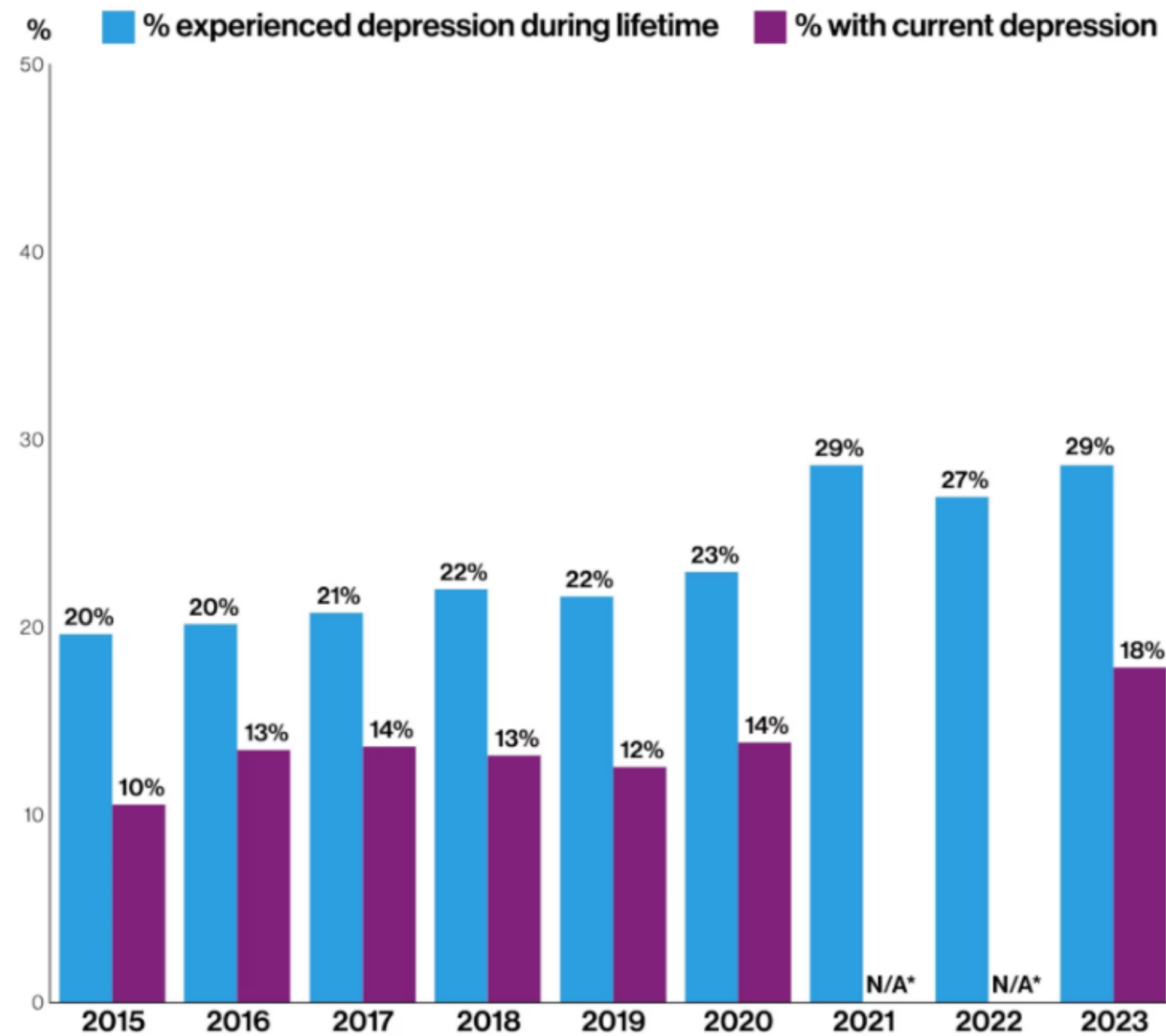
Isaiah 53:3



Depression in American

Lifetime and Current Depression Rates

2015-2023



*DATA NOT RECORDED

SOURCE: GALLUP

abc NEWS

Legend:

- 6%
- 5%
- 4%
- 3%
- 2%

Lowest Rates Highest Rates

Courtesy Blue Cross Blue Shield

Mental Health in Oklahoma



1 in 5 U.S. adults experience mental illness each year.



592,000 adults in **Oklahoma** have a mental health condition.



That's more than 4X the population of Norman.

It is more important than ever to build a stronger mental health system that provides the care, support and services needed to help people build better lives.



More than half of Americans report that **COVID-19** has had a **negative impact** on their mental health.

In February 2021, **47.5% of adults in Oklahoma** reported symptoms of **anxiety or depression**.

27.7% were unable to get needed counseling or therapy.



1 in 20 U.S. adults experience serious mental illness each year.

In Oklahoma, **152,000 adults** have a **serious mental illness**.



1 in 6 U.S. youth aged 6–17 experience a **mental health disorder** each year.

58,000 Oklahomans age 12–17 have depression.

Oklahomans struggle to get the help they need.



More than half of people with a mental health condition in the U.S. **did not receive any treatment** in the last year.

Of the **158,000 adults in Oklahoma** who **did not receive needed mental health care**, **46.7%** did not because of cost.

14.9% of people in the state are uninsured.



Oklahomans are over **4x more likely to be forced out-of-network** for mental health care than for primary health care — making it more difficult to find care and less affordable due to higher out-of-pocket costs.

1,518,029 people in Oklahoma live in a community that **does not have enough mental health professionals**.

An inadequate mental health system affects individuals, families and communities.



High school students with depression are more than **2x more likely to drop out** than their peers.

60.3% of Oklahomans age 12–17 who have depression **did not receive any care** in the last year.



3,932 people in Oklahoma are homeless and **1 in 4 live with a serious mental illness.**



On average, 1 person in the U.S. **dies by suicide every 11 minutes.**

In Oklahoma, **790 lives were lost to suicide** and 132,000 adults had thoughts of suicide in the last year.

1 in 4 people with a serious mental illness has been arrested

by the police at some point in their lifetime –



leading to over **2 million jail bookings** of people with serious mental illness each year.

About **2 in 5 adults** in jail or prison have a history of mental illness.



7 in 10 youth in the juvenile justice system have a mental health condition.



National Alliance on Mental Illness

NAMI Oklahoma is part of NAMI, National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

This fact sheet was compiled based on data available in February 2021. For full citations, visit: nami.org/mhpolicystats.

“In today’s world your ZIP code, even more than your genetic code, determines whether you will lead a safe and healthy life. People’s income, family structure, housing, employment, and educational opportunities affect not only their risk of developing traumatic stress but also their access to effective help to address it...Trauma breeds further trauma; hurt people hurt other people.”

Bessel van der Kolk, The Body Keeps The Score (Page 350)



What is Depression?

During a depressive episode, a person experiences a depressed mood (feeling sad, irritable, empty). They may feel a loss of pleasure or interest in activities.

A depressive episode is different from regular mood fluctuations. They last most of the day, nearly every day, for at least two weeks.

Other symptoms are also present, which may include:

- poor concentration

- feelings of excessive guilt or low self-worth

- hopelessness about the future

- thoughts about dying or suicide

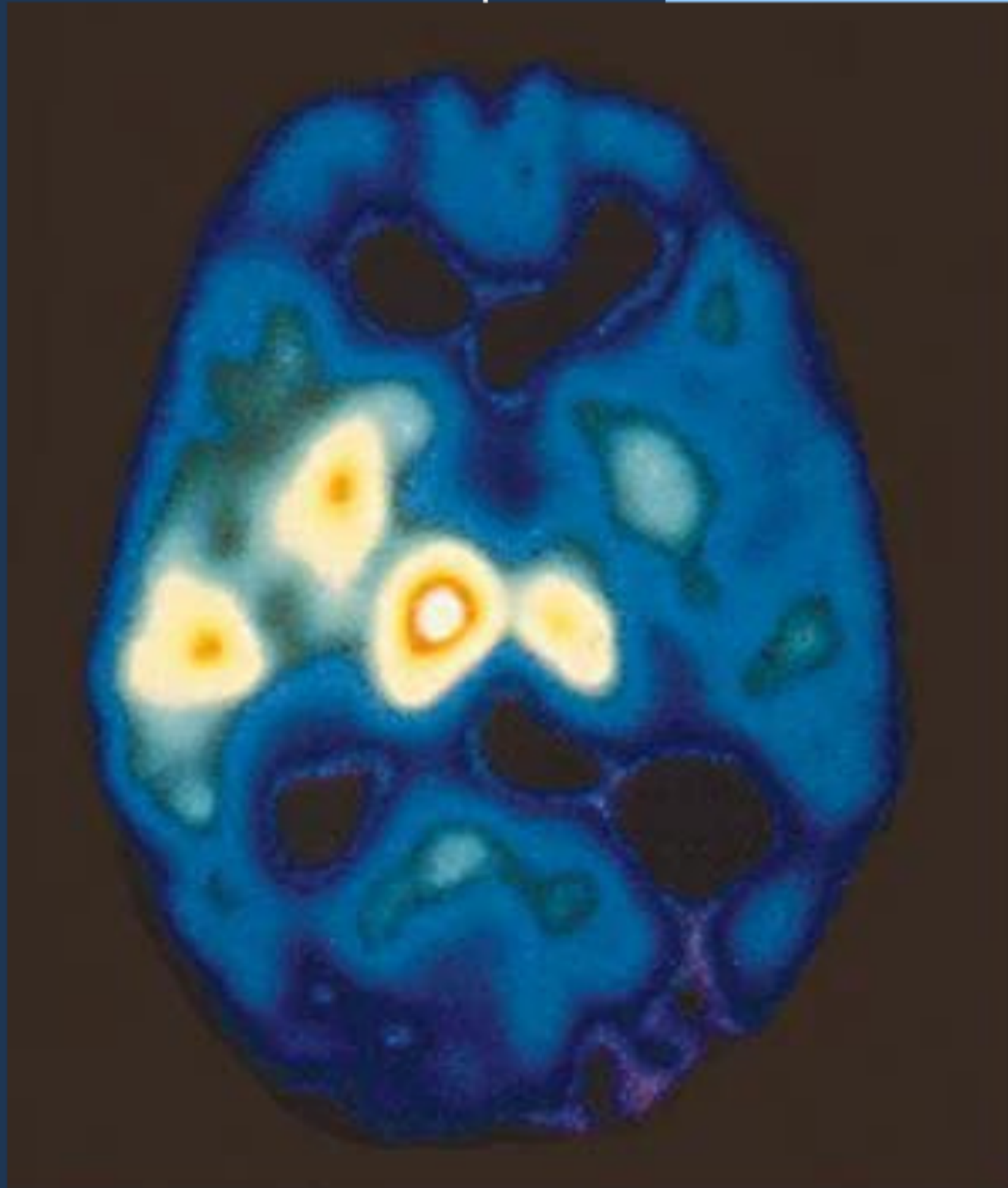
- disrupted sleep

- changes in appetite or weight

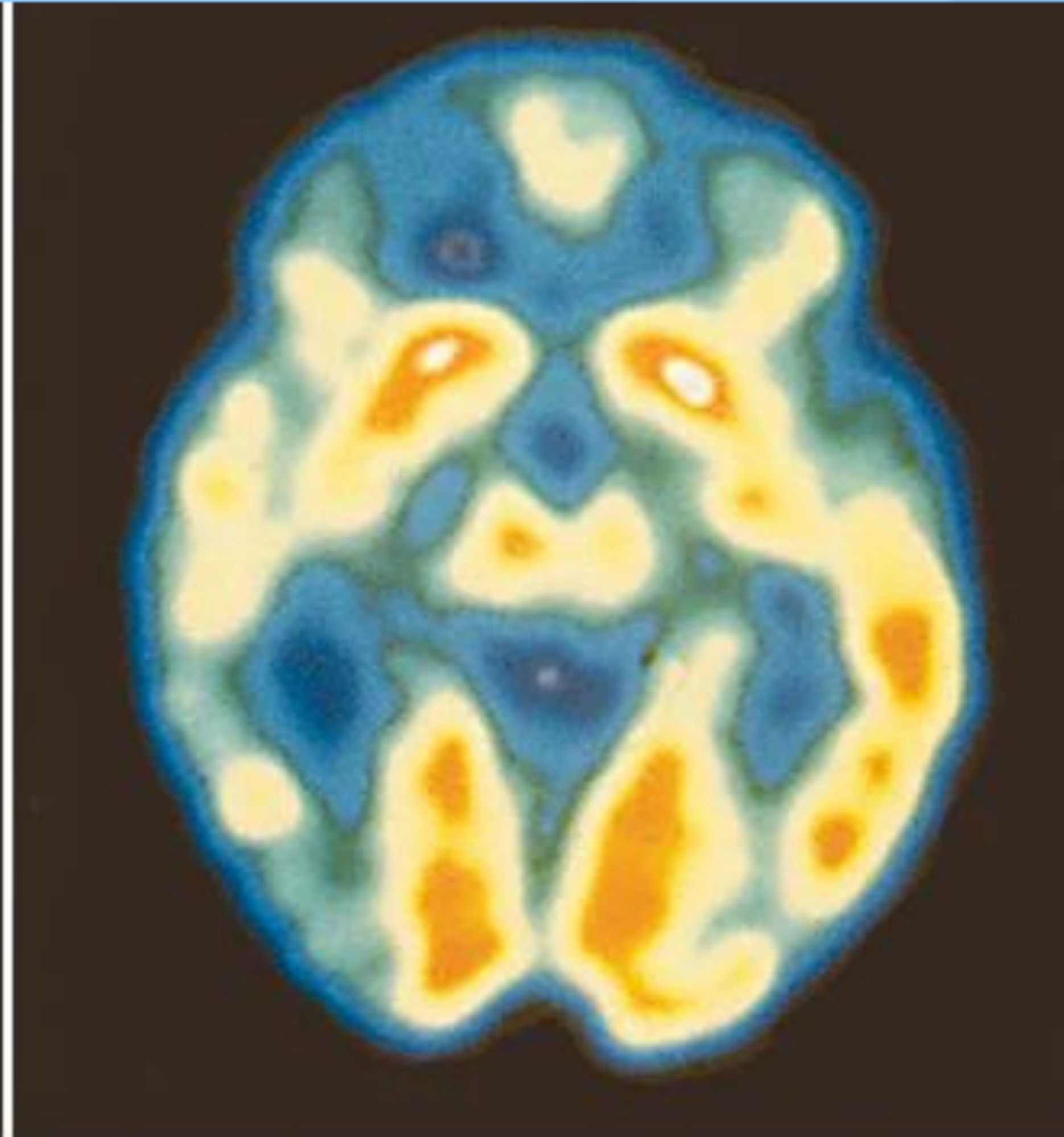
- feeling very tired or low in energy.

Depression can cause difficulties in all aspects of life, including in the community and at home, work and school.

Depressed



Normal



Jesus wept.

John 11:35



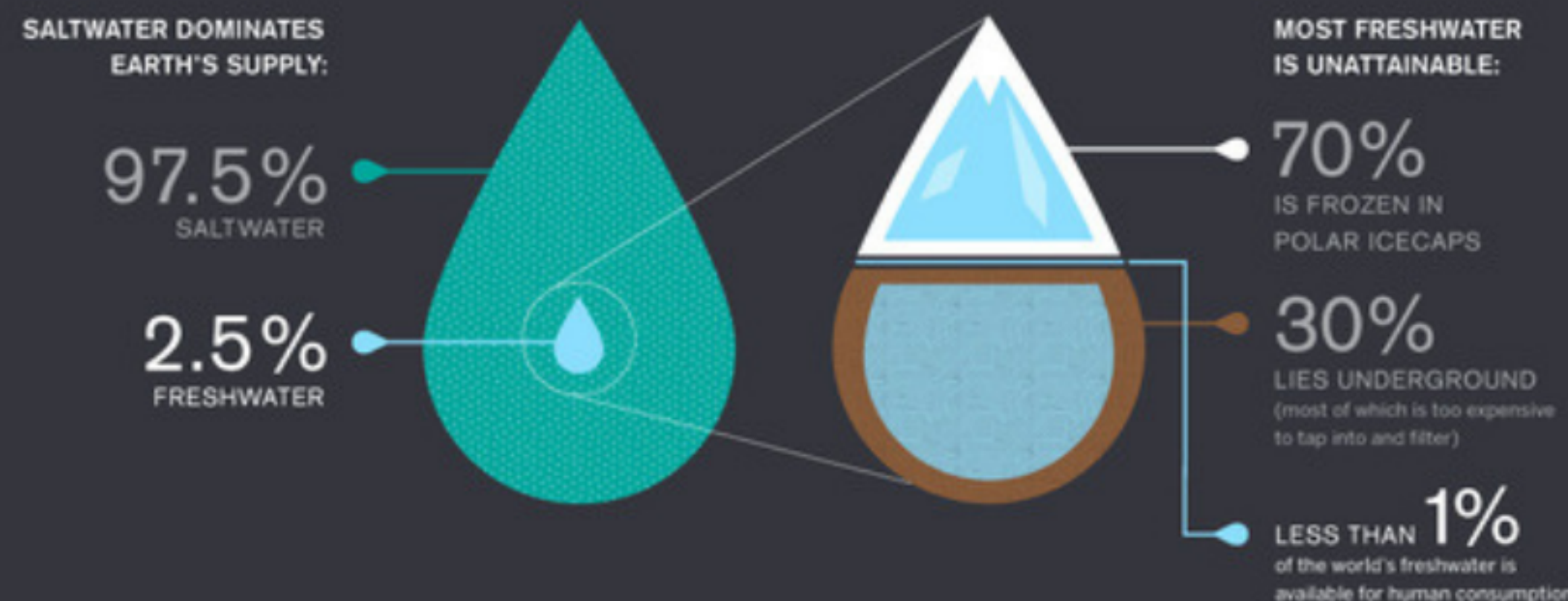
WATER DOWNDOWN

The Embarrassing Lack of Clean Water Access in the World

According to the United Nations, unsanitary water kills more people worldwide than war. As the precious water supply dwindles, it may prove to be more than just a crisis for developing countries.

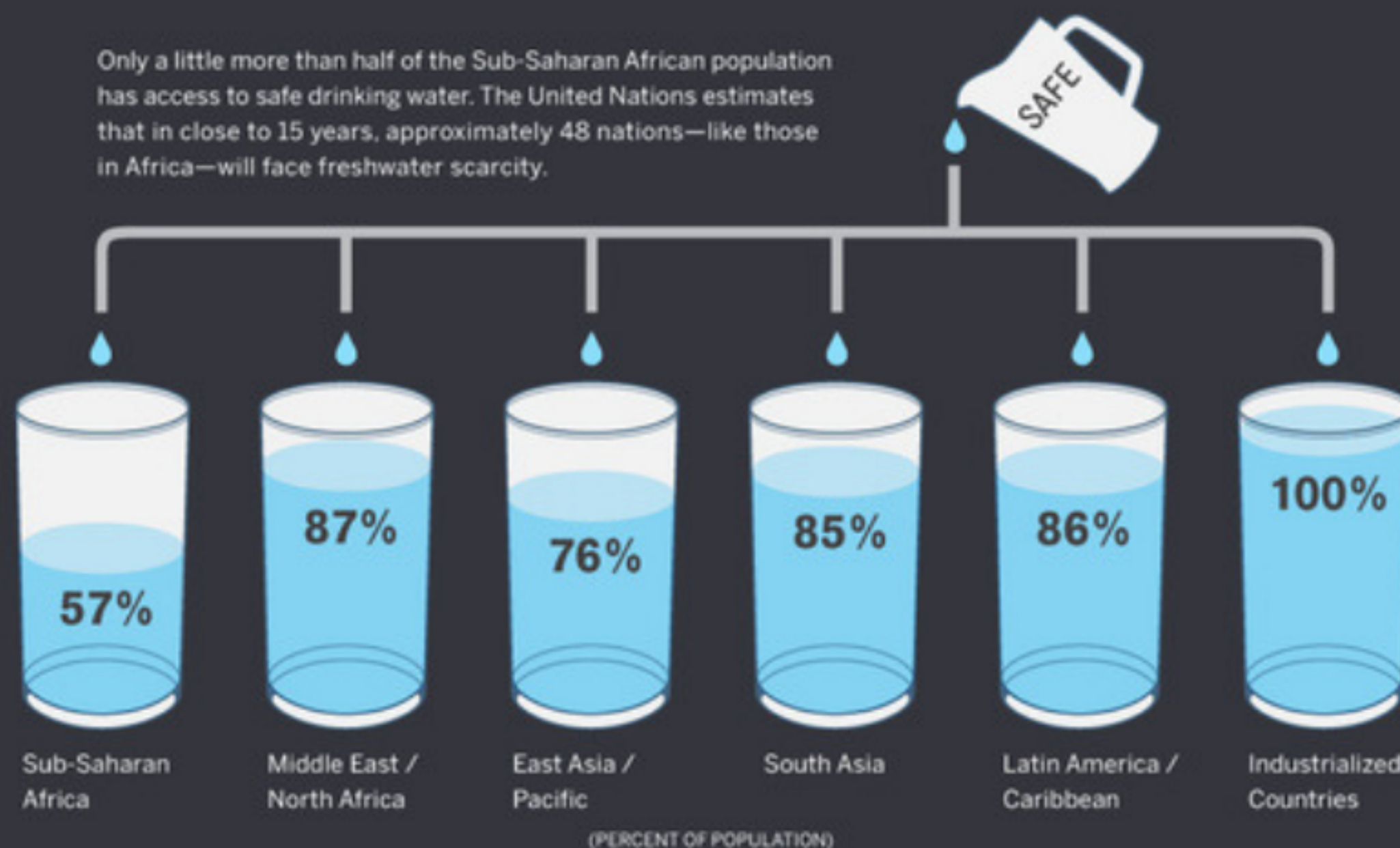
SOURCES:
WORLD HEALTH ORGANIZATION
CLEANWATERFORTHETHEWORLD.ORG
WATER.ORG | WATERINFO.ORG
WORLDWATER.ORG | UNICEF.ORG
UN.ORG

WHERE IS ALL THE WATER?



ACCESS TO SAFE DRINKING WATER BY REGION

Only a little more than half of the Sub-Saharan African population has access to safe drinking water. The United Nations estimates that in close to 15 years, approximately 48 nations—like those in Africa—will face freshwater scarcity.



ACCORDING TO THE WORLD HEALTH ORGANIZATION:

That leaves 1.1 billion people without access to clean water.



THAT'S ABOUT ONE IN SIX PEOPLE IN THE WORLD.

HOW DOES WATER GET CONTAMINATED?

Lack of sanitation is the world's biggest culprit of infection. Water-related diseases are most commonly caused by harmful micro-organisms and chemicals that get into the drinking water supply.

EVERY DAY **2 MILLION TONS** of industrial and agricultural waste are poured into the earth's waters.



APPROXIMATELY **10%** of the global population is ingesting food grown using unsanitary irrigation and fertilization wastewater.

CHILDREN ARE MOST AFFECTED



Every 20 seconds

a child dies from a water-borne illness.

Worldwide, 88 percent of diarrhea cases can be blamed on unsanitary water. And children under the age of five comprise 90 percent of deaths from diarrhea-related diseases. It's the leading cause of death in this age group.

A COLLABORATION BETWEEN GOOD AND COLUMN FIVE

Jerusalem, you who kill the prophets and stone those sent to you, how often I have longed to gather your children together, as a hen gathers her chicks under her wings, and you were not willing.

Matthew 23:27



**“Your greatest
ministry will come
out of your deepest
pain.”**

— RICK WARREN



**FOOD FOR
THOUGHT**



EDUCATE YOURSELF

Look at research on
their issue,

LISTEN WITHOUT JUDGMENT

James 1:19

OFFER EMOTIONAL SUPPORT

Encourage and
empathize,

RESPECT BOUNDARIES.

Give autonomy and
trust.

OFFER PRACTICAL SUPPORT.

Help with daily tasks.

PRACTICE SELF-CARE

Take care of yourself.



Let's Connect



