



England Therapy

Navigating Life Together



Jerred England, LMFT



JERRED ENGLAND

Licensed Marriage & Family Therapist

LIFE EXPERIENCE

Husband, Dad, former Youth Minister & Preacher, Fan of the #1 Seed in the NBA's Western Conference

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

- The World We're In
- The Problem
- Yada, Yada, Yada
- How to Help
- Resources



30%

SAY THEY SUFFER WEEKLY

10%

SAY THEY SUFFER DAILY



According to the APA



LONELINESS

“feeling like you do not have meaningful or close relationships or a sense of belonging.”



The Lord God said, “It is not good for the man to be alone. I will make a helper suitable for him.”

Genesis 2:18



**“The most terrible poverty
is loneliness, and the
feeling of being unloved.”**

-Mother Teresa



“Our epidemic of loneliness and isolation has been an underappreciated public health crisis that has harmed individual and societal health. Our relationships are a source of healing and well-being hiding in plain sight – one that can help us live healthier, more fulfilled, and more productive lives. Given the significant health consequences of loneliness and isolation, we must prioritize building social connection the same way we have prioritized other critical public health issues such as tobacco, obesity, and substance use disorders. Together, we can build a country that’s healthier, more resilient, less lonely, and more connected.”

–Dr. US Surgeon General Dr. Vivek Murthy

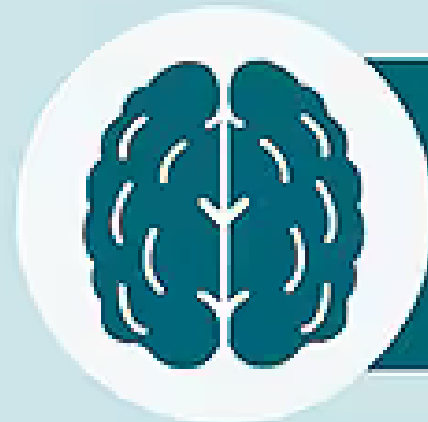


Social isolation increases the risk of:



50%

Dementia



32%

Stroke



29%

**Coronary
Heart Disease**



The loneliness place on earth.



“Yada, Yada, Yada”

Now Adam knew Eve his wife, and she
conceived and bore Cain, saying, “I
have gotten a man with the help of
the Lord.”

Genesis 4:1-2



“And you, Solomon my son, know the God of your father and serve him with a whole heart and with a willing mind, for the Lord searches all hearts and understands every plan and thought.”

1st Chronicles 28:9



I keep asking that the God of our Lord
Jesus Christ, the glorious Father, may give
you the Spirit of wisdom and revelation,
so that you may know him better.

Ephesians 1:17



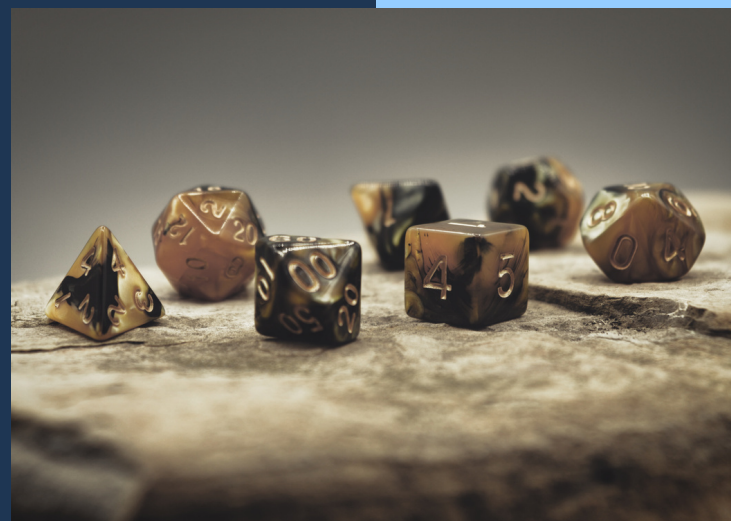
Who does community well?



AA/NA, THERAPY GROUPS



THE FAVORITE BAR



NICHE GROUPS

**The best predictor
of therapy success is
the client/therapist
relationship.**





In children, caregivers are the greatest influence

More specific, the same gender parent

Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates.

Deutremony 6:4-9

TEENS NEED FIVE ADULTS

A teen needs five caring, faithful adults outside of their family to maintain their faith after High School. *Fuller Youth Institute*





MEN ARE LONELY

Only 48% of men reported feeling satisfied with friendships. 1 in 5 men said they had gotten emotional support from a friend in the past week, compared with 4 in 10 women.

[AmericanSurveyCenter.org](https://www.AmericanSurveyCenter.org)



CHURCH RESOURCES



Celebrate
Recovery



NAMI Group



E-Groups



Talk about it

“Being able to feel safe with other people is probably the single most important aspect of mental health; safe connections are fundamental to meaningful and satisfying lives.”

— Bessel A. van der Kolk,

Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma



All The Slides

