

Hillcrest Baptist Church Pensacola Community Mental Health Task Force Meeting August 30, 2021

Mental Health Blueprint - Pre-event Questionnaire

- 1) What does your organization feel is the most common barrier for mental health in our community?

The reluctance to ask for assistance because of the social stigma attached to asking for mental health care counseling.

- 2) What does your organization feel is our best asset for mental health in our community?

We feel our best asset is our network of churches, community organizations, and social services providers.

- 3) What mental health services does your organization provide for our community?

We provide specific pre-marriage counseling, marriage counseling, family counseling, and individual counseling.

- 4) At what scale are these services provided?

Large scale at or close to capacity.

- 5) What are some things that your organization is interested in expanding to?

We are interested in expanding in the area of counseling adolescents.

- 6) What does your organization hope to gain from our mental health task force?

We hope to gain useful information concerning other mental health care providers and community service providers.

- 7) If you have news articles, data, information or anything you would like shared with the other attendees, please provide the contact person's information here, and a staff member will reach out. We will share all of the information both in a digital file as well as a hard copy at the meeting.

Our Hillcrest *Biblical Soul Care Counseling Ministry* supports our church's mission by providing much-needed **spiritual, counseling, equipping, and resource services** to our members, their families, and our community. Church health, the spiritual well-being of our families, connect group care, and individual member care needs are addressed to develop a whole-person, integrated approach to all aspects of our church member care.

Our 14 pastoral counselors and biblical counselors (7 more are currently in training) are either seminary trained and/or **certified through the Association of Certified Biblical Counselors (ACBC) or the Institute for Biblical Counseling & Discipleship (IBCD)**. Since 1976, ACBC is the oldest and largest biblical counseling certifying organization in the world. Our counselors are not medical doctors and do not diagnose disease or prescribe medication. We partner with a counselee's health care provider for a holistic approach to mental health care.

Our *Biblical Soul Care Counseling Ministry* at Hillcrest is directed by Dr. Brian Barlow and Mrs. Nadine Kimsal, both of whom have extensive counseling experience and are certified by the *Association of Christian Biblical Counselors*. Our counseling ministry is offered as a supportive ministry to our church family and community. Because of the generous support and commitment of our Hillcrest church family and volunteers to serve others, **our counseling services are offered on an availability basis, at no charge.**

Hillcrest offers:

- A. Biblical Counseling**
 - 1. Pastoral Counseling
 - 2. Pre-marital counseling
 - 3. Marital counseling
 - 4. Crisis counseling
 - 5. Family counseling
 - 6. Men's counseling
 - 7. Women's counseling
 - 8. Bereavement counseling
- B. Biblical Counseling Leader Training**
- C. Addiction Recovery - *The Most Excellent Way***
- D. Personal Coaching**
- E. Child Safety Training**
- F. Adoption and Foster Care Support Ministry**
- G. Alzheimer's Support Group**
- H. Widow and Widower Ministry**
- I. Prayer Ministry**
- J. Food Pantry Ministry**
- K. Deacon Ministry Teams**
 - 1. Benevolence Team
 - 2. Hospital Visitation Team
 - 3. Bereavement Care Team

and partners with:

- 1. *Health and Hope Clinic*
- 2. *Faith and Hope Counseling Center*
- 3. *Emerald Coast Hospice*
- 4. *Favor House*
- 5. *Florida Baptist Children's Homes and One More Child*
- 6. *Escambia County Office of Emergency Management*
- 7. *Safe Harbor Pregnancy Medical Center*
- 8. *Florida Baptist Disaster Relief*
- 9. *Be Ready Alliance Coordinating for Emergencies*

Since January 1, 2021, our Hillcrest *Biblical Soul Care Counseling Ministry* has provided counseling in the following areas:

Anxiety
 Addiction
 Aging parent issues
 Anger
 Bitterness
 Child discipline
 Childhood sexual abuse
 Communication issues
 Covid fear and anxiety
 Dating / marriage issues
 Dealing with consequences of past sins

Death and grief
Depression
Divorce / abandonment
Establishing healthy boundaries
Fear / fear of the future
Forgiveness
Grief
Handicapped daughter
Identity in Christ
Idols of the heart
Issues of the past
Life direction
Loneliness
Longing to be loved
Lying
Marriage issues
Married to an unbeliever
Miscarriage
New mom anxiety
Parental suicide
Parenting / Parent/child relationship
Parenting adult children
Past abuse
People pleasing
Personal Holiness
Pornography / thought life
Prayer
Pride
Relationships
Role of the husband
Sacrificial Love
Self-control
Sexual addiction
Sexual abuse
Sexual intimacy with spouse
Single parenting
Spousal suicide
Stress of time management / career/ family
Suffering
Transgender / Help parents struggling with transgender adult children
Traumatic events
Trust Issues
Widow parenting teen son alone
Wife dealing with husband's addiction (substance abuse and sexual)

For further information please contact:

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