

## MENTAL HEALTH RESOURCES

(Compiled by Dr. Josh Spitalnick)

### 1) Basic Mental Health Statistics - **You are Not Alone....**

According to the National Institute of Mental Health and NAMI SAMHSA:

- Mental health disorders account for several of the top causes of disability
- 46% of Americans will meet the criteria for a diagnosable mental health condition sometime in their life, and half of those people will develop conditions by the age of 14.
- 26% of Americans ages 18 and older -- about 1 in 4 adults -- suffers from a diagnosable mental disorder in a given year
- Average delay between the onset of mental illness symptoms and treatment is 11 years (National Alliance on Mental Illness). 11 years!
- In the United States, only 41 percent of the people who had a mental disorder in the past year received professional health care or other services.
- Depression/Suicide statistics:
  - Women are nearly 2x as likely to suffer from major depression than men
  - Suicide is the 2nd leading causes of death in adolescents and adults ages 10 to 34.
  - 4x times as many men than women commit suicide, though women make more attempts (Johns Hopkins Medicine).
  - The highest suicide rates in the U.S. are found in Caucasian men over age 85
- Anxiety Statistics:
  - Anxiety disorders are among the most common mental illnesses in America
  - Approximately 18% of people ages 18-54 have an anxiety disorder in a given year
  - OCD and Social anxiety often begin during childhood or adolescence—there's a clear need for early intervention and prevention
  - The research is very clear and positive: cognitive behavioral therapy (CBT) and medication are effective at treating anxiety disorders
- Substance Abuse Statistics
  - Almost 21 million Americans have at least one addiction, yet only 10% of them receive treatment.
  - Drug overdose deaths have more than tripled since 1990
  - About 20% of Americans who have depression or an anxiety disorder also have a substance use disorder.
- Family/community impact:
  - At least 8.4 million people in the U.S. provide care to an adult with a mental or emotional health issue
  - Caregivers of adults with mental or emotional health issues spend an average of 32 hours per week providing unpaid care

### 2) Finding a Therapist

*There are recognized national organizations that offer a "find a therapist" function, some based on clinical orientation and some on subject matter (diagnosis). Included in this resource are only non-profit, international organizations that promote the science and evidence of psychotherapy.*

a) Go to [IOCDF.org](http://IOCDF.org) if OCD is the major issue, regardless of age. This is a credible international organization filled with professional like our team who list their clinical practice, and you can go to the "Find a therapist" section to search by state.

- b) Go to [ADAA.org](http://ADAA.org) if anxiety or depression are major issues. This is a credible international organization filled with professional like our team who list their clinical practice, and you can go to the “Find a therapist” section to search by state.
- c) Go to [ABCT.org](http://ABCT.org) for Cognitive-behavioral therapy treatment option around the world. This is a credible international organization filled with professional like our team who list their clinical practice, and you can go to the “Find a therapist” section to search by state.
- d) Go to <https://www.selectivemutism.org> if Selective Mutism is the primary issue. This is a credible international organization filled with professional like our team who list their clinical practice, and you can go to the “Find a therapist” section to search by state.
- e) Go to <https://www.bfrb.org> if body-focused receptive behaviors (Trichotillomania or Dermatillomania) are the primary issues. This is a credible international organization filled with professional like our team who list their clinical practice, and you can go to the “Find a therapist” section to search by state.
- f) Go to <https://istss.org/home> if trauma is the primary issues. This is a credible international organization filled with professional like our team who list their clinical practice, and you can go to the “Find a therapist” section to search by state.
- g) Go to [Psychologytoday.com](http://Psychologytoday.com), a website which is full of therapists (who do pay a fee) from all backgrounds. You can search for therapists close to you geographically and even see what insurance each person accepts, what the therapist looks like, etc and this way search specifically for exactly what you think you or your family need so you are as informed as possible.

#### Local Organizations with Jewish Affiliations

- Jewish Family Career Services 770-677-9300. [jfcsatl.org](http://jfcsatl.org)
- The Blue Dove Foundation. 678-786-1213. [thebluedovefoundation.org](http://thebluedovefoundation.org)
- The Berman Center. 770-336-7444. [bermancenteratl.com](http://bermancenteratl.com)
- Temple Sinai Clergy members will always provide safe and confidential support and suggestions if in need of mental health assistance.

#### Regional/National Organizations for crisis or basic information

- National Institute of Mental Health: <https://www.nimh.nih.gov>
- NAMI-National Alliance on Mental Illness Helpline: 800-950-6264; [nami.org](http://nami.org)
- Mental Health America: [mhanational.org](http://mhanational.org) 703-684-7722.
- The American Association for Suicide Prevention: Lifeline: 800-273-8255; [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)
- Georgia Crisis and Access Line (GCAL): <https://dbhdd.georgia.gov/access-services>; 1-800-715-4225
- Georgia Disaster Mental Health-<http://georgiadisaster.info/> (Section on Apps is very good)
- Depression and Bipolar Resources: Depression and Bipolar Support Alliance and Balanced Mind Parent Network Support: <https://www.dbsalliance.org/support/> OR <https://www.dbsalliance.org/support/for-friends-family/for-parents/balanced-mind-parent-network/>
- SAMHSA- Substance Abuse and Mental Health Services Administration: <https://www.samhsa.gov/>
- Georgia Psychological Association- <https://www.gapsychology.org/> 404-634-6272
- The Trevor Project (The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.) Lifeline-1-866-488-7386 [thetrevorproject.org](http://thetrevorproject.org)

## **The Temple Sinai Nefesh Committee**

### Mission Statement (Full Mission and Purpose below)

As members of Temple Sinai and as licensed mental health professionals, we will work closely with Temple Sinai rabbinical leadership, executive officers, other committees, and congregants to deliver and support mental health programs and educational resources for our congregation and the Atlanta Jewish community. Nefesh is committed to the safety, health, education, and wellness of individuals, their families, and the community through our programs. However, Nefesh does not offer direct prevention or intervention to individuals within such programs.

## **Temple Sinai Nefesh Committee**

**Committee Chairs:** Dr. Josh Spitalnick, Dr. Betsy Gard, Dr. Ina Enoch

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### Value Statement

Every Nefesh program or initiative will emphasize compassion, acceptance, respect, empowerment, and transparency. The programs we support are designed to educate, support and enhance the emotional well-being of the congregation. Therefore, Nefesh is dedicated to developing and supporting timely and effective mental health programs that are founded on widely accepted mental health principles. Our programs will also aim to reduce stigma and promote the inclusion of people with mental health concerns in the life, leadership and work of our congregation and in their own communities. To be aligned with our respective professional ethical mandates, our programs are intended to be free from bias or undue influence from individuals or organizations that directly or indirectly profit from the resources being offered. If these or other conflicts of interest arise, it is our intention that these will be disclosed publicly and in writing so transparency and integrity are maintained.

### Functional Role

1. Nefesh will help guide and make recommendations for Temple Sinai mental health related programming including assisting with finding appropriate presenters, organizations, and other needed resources.
2. Nefesh will design and organize programming on topics either in partnership with other Temple Sinai committees or congregants or on our own based on the timeliness and relevance of the topics and the needs of the synagogue.
3. When requested by Temple Sinai clergy and/or other senior staff, Nefesh will assist with appropriate referrals for congregants with mental health concerns.
4. All mental health related programs, educational materials, events, lectures, workshops, marketing events, philanthropic endeavors or related activities occurring at Temple Sinai or under the auspices of Temple Sinai will require Nefesh consultation and endorsement to ensure compliance with the aforementioned mission/values statements.

5. If Nefesh chooses not to support and/or endorse an initiative, their decision and related concerns will be provided in writing to the President for review with the Executive Board. If Nefesh's recommendation is supported, events or materials in question will not occur at Temple Sinai or under the auspices of Temple Sinai. Should clergy and/or Board members opt to be involved with said endeavors, they must do so separate and apart from the aegis of Temple Sinai.