

Transcript

KTIS announcer

You're listening to a night of hope and healing on 98.5 KTIS.

Pam Lundell

Welcome to say, welcome to everyone listening who can hear my voice. Our voices? Yes. Tonight hope and healing with a spotlight on mental health. And you just heard for King and country trying to find my place in this world. And there's a place for you in this world. Matter where you are, how you are feeling right now, it's a broken world. With broken people and mental illness is real. It's. Common and it's treatable. And we're here together as a family of Christ to talk through it. Talk about ways that you can get help. There's a loved one in your life that needs that help. We want to do that and help with that. Tonight, 651-631-5000. You can call or you can also text. Your question to that number, 651-631-5000 with me for the next two hours. My amazing friend Doctor Melissa Mork, a professor of psychology at University of Northwestern. For joining us tonight.

Dr. Melissa Mork

Dr. Melissa Mork We're going to have fun tonight.

Pam Lundell

No, we. It's a serious subject, but I think that we are going to help a lot of people and beforehand, I said when I introduce you, I'm not going to say your full title because it's a really long one.

Dr. Melissa Mork

I yes.

Pam Lundell

A really smart one. So you can look it up if you would like to, but you are in the hands with compassionate and caring experts. And that's who's at the phone right now to take your call. Our friends and our partners from Rockbridge Counseling. And Kairos. So they are compassionate and knowledgeable mental health professionals, right? So we hope to hear from you tonight and you know, just starting off. And I'm because say, we probably have all been there and you're feeling down and you're not feeling so well and you're just like, you know, am I just kind of having a blue day? Or is this a? Mental. What exactly is? How do you define that?

Dr. Melissa Mork

Right. Well, in the field, we kind of consider 4D's ABCDS and the first is is what I'm going through or my child or my spouse different than how they used to be. Is this different than how other people will respond to a certain situation? So if your child. Is is very, very active and and sometimes their behaviors out of control, but the other children their age are not. Might want to get that looked at.

KTIS announcer

Mm.

Dr. Melissa Mork

And so we're looking at is this behavior different from the norm or different from your? Norm. And then the second D is this distressing? Specifically, is it? Is it most people with mental illnesses find it intolerable at some point, and so they we look at is this upsetting to you or to the others around you? If you're having a chemical dependency issue and others are asking to for you to stop, it's distressing to them.

Pam Lundell

Yeah.

Dr. Melissa Mork

The third D is is this? Is it getting in the way of your ability to do the things you're supposed to be doing? Is it getting in the way of your productivity at work or? School work or is it getting in the way of your relationships, your relationships with others, with your family, with yourself or with God? And then the 4th D so you have is this different? Is this distressing? Is this dysfunctional? And then the 4th D is this dangerous? Are you having thoughts of? Are you having thoughts of hurting somebody? Are you engaging in self-inflicted violence or self harm or are you having such intense emotions that you are blowing up and you're causing harm to your loved ones? And so these are four things to consider. And if one or more of them is relevant to you and your experience, I would encourage you to seek out help.

Pam Lundell

And when would a family member? Maybe a friend. Maybe urge someone to do. Or maybe do do it for them, you know?

Dr. Melissa Mork

When you're noticing the distress is getting particularly high.

Pam Lundell

Yep. Well 651-631-5000 tonight. If you have a question about a friend about yourself and what mental illness is 651-631-5000, you can call or text. We are just loving on you tonight. A night of hope and healing a 98. Ktis.

Speaker

Yes.

Pam Lundell

Amen and Amen. 98.5 kti acid is a night of hope and healing. Spotlight on mental health. I'm Pamela Dale, my special guest doctor, Melissa Mork. And when we say mental health, I just want to start defining, you know, it's such a big umbrella. There's bipolar disorder, there's schizophrenia,

there's I can't name them, and we don't have time to name them. But we are here tonight with resources for you. For what?

Speaker

Yeah.

Pam Lundell

Question. Maybe something is happening in your life with a friend, with a child. Our friends, professionals from Cairo therapy and Rockbridge Counseling are available to talk with you and to give you resources so you can call or text 651.

Dr. Melissa Mork

I. I.

Pam Lundell

631-5000 but really want to address too if there is. Real crisis going on right now. Happens.

Dr. Melissa Mork

Please if you are thinking about suicide, please call. Or text 988 it's the 9/11 version, but for emotional or psychological crisis 988.

Pam Lundell

You know, and I've talked about this many times before, my late husband. Had addictions disorder and I was at the end of my rope and at one point I called instead of. Didn't even know 98 and I didn't think existed but but called like you know.

Dr. Melissa Mork

It didn't exist for now.

Pam Lundell

A treatment place you know just said you've got to take him. You've got to take him and they're trying to talk me down is that's not a good thing to do or. A bad thing to do, OK?

Dr. Melissa Mork

Absolutely call for. Call anyone you can think of. Because you sometimes it's just too heavy a burden to handle by yourself.

Speaker

He used.

Pam Lundell

And 911, you know you. You can obviously always call 9112 and it seems like there are more conversations and training to deal with a mental health breakdown in this area.

Dr. Melissa Mork

Yes, absolutely.

Pam Lundell

Yeah. Well, Doctor Mork is with us again. The number 651-631-5000 and if something is happening with you and you're having an anxiety attack, a panic. Attack. What are some? Because they're real and they're painful.

Dr. Melissa Mork

Oh yes. Terrifying, yes.

Pam Lundell

I mean, yeah, I can send you to. Hospital, of course.

Dr. Melissa Mork

And so there are some things that you can do to help you calm down. Pro one. It sounds crazy, but you can have a warhead, candy. Super sour candy. Pop it in your mouth, and when you're in a panic, your mouth goes dry. But if you pop something super sour in your mouth there. Sorry to be gross, but your mouth floods with saliva and it. Triggers your brain to think. Oh, wait, my mouth isn't. Must be OK, so some people actually carry warheads around with them in their pocket.

Pam Lundell

She specifically wore heads. Interesting, yeah.

Dr. Melissa Mork

Warheads. There's another technique called a grounding technique where you it's utilizing the five senses. Take a deep breath and then you have to say this out loud. Things that you can see. And then name 4 things you can touch or feel. Name three things you can. Here. Two things you can smell and one thing you can taste 54321 and the value of that is by saying that out loud, you're taking a neural energy away from the amygdala and into other parts of the brain that require. Analysis, synthesis, sensation and even activating parts of the brain that is involved in speech and it seems to have a real grounding technique in bringing you back down out of your intense emotions.

Pam Lundell

Wow. Wow.

Speaker

Mm.

Pam Lundell

Else.

Dr. Melissa Mork

Well, there's a couple going for a very slow walk outside while moving your eyes back and forth can calm you significantly. But those are pretty. Oh, and there's one more, and it sounds like water boarding, but you can actually. Put your your face in ice water for up to 20 seconds.

Pam Lundell

Don't do that.

Dr. Melissa Mork

Just hold your breath. And that somehow just does a neurological reset and takes away. It works for 80% of the people.

Pam Lundell

We're talking with Doctor Melissa Mork, who has prescribed warheads here this evening.

Dr. Melissa Mork

Candy solves everything.

Pam Lundell

Where can and? I think I've neglected to mention too. Mork, you've got that incredible podcast called. With Doctor Melissa Mork that you can learn more about it, myktis.com, along with the incredible resources for you right now. Mean there's the warm line MN which you highly recommend.

Dr. Melissa Mork

I. I do and it's for people who aren't quite sure where to go or what to do with a loved one or themselves. It's not that yet a crisis, but it is a way to get some support and help and direction.

Pam Lundell

And then there's the walk in counseling center. In.org.

Speaker

Hmm.

Pam Lundell

Yep, and just a whole a whole list of those. And of course our friends at Rockbridge Counseling and Kairos. At 651-631-5000, where you can call or text. And we. Here, because we love you for the next two hours through 9:00 and want to reach out as a family of Christ to help you and get you the information, the. That you need coming up. We're going to talk with the executive director of Rockbridge. And find out exactly how you can get help there.

KTIS announcer

You're listening to a night of hope and healing. On 98.5 ktis.

Pam Lundell

You can call or text 651-631-5000 and our partners at Kairos therapy as well as Rockbridge counseling are here tonight taking your phone calls and your text with resources. Right now, 651-631-5000. Dave Runyon is director of Rockbridge Counseling. Can you tell us a little bit about the services that you offer?

Dave Runyon

We launched just over two years. We are the counseling and mental health division of Minnesota Adult Teen Challenge. Just an exciting endeavor to partner with churches in the community, especially when it comes to integration of faith into the counseling that people are looking for in the counseling world. We always talk about the classic psychology of counseling and the different parts of us, be it our physical part, be it our spiritual part, we all. Beings right. And I think sometimes therapists don't want to go. Or there's a hesitancy to go and talk about spirituality and to talk about Christ and talk about redemption and things like that. We're not at a place where we want to push anything on our clients. Also know that we can bring the light of Christ into. As we pray for our clients internally or you know the power of the Holy Spirit working in us and through us. So we have therapists and counselors that kind of do the broad range of 345 all the way up to the mid to upper 90s that. Got have clients here.

Pam Lundell

We're talking with executive director of Rockbridge Counseling and Mental Health, David Runyon. Our partners for this evening with the spotlight on mental health and what would you say to that person who's listening right now? Now just I don't know if I want to make an appointment or not. How would you encourage them?

Dave Runyon

I think typically if people are at that spot of should I make the phone call or should I reach out to somebody? Typically the answer is yes. We all have struggles. Sometimes people are going through experiences of, you know, I lost a loved one or I'm struggling at my job and I'm struggling with some meaning issues and things like that. That's really when people should reach out.

Pam Lundell

Well, Dave, we're so glad that you guys are here tonight partnering with ktis. On a night of hope and healing, with a focus on mental health, you can call ask for Dave if you want because he's answering phones at 651-631-5000 or check out the Rockbridge website. That's at rockbridgecounseling.org.

KTIS announcer

Hey, you. You're listening to a night of hope and healing on 98.5 ktis.

Pam Lundell

So many friends already checking in, getting wonderful resources for themselves, for their families, for whatever you are going through this night is for you. Hope and healing with a focus on mental health. Pamela and L Doctor Melissa. UN W Professor of psychology also has that great podcast called. Illness with Doctor Mork and I just wondering if you know, can we discuss for a moment a lot

of people that I think it's a misunderstanding, that boy, if you're a Christian and you have faith. You don't need therapy.

Dr. Melissa Mork

Yeah. Can we?

Pam Lundell

Let's go there because it's all over the Bible.

Dr. Melissa Mork

I know. And The thing is, is that we don't tell that to people who have cancer or diabetes or even have poor eyesight and need eye glasses.

Speaker

I.

Dr. Melissa Mork

Don't tell them to just have faith and. All get better. And so it's that myth cannot apply to therapy. Course, I think everyone should have a therapist. Have a. Pam, you should have AI. We all should.

Pam Lundell

I have had a therapist I need. I need to go back.

Dr. Melissa Mork

Good.

Pam Lundell

My boss is here. He's nodding his head.

Dr. Melissa Mork

But I think some of the myths around therapy also are, you know, you might tell. You might want somebody to go to therapy and they'll say I already tried it and it didn't work for me. Probably because they weren't seeing the right fit. Wasn't the right fit. Different conditions require different kinds of therapy. So if I have depression, talk therapy might be good for me, especially cognitive behavioral therapy. If I have obsessive compulsive disorder. There's a different therapy for. It's called exposure response prevention therapy. Post traumatic stress talk therapy doesn't seem to help. Different therapies that are neurological and do some resetting, brain spotting EMDR.

Pam Lundell

Yeah, let's stop there for just a. Our partners who are at the phones right now. At 651-631-5000 live that they're ready to take your calls right now from Kairos therapy and Rockbridge therapy and. Ruth, who is the current clinical director, had mentioned Trainspotting and what you're. Is kind of amazing to me. I also thought therapy is sitting, you know, in a room laying on a couch and talking to

somebody. It works for some things, but the different things you mentioned, what? OK. Mm. Get what is brain spotting?

Dr. Melissa Mork

Brain spotting is actually it's the person who's doing it, who's providing that therapy is especially trained in the treatment of trauma, and basically they're looking at where your trauma is located in the brain.

Pam Lundell

You can see it.

Dr. Melissa Mork

But well, by following where your eyes go, and it's a very it's a very nuanced kind of therapy, but there is significant research supporting it. And so yeah, there are. So many different kinds of therapy, depending on what kind of illness you have and our folks who are answering the phones can help guide you towards what might be the best fit for you. But you know, we try on our shoes before we buy them. Test drive a car before we buy it.

Pam Lundell

Yeah.

Dr. Melissa Mork

You know, so I think. It's important to try out a therapist to see if it's good fit, and if it is great. It's not, I mean. Try. Try another because you should not. You do not need to suffer and to get through your mental illness, you need support.

KTIS announcer

Dr. Melissa Mork

Need skilled counsel.

Pam Lundell

And I don't want to put you on the spot, is there? A story, maybe a short story, that you can share. A success story of someone who was just at the end of their rope and justice decided I need help.

Dr. Melissa Mork

My son. My son was 17 and he was suicidal and I brought him into the ER and after he was released, he went to day treatment and then he found a therapist and he was diagnosed with and he's OK with me sharing the story he tell he. Because you need to tell my story so other people feel less alone.

Pam Lundell

Is you have to have that permission in this incredible yeah.

Dr. Melissa Mork

Yeah, yeah. And so he was diagnosed with schizophrenia, and he sees a therapist who is specialized in the treatment of schizophrenia. And my son is working a job. Has lots of. He's dating somebody, so he's doing great. And. I credit his medication and his therapist.

Pam Lundell

That's wonderful. That's wonderful. And you can find that help and that hope tonight, just by simply calling 651-631-5000 or go to myktis.com, there's that entire. Resource list right there. Also on our live free streaming app as well. So check it. And right now, let's just wash over you and tell you what? Nothing more beautiful than this version of Psalm 23. Crawford on KTIS.

KTIS announcer

You're listening to a night of hope and healing on 98.5 KTIS. With.

Pam Lundell

The spotlight on mental health, and we'd love for you to call our friends from Rockbridge Counseling and Kairos therapy are here. Answering your phone calls with help and resources 651-631-5000. And you know. Sometimes it just takes telling your story, and that's why ktis artist Riley Clements wanted to share her mental health journey with you and how it really has led to her writing some of her most incredible songs about Jesus. You know, for years I have. Have really been in. The weeds with my mental. It's always something that I've been highly aware of in this world. Are you know the natural? Challenges when it comes to mental. Early on it was really centered around body image. I really struggled with that and that was really the first introduction to having intense anxiety and that's been something that.

Speaker

I worked.

Pam Lundell

Through my teenage years up until now. That really brought me to. The lowest place I'd ever been mentally. At what point you know, sometimes as a Christian, we kind of feel guilty going. I'm supposed to rely on God, but you might need some more help. Christian therapist to help me. Through a lot of grief, did you deal with that at all? Oh yeah. I mean, I've definitely had help and people to talk to and family to talk to some of what I went through and and and trying to figure out how to cope in healthy ways and and keep on moving and find hope and and light again. But I I think it's a A. I think both exist right? One of the biggest takeaways from being at a really low personal. Was I had to actually deeply confront this idea of, OK, so my whole life looks different than what I thought it was. To look like. You face that and then then it forces you to ask the question. Do I really believe that God has? Plan for my. You know you're asking these big existential faith crisis kind of questions. And it was at my lowest that I had to rely on Jesus in a new way. Truly, truly choose. If I

believe in what? Believe in my prayer life grew so much. My. I look back on. Journal entries talking to the Lord and so much growth. You look back in the Bible early church, all of it. A huge part of. Of life was. You know, it's always been in the heart of Jesus is to is. Gather. To break bread is to dine together is to talk together. I don't think Jesus has ever wanted us to to walk this life alone. Know I think it's one thing to have. A long time to privately commune with a father and to be in step with the spirit. But I do also think it's a really important element to find help. Get the resources you. Find people. You can be honest with and and help and have people help you get. The lowest parts of it. S Riley. She just shared her story fighting for me. And you know what? Even if you don't know it, Jesus is fighting for you each and every day, no matter what you are going through. No matter where you are in your life, he loves you so so. And here at 98.5 ktis, we want you to know about that saving grace and eternal eternal life. Is a. And you can learn more right now by texting. Follow to 41224. I just wanted to add that in there too. So important to the ministry at 98.5, ktis and so are you. And if you have questions about any type of mental health. Condition questions a family member. A friend that you care about do something. Like when we did a night of health and healing. Melissa Mork is here. You know, for a domestic violence last. Fall. I mean, if you see something you know, say something. For crying out loud, do something. Do something and right now you can call 651-631-5000 because our friends from Rockbridge Counseling and Kairos therapy, both Christian based. On mental health therapy, counseling centers are here taking phone calls live right now. And we just want to share a quick story. And that really helps when we walk out and share what we've been going through. This is Marcy.

Marcy

When I was 25, I ended up in the hospital and I was diagnosed with paranoid schizophrenia, and I went on, make my medication, and then I went off it. Ended up back in the hospital and I stayed on my medication and I've been a Christian for 28 years now and. There's no way I've ever have made it without. Jesus, there's just no way.

Pam Lundell

Can you share a time where you really felt the presence of God?

Marcy

I think that the first night that I spent in the hospital, I was just spiraling out of control and I felt I had absolutely no. At all. I just remember afterwards thinking that Jesus was right there sitting on the bed in that room with me, and he just showed me he was right there.

Pam Lundell

Just a big a big hug and your faith. Jesus, go hand in hand with therapy because Doctor Murdoch and I were just talking about in the Psalms and and lamentations actually means just lamenting. And anger and sadness and depression and and things happening. But.

Speaker

Yes.

Pam Lundell

God loves you anyway, and he uses you. And he will help. So we hope that you will reach out and get that help right now. Again, if it's an emergency situation, 988 is the number to call or or call 911. But we're here with resources through 9:00 tonight. And can you talk a little bit? About Marcy and and her story.

Dr. Melissa Mork

Yeah, yeah, I love that story. And I interview a number of people with mental illness on my podcast. And one of the questions I always ask is, how did this experience impact your faith? And so many of them say when I was in the the darkest part of my mental illness, when I was. In had the worst symptoms, I felt like I was God existed across a dark, cold, rocky landscape. And when I finally sought help, when I got therapy, when I went on the medication, suddenly I felt like I was going back into communion with him. I felt I felt his presence again. Sometimes I think Satan seeks to destroy by giving us a mental illness, and it draws us away from the Lord. But I believe that in the therapy that we receive. We're being moved back towards the cross and so I think that I think seeking help for your mental illness is good for your spiritual health as well as your mental health.

Pam Lundell

And as we heard Dave Runyan speak earlier, he's executive director of Rockbridge Counseling and he talked about how they are a branch of Minnesota adult and Teen Challenge.

Dr. Melissa Mork

Yeah.

Pam Lundell

And I've shared with you. You've been on my podcast, a widow's heart doctor, Melissa Mork, a professor of psychology at University of Northwestern, has the podcast called Mental Health. You can learn more about both of them at myktis.com, but unfortunately, we. Something in common too, as we both lost our husband. And I think I shared with you earlier after you know, you don't know what's happening in the next, you know, minutes or the moments or the weeks or the days or or what is going on because it's kind of this fog. But my husband died of an ACC. Drug overdose. And so I had a lot of anger and I didn't know how to, you know, equate that with my faith and how I should feel because I felt guilty. And then finally, someone said you need to go talk to somebody and I found a Christian counselor, and I think I need that. About Kleenex now, because, you know, I was just talking with Keith Keith in the morning, my friend. You know, I said. I learned something there. Was you can love John and hate the addict and the other thing is you have to forgive him.

Dr. Melissa Mork

Yes, and it was like.

Pam Lundell

The heavens parted in the Angels, saying, you know.

Dr. Melissa Mork

And that forgiveness was for you, wasn't? Yeah, to set it set for you free. Absolutely, yeah.

Pam Lundell

Yeah, because I had really had myself almost in bondage, you know. Right. So. I'm sharing that because if you are feeling any way like that right now, we would love to take you by the hand, lead you to the right place, find you the right, incredible, compassionate person to talk to. It's 651-631-5000 and. Umm each and every song here at ktis. It's a prayer to 98.5 ktis night of hope and healing. So glad that you are here.

KTIS announcer

You're listening to a night of hope and healing. On 98.5 ktis.

Pam Lundell

Ah, you should just feel it in. So many are reaching out for help and hope and resources about mental health. Talking about it. The light is shining bright. We're not hiding it under a bushel, no. Letting it shine tonight, 651-631-5000, Kairos therapy Christian counseling center as well as Rockbridge our partners with some incredible compassionate. Really knowledgeable therapists are taking your phone. Call tonight and resources are available at my ktis.com and on our app Doctor, Melissa Mork is with. And again, we just want to make sure that tonight the purpose is resources helping to direct you in the right area.

Dr. Melissa Mork

Yes. Yes. And I just want to remind the listener that if you are in crisis. If you are really having dark thoughts about your life, please call 988 or text 988. Mental illness is real. Mental illness is common. And mental illness is treatable, so call.

Pam Lundell

651-631-5000, you are loved.