



Isaiah 61 Ministries

"Helping people find their healing, wholeness & freedom in Christ through Biblical counseling"

A NOTE FROM THE DIRECTOR

January 2023

Yet who knows whether you have come to the kingdom for such a time as this?" Esther 4:14b

Augusta Health Hospital conducted a "Community Health Needs Assessment" (CHNA 2022) last year which named "mental health" as their number one concern for our area. Their findings were staggering. Look at these numbers from their survey of members of our local community:

- 21.5% reported their mental health as "fair to poor," worse than the US numbers
- 78.4% believe mental health is a major problem for residents of our area

Another local study by CAPSAW (Community Action Partnership of Staunton, Augusta and Waynesboro) in 2021 named mental health as the number 2 greatest need in our area, second only to housing. They reported the following:

- A 243% (yes, that's 243%) increase in people reporting struggles with anxiety and/or depression, up from their assessment in 2018
- A 311% increase in those reporting "poor mental health," again, an increase from their 2018 findings

Add all of that together and we are truly in a mental health crisis right here in our own backyard!

Isaiah 61 Ministries was birthed for such a time as this. Isaiah 61 exists to help meet the overwhelming mental and emotional health needs of the people in the Valley. Many are not able to get the assistance needed because they do not have health insurance and/or cannot afford the cost of professional services. All of our counseling services are free of charge, including any books or materials. We operate solely on donations and are so humbly grateful for the generosity of the individuals, churches and businesses who have chosen to partner with us financially and together we are impacting and improving the mental health of the residents in our area.

In our short four years of existence, God has given us ample opportunity to minister to the mental, emotional and spiritual needs of those in the surrounding area. We feel this is only the tip of the iceberg! Please pray as we seek to follow the Lord to increase our impact and follow His leading to fulfill His mission and help people find their healing, wholeness and freedom in Christ from the griefs and traumas in life.

Only by His Grace,
Teresa

We are honored to serve you!

2022

- * Total of 3,463 hours of service
- * Conducted 1,219 counseling sessions
- * Counseled 262 individuals
- * Counseled 16 couples

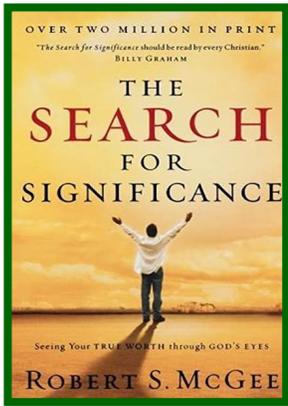
2019-2022

- ◆ Total of 10,796 hours of service
- ◆ Conducted 4,348 counseling sessions

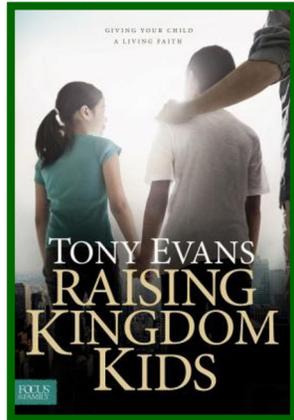


*Thank you for voting us
your favorite
Therapy/Counseling
office in the Valley!*

Small groups coming this Spring!



8 WEEK STUDY



6 WEEK STUDY

Other 2023 small groups!

- Divorce Care
- Grief Group
- Leadership
- Support for Minister's Wives



Our services...

Assistance in the context of a small group working with others dealing with similar circumstances such as:

- Grief
- Sexual abuse
- Divorce
- Addictions
- Parenting
- Anxiety

Assisting the local church in the following areas:

- Establish resources within the church for those struggling with life issues
- Confidential assistance to the local church and its pastors, staff, and lay leadership, in addressing personal, marital or family concerns

We are available to speak in a variety of settings (church services, special events, retreats, conferences) to audiences of all types, and can tailor to meet the needs, goals and/or purposes of the occasion.

One-on-one confidential assistance in dealing with the many and varied issues in life such as, but not limited to:

- Grief
- Childhood issues including abuse and trauma
- Marriage
- Parenting
- Addictions
- Separation & divorce
- Post-abortion
- Spiritual issues & strongholds
- Chronic illness

THANK YOU

Words cannot express the sincere gratitude for those of you who have continued to kindly and generously give financially to Isaiah 61 Ministries! It is because of you, we have been able to minister to people in their time of need. Thank you and may God truly bless you for enabling His work in and through Isaiah 61!

DONATIONS SUBMITTED TO: 25 Stoneridge Drive, Suite 101 Waynesboro, VA 22980 · (540) 487-4619 · www.i61ministries.net

