

Wilmington
CareNet Counseling
An affiliate of
Atrium Health/
Wake Forest Baptist

Summer 2022 Issue

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WILMINGTON CareNet News



Terry L. Tackett, LCSW
REGIONAL DIRECTOR

Hope & Health—

Hopelessness seems to be prevalent during these difficult and uncertain times. How are **you** feeling? Try taking your HOPE temperature regularly... identify the automatic thoughts that run through your mind. Are your thoughts lacking hope? Do your thoughts focus on despair... the absence of hope. Hope is an important ingredient of a healthy life. Feeling hopeful may be a challenge in this broken world, however studies show that having hope for the future helps to build our resilience which is the ability to get through tough times and recover more quickly from setbacks; to bounce back more quickly after adverse experiences, and to learn from those experiences.

As a counselor, I witness how despair (the absence of hope) can negatively impact anyone and often results in depression, anxiety, and/or other mental health challenges. Hopelessness makes it difficult to see the possibilities and opportunities that are in our future. It seems like life will never have purpose and meaning. One of our expressions at Wilmington CareNet is "Lifting Spirits – Holding Hope". What a privilege it is to walk with those who

come to us in a state of hopelessness and help lift their spirit as well as witness the change that takes place when hope overtakes hopelessness.

Many research studies have revealed that having hope comes with numerous benefits—

The Positive Benefits of Hope

- Improves physical health
- Helps us cope with and recover better from illness
- Reduces the intensity of anxiety/depression/trauma
- Builds resilience
- Encourages us to fulfill our daily goals
- Increases inner strength
- Boosts immune function & decreases physical pain
- Better academic achievement
- Improves our sense of well-being
- Helps us to possess a stronger sense of meaning and purpose
- Encourages us to engage in healthy behaviors
- Associated with post-traumatic growth
- Helps us to persevere in difficulties

Tips for increasing hope in your life—

- If you are in a state of hopelessness, reach out to a counselor/family/minister/friend for help.
- Challenge negative thoughts/beliefs and replace with more rational/positive ones.
- Choose to believe that things can get better as you put forth diligent effort.
- Refuse to give up though you may feel like it.
- Utilize one's faith to provide direction, purpose, and strength.
- View the challenges of life as opportunities to learn and grow.
- As noted in our last newsletter, gratitude has many positive outcomes. Research on gratitude shows that it is very effective in creating hope for the future.
- Limit excessive viewing of negative news/social media.
- Be involved in a hopeful and positive community of people.

Consider these scriptures on hope—

"Be joyful in *hope*, patient in affliction, and faithful in prayer." —Romans 12:12

"Love always *hopes*" —I Corinthians 13:7

"May the God of *hope* fill you with all joy and peace as you trust in him, so that you may overflow with *hope*..." —Romans 15:13



Wilmington CareNet & its satellite offices have been blessed to offer hope to children, teens, adults, couples, and families for over 30 years. What a privilege to walk alongside those who are feeling hopeless in their depression, overwhelmed with anxiety, feeling all alone with no one to care for them, desperate due to loss of a job, financial struggles, stricken with fear due to a recent doctor's report, and those grieving the loss of a loved one.

Our ministry of giving hope to those experiencing the feeling of hopelessness continually impassions our staff. The opportunity to offer professional counseling to these individuals even when they may not be able to afford it remains our major focus. We know this is only made possible by those of you who pray for our ministry and offer your financial support.

We are now halfway through 2022 and find that we need gifts totaling \$37,500 to meet our expenses at this point in the year. A dear friend of our ministry has offered a *Matching Gift* opportunity of \$15,000 to help us meet our financial need. What that means to Wilmington CareNet is that your gift of \$100 becomes \$200; \$500 becomes \$1,000; \$1,000 becomes \$2,000; \$3,000 becomes \$6,000; and \$5,000 becomes \$10,000. If we receive donations that total \$15,000, we will receive the matching \$15,000 for a total of \$30,000 which will move us close to our need of \$37,500. This wonderful opportunity to *double your gift* is available through August 5th, 2022. You may use the *Giving Envelope* enclosed or donate via our website at wilmingtoncarenet.org. Thank you for your gift of hope & a future to those who are in need.



The *Mission* of Wilmington CareNet Counseling Center is to renew lives by promoting psychological, emotional, and spiritual health through compassionate, professional, faith-integrated counseling provided to individuals, couples, and families throughout southeastern North Carolina.

Wilmington CareNet is a non-profit faith based ministry supported by the prayers and financial contributions of those individuals and organizations who are concerned for the psychological and emotional health of people in our community. Donations are used solely for the development and continuation of these vital services. Other ways to support the future of WCCC include memorial gifts or inclusion in a will. Please use the pre-addressed envelope provided to enclose your gift or donate through our website at WilmingtonCareNet.org.

Financial information about this organization and a copy of its license are available from the State Solicitation Licensing Branch at 919-814-5400. The license is not an endorsement by the State.

Wilmington CareNet Counseling Center

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Currently serving Southeastern North Carolina through our College Road and satellite locations in Wilmington, Jacksonville, Shallotte and Bolivia.

Visit us on the web at WilmingtonCareNet.org

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