

**Christian Faith-Based Quick Reference Guide  
Resources To Get You Started**

<b>Los Angeles County Service Planning Areas (SPAs)</b> <a href="http://publichealth.lacounty.gov/chs/SPAMain/ServicePlanningAreas.htm">http://publichealth.lacounty.gov/chs/SPAMain/ServicePlanningAreas.htm</a>			
SPA 1 Antelope Valley	Christ Church of Valley – Sanctuary Ministry	714 East Avenue R Palmdale, CA 93550	(661) 349-9299
SPA 2 San Fernando Valley	Eagle Rock Baptist Church	1499 Colorado Boulevard Los Angeles, CA 90041	(323) 255-4611
SPA 3 San Gabriel Valley	New Macedonia Missionary Baptist Church <sup>1</sup>	455 East Washington Boulevard Pasadena, CA 91104	(626) 798-8634
SPA 3 San Gabriel Valley	New Revelation Baptist Church	855 East Orange Grove Avenue Pasadena, CA 91103	(626) 795-0827
SPA 4 Metro	Metropolitan Community Church	4607 Prospect Avenue Los Angeles, CA 90027	(323) 669-3434
SPA 4 Metro	Saddleback Church – Los Angeles and Orange Counties	Hollywood Palladium 6215 West Sunset Boulevard Los Angeles, CA 9008	(949) 609-8000
SPA 6 South LA	Crenshaw Christian Faith Center	7901 South Vermont Avenue Los Angeles, CA 90044	(800) 943-4388
SPA 6 South LA	First African Methodist Episcopal Church (FAME)	2270 South Harvard Boulevard Los Angeles, CA 90018	(323) 730-7750
SPA 6 South LA	West Angeles Church of God in Christ (COGIC)	3017 Crenshaw Boulevard Los Angeles, CA 90016	(323) 733-8300
SPA 8 South Bay	Bible Enrichment Fellowship International Church <sup>2</sup>	400 East Kelso Street Inglewood, CA 90301	(310) 330-0311
SPA8 South Bay	Faithful Central Bible Church	333 West Florence Avenue Inglewood, CA 90301	(310) 330-8000
<b>Outside Los Angeles County</b>			
Inland Empire	Loveland Church	9541 Business Center Drive Building 10, Suite A Rancho Cucamonga, CA 91730	(909) 988-5683
Orange County	Christ Our Redeemer African Methodist Episcopal (AME) Church	46 Maxwell Irvine, CA 92618	(949) 955-0014
Sacramento County	California Institute for Mental Health Spirituality Initiative/Center for Multicultural Development	2125 19 <sup>th</sup> Street, 2 <sup>nd</sup> Floor Sacramento, CA 95818	(916) 556-3480 ext. 129
Sacramento County	Center of Praise Ministries	1228 23 <sup>rd</sup> Street Sacramento, CA 95816	(916) 441-3305

**Services offered range from counseling, social support and community referrals.**

**Resources are not an exhaustive list.**

Building the Evidence Summit - Friday, May 30, 2014

Community Defined Practices in African American Mental Health

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# PARKS & CLARK CHURCH TRANSLATION GUIDE

<i>Church Language</i>	<i>Meaning</i>	<i>Possible Psychological Translations</i>
<b>Bound</b>	Sense that something is controlling one's life and exerting some negative influence	Addiction
<b>Burdened</b>	Overwhelming stress	Stress, maybe prolonged
<b>Compassion</b>	Kind and loving treatment for others. Action oriented rooted in care for others.	Empathy
<b>Deliverance</b>	Being powerfully set free from oppressive forces and self-destructive behaviors.	Process of recovery and liberation from addiction, negative behavior and trauma.
<b>Depressed</b>	Feelings of sadness. Contains the common symptoms of Major Depression or other Depressive D/O, but may attributed to an outside adversarial force.	Major Depression. Bereavement may also need to be considered as well and education related to Depression and Grief should be provided
<b>Head and not the tail</b>	Understanding of value	Positive sense of self and self-image
<b>Healed</b>	Can pertain to physical, emotional and/or spiritual. Rooted in conviction of Christ power and promises.	Being cured, experiencing alleviation of symptoms.
<b>Old Man/Adamic nature</b>	Sinful nature consumed with behaviors and attitudes that while pleasing are also destructive.	In Classic Freudian thought would correspond to the id, which is irrational and impulsive.
<b>Oppressed</b>	Outside force that is causing consistent issues	Repetitive negative thoughts
<b>Possessed</b>	Under the influence and control of a malevolent force. A sense that some foreboding and evil presence is actively at work.	BiPolar D/O; Schizophrenia; Substance Abuse. <i>*Consider that this experience is real and should not be summarily dismissed.</i>
<b>Repent</b>	Means to change one's mind, and then by extension demonstrate a behavioral change	Preparation (third stage in stages of change). Often towards God, but will then have an intentional focus of changing behavior.
<b>Staying Free</b>	Actively resisting negative impulses, and implementing new behaviors.	Maintenance (last stage in stages of change).
<b>Transformed</b>	The noticeable changes in one's life. Sense of newness.	Change in homeostasis.
<b>Weapons of warfare</b>	Spiritual weapons that have real life application, used to combat outside forces and move person/family to place of victory.	Coping mechanisms and strategies. Could also consider feedback loops.