



UPDATE JUNE 2009

LUTHERAN COUNSELING CENTER

NASSAU SUFFOLK MANHATTAN QUEENS
WESTCHESTER

Prepared especially for LCC Association Congregations

THE IMPORTANCE OF FATHERS IN THE LIVES OF THEIR CHILDREN

Men's Health Week is observed each year the week before and leading up to Father's Day. Since men often neglect taking care of themselves and tend to worry more than women about their ability to care physically, psychologically and financially for their families, it is fitting to look at the vital role their health status plays in the lives of their children.

Although we have known for some time that a father's influence is a very important one in raising children, in an age of a greater prevalence of single parent families, the emphasis has often been more on a mother's influence on their children. However, a new study reported by *The Lancet Medical Journal* confirms the vital connection of a father to his children in regard to mental health issues. This study shows that the mental health status of one's father has a major impact on his children. For fathers who are suffering from major depression, generalized anxiety, drug or alcohol addictions, or post traumatic stress disorder (PTSD), the chances that his children will either have mental health disorders or likely exhibit poor school performance or low self esteem issues are doubled, especially for boys. According to researchers at the University of Oxford, even very young children have a greater tendency to have mental health disorders and behavioral issues when their fathers have suffered from depression within the first eight weeks after the child's birth.

The peak years for men to have mental health disorders, ages 18 to 35, are also the peak years for becoming a father. Although fathers have taken on a more nurturing role in families of the present generation, they are not as likely to seek professional help for mental health disorders as women are. They often believe they must be strong and tough, often subconsciously equating recognition of mental health problems as a sign of weakness; it is important that we, as a society, refuse to accept these irrational stigmas.

Mental health disorders are usually treatable with excellent results when help is sought early. Therefore, it is vital that men realize that they are actually helping themselves and their families by seeking necessary treatment for depression, anxiety, addictions or PTSD. Lutheran Counseling Center is here to help both you and your family.

LCC ANNUAL FALL FUNDRAISING DINNER IS SET FOR OCTOBER 1

Please mark your calendar for LCC's annual fundraising event to be held on Thursday evening, October 1, 2009 beginning at 6:00 p.m. at Westbury Manor. This year we will be honoring our 2008 Silent Samaritan Awardee and former board chairperson, Mrs. Judy Benke. She is Director of Church and Community Health Partnerships with Wartburg Adult Care Community and is the wife of LCMS Atlantic District President, Rev. Dr. David Benke. We will also honor our Association Congregation Awardee of 2008, Grace Lutheran Church and School in Malverne, NY. Further information about tickets for this event will be mailed in August. PLEASE contact LCC for more information or to receive an invitation in August.

GOOD NEWS! LCC has raised a total of \$5,800.00 so far in our spring Matching Gifts Campaign. We need your help to reach our \$10,000.00 goal by July 1, 2009. PLEASE help us meet this goal by sending your donation for our ministry today. For more information, check out our website: www.lccny.org.

If you or someone you know is in need of counseling support, please call the Lutheran Counseling Center at 516-741-0994 or 1-800-317-1173 or e-mail us at lcc132@aol.com.