



SALEM Digest

Autumn 2003 • Celebrating 40 years • Salem Christian Mental Health Association

Commemorative Painting by Matth Cupido

As part of Salem's 40 year celebration we asked Matth Cupido, Nova Scotia artist, to do a commemorative painting for us.

Matth Cupido has a history with Salem, since it was he who designed our logo (see *A Short History*). We are grateful to Matth for his contribution to our celebration, and very pleased with the beautiful result of his work.

In conversations Matth had with Betty Brouwer and Nienke Van Dyke of our office he explained some of his thinking behind the painting.

Matth explained that the tree in the painting represents the community of believers, the family of faith also as it comes to expression in the work of Salem's community. Both Psalm 1:3 and Revelation 22:2 speak of Christians who obey God to be "like trees planted along the river bank, bearing fruit in season without fail" with the fruit produced being "for the healing of the nations." These two themes: 1) the fulfilment of the promise of shalom and 2) the promise being for everyone (Micah 4) were the guiding principles Matth wanted to convey.



The lion and the lamb speak about a peaceful coexistence which will be accomplished through the works of Jesus Christ. Matth drew inspiration from Isaiah 11 and

65:17-25 for this image. Matth notes that we "lift our eyes to the hills" (Psalm 121) as one body. He remembers that when he went through a clinical depression his family and friends suffered with him, but together they found strength in looking up to God for help.

We all long for the new kingdom of peace and wholeness to be a reality, but at present we can only experience a dim reflection of it since our eyes can only dimly perceive it. God calls us to love one another (1 Corinthians 13), and to be guided by the Holy Spirit, depicted as a light-giving dove in the painting. If we follow this light we begin to see glimpses of the new kingdom of peace and wholeness God is preparing for us and with us. These glimpses are depicted by Matth as a reflection in the water, dim but real, reflecting the sure reality for which we hope.

We want to thank Matth for creating this painting for us, and also his wife Willy for making sure it arrived at our office in one piece and on time for our celebration! JC

Lion and Lamb Prints Available

Salem will make prints of Matth's painting available at reasonable cost to the Salem community. The prints are 30 by 45 cm. Cost of a matted print will be \$45 and a print without matting is \$30. To order call Nienke at 905-528-0353. Cost includes shipping and handling.

Matth Cupido is an artist living in Canning, Nova Scotia with his wife, Willy. Matth has produced art works in the Christian Reformed Church community since the 1960s, and has been commissioned to paint murals for many Nova Scotia towns and cities. The Cupidos attend the Christian Reformed Church of Kentville, Nova Scotia.



Happy Anniversary

We would like to thank Salem for their support in setting up Huron Christian Counselling Services. Thank you also Albert Dreise for all your work.
**Huron Christian
 Counselling Services**

As a colleague in a sister organization, I came to appreciate your staff of able and dedicated therapists. The Christian community has benefited from Salem's activities in many tangible and intangible ways.

**Mary VanderVennen
 (past clinical consultant)**

Without assistance from Salem, the level of counselling work at the Lighthouse would not have been possible. We hope that Salem continues to lead and inspire others in the field of Christian Counselling, especially through professional development, mutual support and encouragement, networking and workshops.

**Ben Vanderlugt
 The Lighthouse**

My experience as a Salem board member was a highlight in my life. I liked the challenges ...in restructuring our goals and our approach to the mental health scene in Ontario. There are many clinics in the province that probably would not be there without Salem's supervision and sensible guidance.

**John Lutgendorff
 (past board member)**

I believe Salem's place in the future is to continue to provide expertise in setting up local and regional projects in the mental health field.

**Martin Boomsma
 (past board member)**

It is my prayer that in the years ahead God will continue to use Salem to provide services needed for our Christian community in its calling to be a healing body for all who struggle with an illness that is often misunderstood and stigmatized.

**Peter W. DeBruyne
 (past board chair)**



40

*years of
 service*

—
*May God
 continue
 to bless
 Salem
 for many
 years to
 come!*

SALEM Digest

*Vol.20, No.2
 Autumn 2003*

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SALEM Digest
 is a publication
 of Salem
 Christian
 Mental Health
 Association, a
 non-profit,
 charitable
 organization.
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**Rev. Albert
 Dreise,
 Executive
 Director**

A Short History

Judy Cook with files from Al Dreise

Forty years have passed since some Christian Reformed immigrants in 1957 had the notion of establishing a Christian mental health hospital in Canada similar to Pinerest Christian Hospital already established by the Christian Reformed Church in Grand Rapids, Michigan.

On February 7, 1963 Letters of Patent were filed with the Province of Ontario with a view to receiving a provincial charter of incorporation. To this end a number of properties were purchased in Bolton and Brampton, and a Mr. Heida bequeathed some of his Waterdown farm property to Salem as well.

The 1970s were busy years for Salem. In 1971 Mr. Sam Bickford, Salem's first Executive Director, recommended charging fees for counselling "if economically feasible." Fees for counselling services were initially nonexistent. The focus then as well as now is to find a way to provide service to all, regardless of income.

In 1976 ten acres of the Brampton property were purchased by Holland Christian Homes, Inc. to establish a Christian retirement community, and on October 1, 1997 the last five acres of the Brampton property were sold to them for their expansion program.

In 1975 a logo contest was held offering \$50 to the winner. On June 19, 1976 the

board accepted a logo design submitted by artist Matth Cupido, which has served us well these many years. Matth was invited to design a painting for our fortieth anniversary which is featured in this celebration issue of the Digest.

1976 saw Salem affiliate with Christian Stewardship Services, and in 1979 *Calvinist Contact* (now *Christian Courier*) offered to do an annual full-page update on Salem free of charge. Oh, the good old days!

Between 1963 and 1978 three members of the board were always chosen from the All-Ontario Diaconal Conference (AODC). Initially an agreement between Salem and the AODC known as *the donation policy* guaranteed Salem a \$2 quota per family in Christian Reformed Churches of Ontario. However, in spite of this support and the \$10 charged for counselling, Salem developed a deficit. The Board decided to raise the fees charged from \$10 to \$50 in 1975 for those who could afford to pay.

Nevertheless, all of Salem's various established counselling offices had to close their doors for lack of funds during the late 1980s. Only the Hamilton counselling office continued to be viable, and Salem Christian Mental Health Association eventually established its head office there in 1989 with the hiring of Salem's present Executive Director, Rev. Albert Dreise.

One of the first Salem meetings, circa late 1950s



Faces of Salem



Rev. Carl Tuyl
(past board member)



Stan de Jong
(past board member?)



Dr. Leonard Kirk



Rev. Peter DeBruyne
(recent board chair)



Don Moncrieff (former executive director)



A Short History (continued)

In 1987 Mr. Henk Van Dooren, Executive Director of Child and Adolescent Services of Hamilton-Wentworth, was asked to conduct a review of the organization by the Board of Directors and to make recommendations which would assist the board in establishing a clearer future direction. By this time it was agreed that the cost of establishing a private psychiatric hospital made it prohibitive even if the government would agree to such a venture, which was by no means a certainty.

Henk Van Dooren's vision of helping grassroots communities take ownership, with Salem's help, of establishing whatever mental health or counselling services were deemed desirable led to the adoption by the board in 1991 of a document called *Partnership in Caring, A Blueprint for the Provision of Community Based Mental Health Services*. Since 1991, under the direction of Al Dreise, Salem has been involved in 16 community-based partnership projects either through funding, consultation services, or both. Some of these are: Family Outreach Ontario, Peel Halton District Counselling Service, Wellspring Christian Counselling in Alliston, The Lighthouse in Toronto, Homestead Christian Care in Hamilton, The New Life Counselling Services, and Huron Christian Counselling.

To facilitate and enhance access to Christians seeking Christian mental health services Salem published a *Directory of Services for Christian Professionals and Consumers* (second edition: 1992). It contains an extensive listing of counselling agencies, support and recovery groups, as well as a provincial government community and social services guide. The directory went high-tech in February, 2003, when Salem launched its Web-based Christian Counselling Directory.

The few highlights touched on in Salem's forty years of existence do not even begin to describe all the services provided over the years. Services in cooperation with Family Outreach to those struggling with addictions, in cooperation with Homestead to those struggling with psychiatric illnesses, and in cooperation with churches to those coming to terms with sexual abuse issues, are what give Salem's staff and board a sense of shared meaning and fulfilment. May the Lord grant his blessing for the next forty years, as he has in the past.

Testimonies: How Salem Helped

Over the years Salem Counselling Services has extended help toward mental and emotional healing. Here are two testimonies from grateful clients.

When I was between 11 and 14 years of age, living in Holland, I was sexually exploited by a close, older relative, who took advantage of my relative youth and innocence. Today it would be called sexual exploitation or abuse of a minor. The incidents ended when I immigrated with my family to Canada.

I kept the entire sordid experience to myself for nearly 50 years, until I finally told my spouse. That step alone was one of the most liberating events in my life.

With God's help, and with Rev. Al Dreise present, I took the next step, that is, confronting my perpetrator, who was not only greatly surprised at the news, but also totally shocked. He said that he had only some vague memories of such happenings, but no idea of the long-term impact it had on me. I believed him.

Why, after all those years, you may ask, did I feel the need to confront him? Four main reasons: first, there was a growing fear inside me that he might still be out

there victimizing others such as unsuspecting, innocent nieces or nephews. Second, I needed to hear from him that he had not been involving others to satisfy this very selfish urge. Third, I was concerned for his own emotional and spiritual wellbeing, because to my mind he did not appear to be a happy, free man. Fourth, I truly wanted to be able to give him a hug at the next family reunion, without that familiar deep uneasy feeling.

Thankfully, this story has a happy ending for both of us. Once he got over the initial shock on that day when I confronted him, he did not deny anything I had documented and had presented to him in a letter when we met. He was truly sorry for the agony he had unknowingly inflicted on me over all those years, and asked for my forgiveness.

When I observed his reaction and how he was truly sorry for what he had done, we freely embraced before parting company, and could thank God together for having set us free in Christ.

If you have a similar story to tell, please don't wait until it is too late to rid yourself of your burden, that is, when you may no longer be able to confront your perpetrator. The time is now. Call Salem today; in full confidence share your story and get the necessary help. Prayer alone won't cut it. *Anonymous*

Dear friends of Salem,

In the last newsletter, we were asked to share a past experience in connection with Salem.

My husband, who passed away in 1997, went for much counselling with Dr. L. Kirk. That was in the 1980s. Also two of our daughters went to see him for a short period. All in all, I have good memories of Salem, and it is my wish that in the future you will continue with your work.

May the Lord bless you all.
Congratulations with your 40th Anniversary. *T.S., Brampton*

The Board and Trustees of

Salem

Christian Mental Health Association

invite you to the

40th Celebration Dinner

(a festive evening of good food for both the body and the soul)

Saturday, November 8, 2003

6:00 p.m. punch

6:30 p.m. dinner

After-dinner Speaker - Dr. Ron Nydam
Therapy Seeking Faith

Redeemer University College

777 Garner Road E., Ancaster, Ontario

Reservations required by November 3

Phone: 905-528-0353

Fax: 905-528-3562

e-mail: Therapy@salem.on.ca

A 40th Anniversary thank-offering will be taken. Salem's Annual Meeting will precede the celebration dinner from 5:00 p.m. to 6:00 p.m. Please join us.



Dr. Ronald Nydam,
Professor of Pastoral
Care at Calvin
Theological Seminary
in Grand Rapids,
Michigan.

Dr. Nydam holds degrees from Calvin College and Seminary, with doctorate degrees from the Chicago Theological Seminary and the University of Denver in religion and psychological studies. Dr. Nydam is a former Director of the Pastoral Counseling for Denver Inc. (PCD) agency in Denver, Colorado, and is licenced as a Professional Counsellor in Michigan. He is an inspiring speaker.