



*we help people become more fully alive*

# Mental Health Matters

As the 2021 Olympics come to a close, we cannot help but reflect on one of the greatest gymnasts of all time, Simone Biles, who made an incredibly brave move to withdraw from competition, citing her need to focus on her mental well being. It goes without saying that Olympians have an incredible amount of pressure to perform at the highest level possible throughout their careers, which can take a significant toll on their mental health and ability to cope under stress. In Simone's own words, she "felt the weight of the world on [her] shoulders" as the face of Team USA. Instead of leading by sticking a record-breaking vault routine, she chose to lead in another way - by choosing

her mental health over winning the gold. She displayed incredible strength and remarkable leadership in admitting her struggle to a watching world. The Apostle Paul says in 2 Corinthians 12:9, "My grace is sufficient for you, for my power is made perfect in weakness. Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me." While I don't know the specifics of Simone's struggle, I do know that she is in good company with the Apostle Paul. What if more of us were willing to boast in our weaknesses? When it comes to our mental health, admitting our struggle is the first step toward seeing the power of Christ displayed in and through our lives.

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Our Shine the Light Virtual 5k Run/Walk event is coming up September 5-11 for National Suicide Prevention Week. According to the CDC, suicide is the 2nd leading cause of death in people ages 10-34 in the United States. With only half of Americans who have an episode of major depression receiving treatment (NAMI), it is more important than ever to break the stigma and encourage all who are struggling to seek help. 80-90% of people who seek treatment for depression are treated successfully (TADS study). That's good news! We hope you will join us for Shine the Light as we run toward healing and wholeness together so that the power of Christ may continue to be displayed in our weakness.

*register at:* [valleychristiancounselingcenter.com](http://valleychristiancounselingcenter.com)

or open your camera and scan this:



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2nd Annual SHINE THE LIGHT Virtual 5k Run/Walk

# A Time for Everything

## FROM DAN'S DESK

Valley will celebrate 30 years of service to the Fargo Moorhead area and the surrounding communities on November 2, 2021. Please mark your calendar and join us for this fun celebration. There will be music, stories, laughter and great food!

We opened our doors on September 1, 1991. I was the lone counselor when we began, and I wondered if anyone would call to make an appointment that first week. Before the week was over, eleven people had scheduled and came in for an appointment. The number of people who came in for help grew quickly over that first year. Over time, God has brought us many God-honoring, skilled counselors. Today, we meet with clients in more than 250 appointments per week with 24 counselors in five locations. For me, it has been a great privilege to see God grow this place into what we have today. People in great pain and distress have a safe place to come and get help for whatever their need may be. I feel our future looks very bright, and my prayer is that God would be glorified in the days to come!

“There is a time for everything, and a season for every activity under heaven” says the Lord in Ecclesiastes 3:1. This will be one of the last newsletters I will be writing. Over the last five years, the Board and I have been putting together a plan for my succession. I was 42 years old when I started as the Founding Director at Valley. I am now 72. As they say, “My how time has flown!” Along with the Board, we knew it would be wise to plan for my succession.

We now have that plan in place. I am very much at peace, comforted, and excited with what we feel God has put together as we have prayed, processed, and planned over these past five years. We wanted, if possible, to draw from leaders within our organization. Two very capable, gifted, and godly women surfaced in this process. To us it seemed that God clearly led and directed us to Nicole Rostad and Sarah Stigen. I personally see them as strategic in fulfilling the needs we have as leaders into our future. They each have the gifts, talents, and vision we are needing.

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THERE IS A  
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ECCLESIASTES 3:1  
”

YOUR PARTNERSHIP MEANS SO MUCH TO US AND TO THE CLIENTS WE SERVE.  
WITH OFFICES IN FIVE COMMUNITIES, OUR REACH IS GREATER THAN EVER. THANK YOU!

Nicole has tremendous financial and organizational skills. Sarah, a trained and highly skilled veteran counselor, will be a great mentor and leader of our counselors. Their “gift mix” compliments each other very uniquely, and I am excited to see how God uses them to take Valley into the next season of growth and impact in our community. I will make myself available to them for any wisdom I can offer as they lead Valley forward into an incredible future.

I will still be at Valley and will serve in a new capacity. My new role will enable me to do some things I love, but did not always have time to do as CEO. I will be meeting with pastors, churches, and donors - maintaining old relationships and building new ones. My new title will be “Mission Ambassador,” and I will still do some counseling.

I hope you can join us on November 2nd for our Celebration of Valley!



Sincerely in Christ,  
*Dan Borsheim*  
DAN BORSHEIM, CEO

**YOU'RE**  
*invited!*

**30<sup>YEAR</sup>** Celebration  
**November 2, 2021**  
**Delta Hotel**

Celebrating Dan's retirement and God's faithfulness through music, stories, laughter, and great food!

Registration coming in September.

Sponsorship opportunities are available.

Call us at 701.232.6224 for more info.

