

Turning Back The Battle At The Gate

How Youth Ministries Can Support Student's Mental Health By Pairing Gospel Truths With Practical Tools



Our students face difficult challenges such as trauma, abuse, or crisis issues which result in behaviors such as addiction, anxiety, depression, self-harm, or suicidal ideation. As youth workers, we seek to embody messages of hope—but how to do that comes with significant challenges. When pain enters their story, they long for answers, especially of us. But, how do we do that well? And how do we personally find the strength to walk with someone during their journey?

By sharing from a biblical worldview paired with actionable guidance, Cassandra Smith empowers audiences to be able to walk out of the room knowing:

- 5 keys to unpacking trauma – and how to provide actionable help
- The distinction between God's role to restore and our responsibility to act
- How to guide students to define their identity as victor over victim, in Christ



Meet Cassandra Smith

- 15 year Youth Ministry Vet
- Trauma Certified Specialist
- Author; Speaker; Founder - Change Your Narrative

Guide Students Towards Wholeness

This 60-minute, faith-based keynote is perfect for youth pastors, parents, volunteers, church leaders, para-church organizations, and community leaders who want to empower students to fight for wholeness. It emphasizes the fact healing is a process, not an event. And though difficult—it is possible to change a narrative through the process of biblical restoration. Discover the courage to continue by leaning into the promise that God will be “a source of strength to those who turn back the battle at the gate.” Isaiah 28:6

Check out this Keynote's overview:

<https://www.youtube.com/watch?v=jAzmrRfKvUM>



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