

Good Mood Foundation



"We Provide the Faith Component for Getting Well to those Struggling with Mental Health Issues."

Celebrating our 12th Year of Ministry in 2017.

**It Takes MANY Volunteers to Make
"Our" Ministry Possible.**



Currently, we have nine active volunteers who assist "our" ministry. Each person is invaluable, performing tasks necessary for "our" ministry to continue. Each person comes from a different background, however they ALL HAVE ONE THING IN COMMON. Each has a PERSONAL stake in mental health and addiction issues. Each person has a personal story of recovering or has a loved one who is struggling. Anyone can serve behind the scenes. But the ONLY people we allow in Carrollton Springs Hospital to assist me and to interact with the patients are those who have been "there" themselves. The TRUTH is that every person who has ever been born is "broken." **"Our" ministry is about "broken people" ministering to broken people.**

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“I didn't know what to expect as a volunteer so I was stunned when I saw firsthand the positive effect that this ministry has on the patients. Mike has taken a huge disability, a thorn in the flesh, and turned it into a masterpiece of a ministry. Rather, as he would say, this is entirely the work of the Holy Spirit. Mike has yielded in obedience to the vision that God has for him. He readily shares his struggles and triumphs with others who are just starting their journey. His ministry is one of inspiration, humor, sharing the gospel openly, and praying for specific requests that these precious, seared and broken men and women ask for. These people who are depressed and hopeless walk into the room expecting nothing more than another group session. They leave with joy, a song of praise in their minds, and an expectation that this Jesus that they heard about can lift them out of this deep dark hole and give them life everlasting. Moreover,



He can give them abundant life that starts right where they are. They know that they can look to Him as part of their healing. Mike graciously gives a variety of books that speak of his faith in Jesus Christ. He receives no salary for what he does, and he relies on the generosity of others to purchase the books that these patients pick up and hold close to their hearts. They know that these treasured books will teach them more about the God that has been shown to them in the group session. Mike knows that he might never see these men and women again so the books that he gives away follow these patients into the life that they return to when they leave this hospital. I can't say enough about this wonderful ministry. I feel so privileged to be a part of it. I love to see Mike's heart lifted as he sees a large group of hurting men and women starting toward our room. We both know that their lives will be touched, perhaps changed forever. Mike's quick smile and twinkle in his eyes as he starts the session set the tone for an uplifting experience for these people. He never tires of it. His enthusiasm is never dampened. Each group is a brand-new opportunity through the power of the Holy Spirit to affect a radical change in people who thought that there was no hope for them.”-Jennifer-

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Three Car Garage and No Room for My Car



We have a three-car garage and “our” ministry takes up almost all that space. So, for the last three years, I park my car in the driveway or the street. We have four volunteers who come every other week to HELP. Volunteers print and bind patient workbooks and put “Ministry” stickers on each book.

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Click [HERE](#) to view a short video explaining “our” ministry and features comments from the CEO of Carrollton Springs Hospital.

Click [HERE](#) to view a short video featuring assistants, Jennifer, and Dian.

Click [HERE](#) to view a more detailed video. The above two videos have been integrated into this video but you can easily fast forward through those sections. This video features comments by another Carrollton Springs Hospital staff person.

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"Ministry to the Marginalized" Conference at Dallas Theological Seminary



For five years, we were a "sponsor" at the annual NAMI (National Alliance on Mental Illness) "Walks Event" at Fair Park. We also participated at the Kaufman County Mental Health Expo and at Terrell State Hospital (State Mental Hospital in Terrell Texas). At each of these events we gave away hundreds of copies of my book, "My Pursuit of a Good Mood." However, April 20, 2015 was a **RED-LETTER DAY** for our ministry. We were invited to participate in a conference "Ministry to the Marginalized" at Dallas Theological Seminary (DTS). Kay Warren (wife of Pastor Rick Warren) was the Key Note Speaker. The Warrens lost their son Mathew to suicide in 2013.

My wife, Michelle, also a DTS graduate, spoke for one hour on the topic of mental illness and the church. View Michelle's presentation below.

Part One

<https://youtu.be/0fhosV-sLVs>

Part Two

https://youtu.be/n80Iy_MX-N8

Good Mood Foundation is NOW on Facebook.

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Meet Our Current and Former Board of Directors

Everyone knows someone with a mental illness, addiction, or other mental health issues. That’s one of the many reasons our board serves.

Bob Minkert-Vice President

Bob has served as our VP for four years. Bob is a family man, entrepreneur and owns several “In-Home Service Provider” companies in Atlanta and multi-state regions. This includes: “Just Water Heaters Now,” “Mr. Electric” and “Mr. Rooter” franchises. With God’s enabling, Bob has grown his Mr. Electric franchise from the ground up and is now the largest Mr. Electric franchisee in the company system.

“I have known Mike Attar for nearly 30 years. Mike’s love for the Word of God is demonstrated by his close walk with God and a Spirit-filled life. Rising above his own battles with bipolar disorder has allowed God’s grace to impact his life and others through the Good Mood Foundation. I have been blessed weekly in our conference calls hearing the program of the Ministry and how God once again has met the needs of the Ministry. The Good Mood Foundation ministers by getting in the trenches, going out in the community, and sharing the love of Christ and hope to those who battle the cruel ailments of mental disorders and addiction. Through the generosity of others, the Good Mood Foundation is able to touch the lives of individuals struggling to recover and have the most basic qualities of life by providing written material, Bibles, DVDs, MP3 players for songs of worship. On more than one occasion I have heard Mike say, ‘Our time is limited in how long we can pray individually for the patients in the hospital. I wish I had more time. One by one...’ I think this best characterizes the Good Mood Foundation approach in ministering on a ‘peer-to-peer’ basis. Sharing Christ’s love and hope with others is what I believe we are called to do. The Good Mood Foundation is fulfilling that mission. I have been blessed by supporting the ministry and in my role as Vice President. Little did I know when assuming the role that God would place such a burden on me for reaching individuals who suffer from this affliction. I am thankful for Mike and Michelle, the volunteers and supporters of the Good Mood Foundation.”

Blake Decker-Treasurer

Blake joined the GMF board after getting to know Mike and seeing how much God was working through the ministry to share the Word and Love of God.

“From the first time, I met Mike, I could see the passion he had for the Lord and his desire to bring God’s Word, Love and Comfort to people struggling with mental illness. In today’s world where so many look down on or ignore people in need, it is wonderful to see Mike living out the Gospel message of spreading the Word to those in need.”

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Barbara Blessing-Former Treasurer who served for three years.

Barbara retired after a career serving in federal government; directing finance and other domestic programs in IT, logistics, HR, security, facilities management, audit, and international regulatory compliance. Barbara continues to support the federal government via the private sector.

“From the time of meeting Mike Attar, over ten years ago, the desire of his heart has been to serve others. Mike is the one who made sure everyone at a Bible study felt welcomed and cared about, Mike was the one asking everyone if they needed anything, Mike was the one cleaning the room, Mike was the one... Several years ago, Mike became the one to share his story and to share how he has returned to a Good Mood. The journey has been a long one for Mike, but he has been faithful in seeking God's will for the ministry, and pursuing helping others each step of the way. The Good Mood Foundation has operated on just over \$11,500 in giving for 2012, serving the patients at Carrollton Springs. Mike's desire is to open the Good Mood Foundation to a second hospital this year. He has been faithful, in his pursuit of a Good Mood, and sharing that path with others. May we share the path with Mike.”

Eric Willis-former Vice President who served for one year

Eric is the “Lead-Community Pastor” at Bent Tree Bible Fellowship in Carrollton, TX. He also serves as the president of “Reclaim Leadership,” a non-profit ministry.

“What an incredible vision God has given you to reach out...honored that God has chosen you, as one of our own flock, to develop this ministry.”

Laurie Magers-former vice president who served for over three years

Laurie was the executive assistant to Zig Ziglar (Ziglar Training Systems) for over 33 years. Zig recently passed away and Laurie serves Zig's son, Tom Ziglar.

“It was a privilege and a pleasure to work with Mike and Steve Lugar on the Board of the Good Mood Foundation. I continue to admire Mike's commitment to bringing healing and peace to people with mood struggles, and I will continue to pray for God's leadership and influence on him and this work. God, bless you...”

Steve Lugar-former treasurer who served for six years

Steve is a managing partner at BHCO Capital Management, Inc., in Dallas, Texas. He also serves on the boards of other profit and non-profit organizations.

“It has been joy to watch what started out as merely a dream six short years ago, take root and grow into what has become the Good Mood Foundation. Working with you and seeing your care and concern for those who suffer from mood-related struggles has been a privilege, and I am grateful for the opportunity. GMF fills a void and I pray that God will continue to touch the hearts of those who see the need for Christian-based resources and choose to support GMF in whatever way they can. Love you, Mike!”