



DIOCESAN MENTAL HEALTH MINISTRY PARISH IMPLEMENTATION

MISSION

Mental Health Ministry has been established to accompany those with mental health needs in our parish and school communities in a Catholic, sustainable, ethical, and meaningful way. The focus of this ministry is education, accompaniment, and advocacy.

- **Education – raise awareness and reduce stigma around mental illness.**
 - Clergy and Staff Mental Health First Aid (MHFA) trained
 - Ministry Leaders/Volunteers MHFA trained
 - Ministry Leaders/Volunteer MHFA for Youth trained
 - Offer parishioners/community MH educational opportunities throughout the year in English and Spanish

Examples:

- National Alliance on Mental Illness (NAMI)
 - Trauma informed parishes, Pastor Sanghoon Yoo- The Faithful City/Communities of Belonging
 - Responding to suicide
 - Substance abuse information
 - Catholic Cemeteries Bereavement Training
- **Accompaniment – meet individuals where they are. Offer support, understanding and prayers. No one walks alone.**
 - The “Well”
 - Support groups and resources offered to meet the needs of the community
 - Purposeful small groups offered for connection and contribution for protection of your own mental well being

Examples:

- Grief companion ministry
- Stephen’s Ministry

- Whole Hearted trauma informed support groups
- Red Bird Ministries
- Just Faith
- Christ in Our Neighborhood
- Others to be determined by your parish needs
- **Advocacy – to partner with coalitions and local partners in AZ to give voice to those struggling with mental illness. Effect policy change and assure that mental health is at the forefront of conversations.**
 - Train parishes in synodal listening sessions to be in touch with the needs of their community
 - Be a voice for those who are voiceless:
 - Advocating for services and helping people get connected to what they need
 - Being a voice at the legislature when appropriate
 - Training on how to have YOUR voice be heard
 - Collaborating with Valley Interfaith Project and Arizona Faith Network and other faith coalitions
 - Connecting people and resources
 - Building relationships with community leaders

What does success look like?

- **Education**
 - Tier 1 (year 1)
 - Mental Health First Aid Training – Clergy, Staff and Ministry Leader
 - Fewer than 4 events a year
 - Invitation to all parishioners to do Mental Health First Aid
 - Tier 2 (year 2)
 - MHFA Training – most team members certified
 - Minimal record of ministry work documented
 - Minimal evidence of ministry impact (i.e., numbers of events held per year and attendance data)
 - Between 4-11 events per year
 - Tier 3 (year 3)
 - MHFA Training – required to serve on MHM Team
 - Articulated, detailed, organized record of ministry work documented
 - Assess and evaluate for progress next year
 - Monthly events
- **Accompaniment**
 - Tier 1 (year 1)
 - Clergy/lay ministers may be available for accompaniment
 - MHM Team has identified local providers and resources in order to make appropriate referrals

- Foster relationships to develop a safe and sacred space (with or without a tangible “Well”) on the parish property or school campus where people can receive pastoral care and feel supported and respected without judgement
 - Create a quiet space for personal reflection and prayer
- Tier 2 (year 2)
 - MHM Team is aware of accompaniment at the parish and refers to outside resources as needed.
 - Offers small group experiences and has a support group resource list to share with parishioners
- Tier 3 (year 3)
 - Specific MHM Team members are identified to facilitate support groups and also provide individual accompaniment, understanding we do not treat or diagnose
 - All referral communications are within a secure, confidential environment
- **Advocacy**
 - Tier 1 (year 1)
 - Share and connect people to community services
 - Have at least 1 synodal listening session per year around mental health challenges and parish needs
 - Tier 2 (year 2)
 - Have at least 2 synodal listening sessions per year around mental health challenges and parish needs
 - Action taken to meet the needs of the listening sessions through education/accompaniment/advocacy
 - Tier 3 (year 3)
 - Develop a team who would be advocates in the public square for mental health awareness and wellness (i.e., local partners, legislature)
- **Operational**
 - Tier 1 (year 1)
 - No budget or time-limited funding (i.e., grant or gift)
 - Pastor is aware and supportive of the ministry
 - Participates in MHM Quarterly meetings
 - Tier 2 (year 2)
 - Prepare for articulated next year budget
 - Pastor is supportive of the ministry, attending up to 3 meetings or events per year
 - Has a communication plan to share what their MHM is doing and has to offer
 - Tier 3 (year 3)
 - Articulated budget with reliable funding streams to ensure sustainability of MHM activities after expiration of grant or gifts
 - Pastor is fully engaged in the ministry, attending up to 6 meetings or events per year and speaks on behalf of the ministry at events or from the pulpit

The Well



A designated space or room at a parish or school that is a safe space, a place of encounter for those experiencing challenges to gather and share their experiences and grow their relationship with God. A place for support groups, educational workshops and opportunities for accompaniment.

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