

## **Criteria for Approving Association of Catholic Mental Health Ministers (ACMHM) Grants (2022)**

The purpose of the grant program is to provide startup funding for a Mental Health Ministry (MHM) in a Parish and/or a Diocese. The goal of the ACMHM is to help MHM become an integral ministry in the Church that is available in every Catholic parish and diocese throughout the world. *Key is spiritual accompaniment and support.*

### **Guidelines:**

1. The Mental Health Ministry (MHM) must register as a chapter of the Association of Catholic Mental Health Ministers (or join an existing chapter) before the grant funds are disbursed.
2. Leaders of each MHM must register as active members of the ACMHM before grant funds are disbursed.
3. Each grant recipient will be assisted by an ACMHM Board member to mentor and support the development of the MHM.
4. Grants are distributed as startup funding to support the development of a mental health ministry in accordance with the Aims of the ACMHM Charter.
5. Grants are to be distributed to and administered by a fiscal agent of a Parish or Diocese.
6. Grant proposals that are selected to move forward for acceptance should include:
  - A. Goals of the Pilot Project/Ministry
    - i. How will this ministry increase awareness of mental health issues and reduce stigma and discrimination against those living with mental illness?
    - ii. How will this ministry provide spiritual accompaniment and support?
    - iii. How will this ministry assist in welcoming people with mental illness into the sacramental and communal life of the church?
  - B. Description of the Mental Health Ministry Team
    - i. Who is the Coordinator of Pilot Project/Ministry (Volunteer or paid)?
    - ii. Identify other team members and their role (by name and responsibility).
    - iii. Describe training that the coordinator and team members will receive to support the development of the ministry, such as Mental Health First Aid, Introduction to Mental Health Ministry at the Catholic Institute of Mental Health Ministry, QPR, or Psychological First Aid or equivalent.
  - C. Schedule and Budget
    - i. What are the action steps with a timeline to meet the goal? Include the name of the person(s) responsible for each line item.
    - ii. Provide a budget with specific line items for each step in the timeline.
  - D. Parish/Diocese Support and Administration
    - i. Fiscal Agent (Parish or Diocese) – Who is responsible for administering the grant money?
    - ii. What financial controls are in place to ensure the grant money is used specifically for this ministry (For example line item in budget)?
    - iii. Provide a letter of support from either the Bishop of the Diocese for a diocesan program or from your Pastor for a parish program.

- E. Community Collaborators
  - i. Are there other groups in the community that will be involved (ex. NAMI, County Behavioral Health)?
  - ii. How will these collaborators support this ministry?
- F. Sustainability
  - i. How will the Mental Health ministry continue when the grant money is spent?
- G. Mid-year and Final Report
  - i. What are the Measurables to determine the goals are met?
  - ii. How will data or information for the final project report be collected.

**Examples of Activities Aligning with ACMHM Charter:**

- Create a Parish based level of awareness for Parishes such as:
  - A five session parish series on Mental Illness and Pastoral Accompaniment (see the ACMHM website)
  - Sanctuary Mental Health Ministries – The Sanctuary Course for Catholics
  - Deacon and Lay Leader formation workshops
  - Workshops for parish staffs, priests, chaplains, parish groups
  - Homilies at parish Sunday masses including onsite resource groups after mass
  - Retreats and Days of reflection focusing on spiritual accompaniment and support for persons living with a mental illness
  - Speakers for parish groups on pastoral support for people with mental illness
- Maintain a Resource Website with downloadable information for inspiration, outreach, prayer, and reflection on ministry to people with mental illness and their families.
- Provide education, pastoral support, spiritual companionship, and resources at the Parish and/or Diocesan level.
- Develop Parish based Spiritual Support Groups for persons with mental illness and for the family and friends who care for them.
- Provide prayer services:
  - Get together with the liturgy team at your parish and hold a healing Mass for those with mental illness.
  - Pray the rosary with and for those with mental illness.
  - Have a Taize service dedicated to intentions for mental health. Invite parishioners from nearby parishes.
- Provide an annual Mass at the Diocesan or Parish level celebrating the lives of people with mental illness with families, friends and those who work in the field of mental health participating.
- Provide an annual St Dymphna Mass, or provide a remembrance Mass for those who died by suicide and host a gathering after the Mass.

**Examples of Activities Not Aligning with ACMHM Charter:**

- Support for Mental Health Counseling, Clinical based activities and Social Work Therapy Services including payments for those seeking these services.

- Support for activities that are not focused on parishes, such as school based training programs or other ministries that primarily operate outside of a parish setting.
- Support for developing or maintaining Electronic Health Records, 800 lines and other non-mental health related systems.
- Support for ministries for disabilities other than mental illness (align with DSM-5).
- Support for activities solely related to drug addiction and recovery.