

Mental Health Ministry
Qualifications and Skills Demonstrated by Candidates Seeking to
Become Parish Mental Health Ministry Coordinators and Members

Qualifications:

- Approved by pastor/endorsement
- Fully participating Catholic
- Healthy awareness of self-care
- Committed to assisting those with mental illness
- Open to supervision and direction from the parish pastor and the Coordinator of Mental Health Ministry
- Understand parish and diocesan structures
- Able to work both independently and collaboratively
- Comfortable talking about mental health issues and other difficult topics such as: abortion, promiscuity, addiction, etc.
- Familiar with mental health issues
- Ability to maintain confidentiality
- Multilingual (a plus)

Skills:

- Leadership abilities
- Sensitive to and supportive of leadership in the parish and the diocese
- Good judgment, organization and communication skills
- Communication abilities, especially listening
- Organizational abilities
- Awareness of boundaries, including ethical and moral ones
- Accepts the support of others

Spirituality:

- Good understanding of sacred scripture
- Able to show and discuss examples in scripture pertinent to issues / discussions
- Able to discuss spiritual issues relating to a person's faith e.g. anger, hope, suffering, trust, sin, forgiveness, etc.
- Able to discuss lives of Saints and other people of faith to inspire and encourage members of the group
- Able to share personal stories of faith and spirituality

Team Structure (3 people minimum):

- Team Leader (Deacon*, Religious, Lay Ministry)
- Team members
 - Spouse of Deacon, Lay Minister, Volunteer Parishioner(s)
 - Member with nursing / health care experience
 - Member living with mental illness (high functioning)

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Additional Up Front Training / Experience:**

- NAMI courses: NAMI Basics, Family to Family Program, Mental Health First Aid
- Experience with family members or friends who suffer with mental illness
- Member of a mental illness peer support group
- Able to understand and discuss in general terms importance of therapy and medications including impacts of medication changes
- Educational background / experience

* Preferred

** Members do not need to have additional up front training but are required to complete the training requirements as outlined by the Mental Health Ministry Coordinator.

10/14/19

DRAFT