MENTAL HEALTH RESOURCES

POLICY

As part of individual responsibility for holistic living, Sisters will utilize appropriate mental health resources when personal, relational, or ministerial issues indicate the advantage of using such resources.

PROCEDURES

1. Recognizing her need for counseling, a Sister may initiate a contact for counseling independently or in consultation with her Leadership Team Liaison.
2. If a Sister is not aware of her need for mental health treatment, a concerned member of the community will speak with the Sister on a one-to-one basis, expressing her concern, citing concrete facts and encouraging her to pursue professional evaluation. If there is no evidence that the Sister has sought appropriate help, concerned members of the community will contact a member of the Leadership Team.
3. The Sister avails herself of counseling/therapy, aware of the fact that the Congregation respects her right to confidentiality at all times.
4. The Sister is responsible for requesting information about the credentials, licensing, and experience of the therapist that she chooses.
5. In the initial stages of treatment, the therapist and the Sister will develop a clear, written statement of anticipated goals for treatment and a proposed time frame for the therapeutic process. These will be reviewed at regular intervals (at least every six month) by the therapist and the Sister.
6. In the selection of a therapist, the Sister will consider, but not be limited by, health insurance re-imbursement.
7. To maintain a Sister’s confidentiality, payment for counseling and/or therapy may be made either through the local house budget or through the Leadership Team Liaison who will utilize payment procedures that ensure confidentiality.
8. If a Sister needs in-patient therapy or residential treatment, the Sister will consult with the Leadership Team Liaison regarding appropriate treatment facilities.
9. With the Sister’s consent, the Liaison or another member of the Congregation will be in appropriate, ongoing dialogue with the facility’s therapists in order to support the Sister and to insure her ongoing care.
10. The Liaison arranges for financial reimbursement through health insurance and through the Congregational budget.
11. During the after-care period, the Sister’s local community or a chosen Congregational support community may have a significant role in on-going recovery with consultation and support from Congregational and/or therapeutic staff.