

# Forming Community: Building a Team Approach

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An important step in developing a plan to bring mercy to youth on the margins is to build a coalition of youth serving ministries, agencies, and professionals to help you in this effort.

Individuals and organizations you should connect with may include, but are not limited to:

State/Province	Is there one?			Are we in contact?	
	Yes	No	Don't Know	Yes	No
State Catholic Bishops' Conference					
Province/Regional Bishops' Conference					
Statewide/Diocesan Catholic Lobbyists					
State Legislation					
State Department for Youth Services					
State Rescue and Restore					
Diocesan/Regional	Is there one?			Are we in contact?	
	Yes	No	Don't Know	Yes	No
Diocesan Representative for the Catholic Campaign for Human Development					
Catholic Charities in my Diocese					
Diocesan Office of Youth Ministry					
Diocesan Office for Social Concerns					
Diocesan Multicultural/Latino/Black Catholic Ministries					
Local NAMI Representative					
Local "Communities in Schools" Representative					
Local Project Rachel Representative					

Local/County	Is there one?			Are we in contact?	
	Yes	No	Don't Know	Yes	No
County Sheriff/Child Protection					
County Mental Health and Disabilities					
Juvenile Detention Centers (Councilors/Occupational Therapists)					
Drugs and Alcohol Rehab Center					
AA and/or Alateen					
Homeless Shelters and Walk-in Shelters (Any Family/Youth Specific)					
Domestic Violence Center/Coalition					
Food Pantries, Clothing, and Free Stores					
Foster Care Services					
Licensed Professional Councilors (Minimum 2-3)					
Outpatient Mental Health Clinic					
Emergency Room/Hospital					
Inpatient Mental Health Clinic					
St. Vincent de Paul Societies					
Local Churches and Religious Groups with Youth Outreach Programs					
City/County Council of Churches					
Local Schools with Youth Outreach Programs					
Local Schools' Counselors					
School Resource Officers					
Adolescent Health Specialists in County or School					
Colleges/Universities with Youth Outreach Programs					
4-H Clubs					
Big Brothers/Big Sisters					
Boys and Girls Clubs					
YMCA/YWCA					

\* Caution should be exercised when partnering with any non-Catholic organizations/agencies that might offer services/programs contradictory with Catholic teaching (i.e.: birth control or abortion)

# WHEN TO MAKE A REFERRAL

## *From the American Psychiatric Association Resources for Faith Leaders*

### Assessing the person

**Level of distress** – How much distress, discomfort, or anguish is he/she feeling? How well is he/she able to tolerate, manage or cope?

**Level of functioning** – Is he/she capable of caring for self? Able to problem solve and make decisions?

**Possibility for danger** – danger to self or others, including thoughts of suicide or hurting others

### Tips on making a mental health referral

Identify a mental health professional, have a list

Communicate clearly about the need for referral

Make the referral a collaborative process between you and the person and/or family

Reassure person/family you will journey with them

Be clear about the difference between spiritual support and professional clinical care

Follow-up; remain connected; support reintegration

Offer community resources, support groups

It is important to stay calm and attentive when a teen comes to you in the midst of a crisis. Listen attentively, without judging, advice-giving, or blaming, and be an un-anxious presence. Use the above steps to assess the situation and make a referral if necessary, involving the teen and parents in this process. Then, ask if you can pray with the teen. Don't forget to follow-up after making a referral, continuing with them on their journey and providing spiritual support.

For more information, please reference the FREE resource manual from the American Psychiatric Association *Mental Health: A Guide for Faith Leaders* <https://psychiatry.org/psychiatrists/cultural-competency/faith-community-partnership>



**Youth/Adolescent Services Offered:**

*(i.e. individual services/counseling, programs, support groups, etc.)*

Name of Service:	Where:	When:	Other notes (such as cost):

**Parent/Family Services Offered:**

*(i.e. individual services/counseling, programs, support groups, etc.)*

Name of Service:	Where:	When:	Other notes (such as cost):

**Other Resources Available (such as food/monetary assistance, grants, or advocacy materials/speakers):** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# EMERGENCY FIRE/POLICE/SQUAD 911

## Local Numbers

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**Police (City):**

**Child Protective Services:**

**Fire Department:**

**Sherriff's Office:**

**Highway Patrol:**

**National Suicide Prevention Hotline:**

800-273-TALK (8255)

**Phycologist/Licensed Professional Counselors:**

**Name:**

**Name:**

**Name:**

**County Mental Health/Addition Board:**

**Weather Forecast Service or National Weather Service:**

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## School/Parish Numbers

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**Pastor:**

**School Principal:**

**Assistant Principal:**

**Parish Catechetical Leader:**

**Coordinator of Youth Ministry:**

**Building Supervisor/ Maintenance:**

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## Diocesan Numbers

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**Chancery**

**Safe Environment**

**Communications Office**

**(for contact with any media)**

**Youth Ministry**

**Young Adult Ministry**

**Religious Education**

**Catholic Schools**

**Social Concerns/Justice**

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