

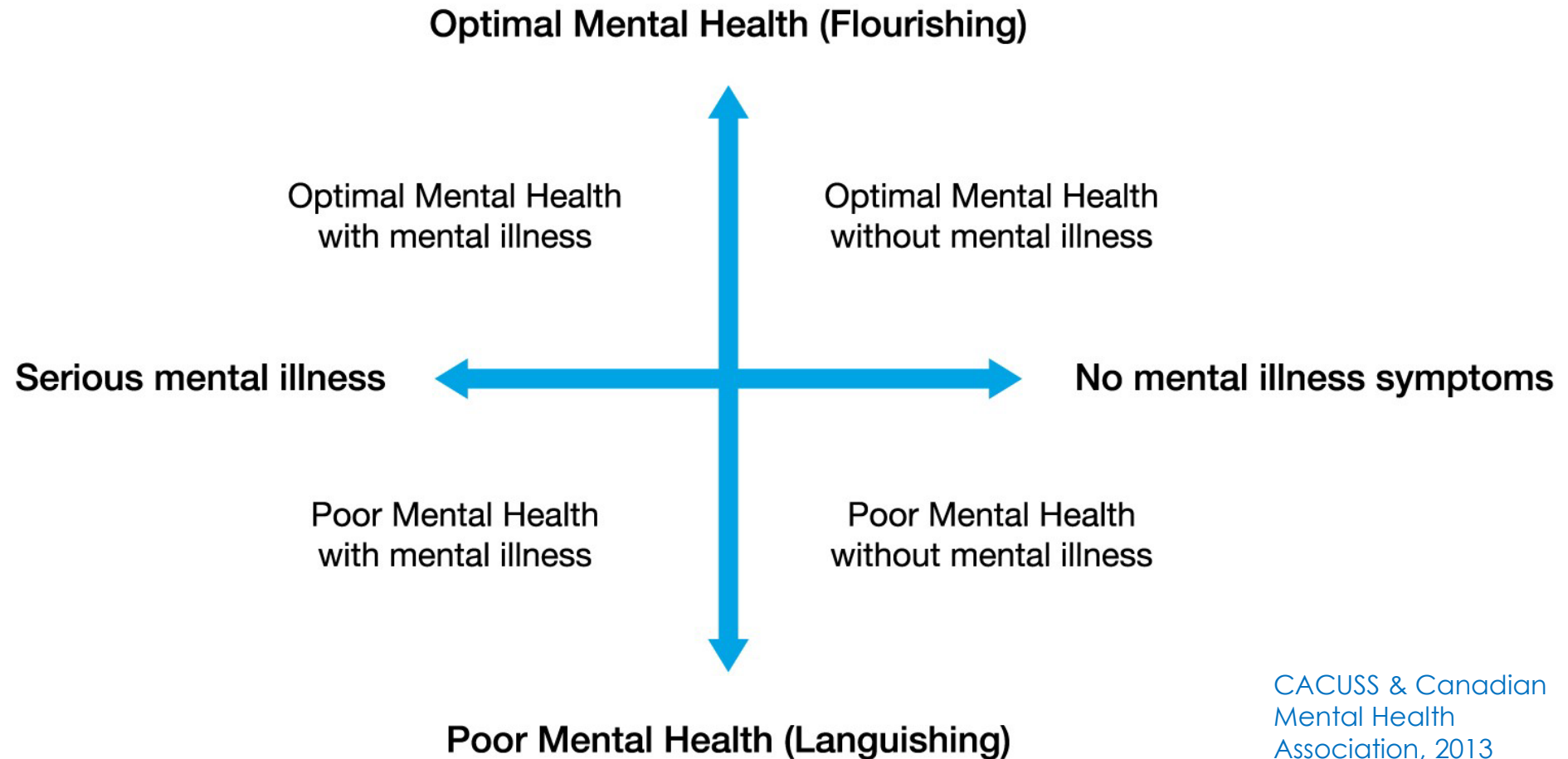


Mental Health Ministry



ALL have mental health

2



Substance Use Disorder...

3

16.8% of the US population 12 and older have a substance use disorder.

SUD is characterized by impairment caused by the recurrent use of alcohol or other drugs (or both), including health problems, disability, and failure to meet major responsibilities at work, school, or home.

Alcohol Use...

4

Nearly half (46.6%) of population 12+ drank alcohol in the past month.

Binge alcohol use: **43.1%** of the population 12+

Binge alcohol use means consumption of four or more drinks on the same occasion for females and five or more drinks on the same occasion for males on at least 1 day in the past 30 days.

Any Mental Illness...

5

23.4 % (over 1 in 4) of population age 18 or older has had any mental illness in the past year.

AMI among adults refers to the presence of a mental, behavioral, or emotional disorder in the past year of sufficient duration to meet criteria from the Diagnostic and Statistical Manual of Mental Disorders, 4th edition, excluding developmental disorders and substance use disorders.

Treatment...

The average time people wait to seek treatment is **11 years.**

A way of BEING

7

Breakdown stigma thru education

Person First Language

Chronic MI & SUD needs special attention and care

Church's role: prayer, education, relationships

Integration



Person: Mind, Body, Spirit



Church: Christ, People, Holy Spirit

Ministering in Relationship

9

Awareness

Acceptance

Accompaniment

Awareness

Pay attention

- To others and to self

Attuned

- Focus on the present moment

Engage

- Approach with only kindness and concern

Acceptance

11

Meet people where they are

- No fixing

Love: will the good of the other

- No judging

Beloved child of God

- No advice

Accompaniment

12

Be present

- Gift of self

Listen well

- To understand

Know when to refer

- 988 is 24/7 behavioral health crisis line

MHM – Daily Lives

Prayerful Companionship

Affirms our dignity as a Child of God

God's unconditional love for us

MHM is compassionate, reliable, good listener, respectful

Things we **DO NOT** do:

14

Act as therapists or Counselors

Try to “fix”, change or offer advice

Pass judgment

Replace therapy or medication

HOLY LISTENING

Listening with a sense of sacredness for the person's life, makes the sharing a Holy experience, allowing for God's healing presence.



Listen with care

Do

- Eliminate distractions

Do

- Establish position of equality

Do

- Use eye contact/ open body language

Do

- Listen to understand

Do

- Ask clarifying questions

Do

- Be attuned for emotions that give hope

That's a no no!

Don't

- Listen to respond

Don't

- Interrupt

Don't

- Be alarmed

Don't

- Give advice

Don't

- Pass judgment

How to apply to other ministries

18



Pro Life Ministry

- Suicide prevention



Grief/ Funeral Ministry

- Holy listening
- Resources



Other ministries

- Notice others who may be struggling

Personal Experience

19



MHM Review

- The statistics
- We are integrated
- Awareness |
Acceptance |
Accompaniment
- What we do/don't
do
- Holy Listening



RESOURCES



Suicide Prevention:
Question. Persuade. Refer.



Mental Health First Aid (MHFA)



Mark your calendars...

22

Be Still RETREAT

SLOW DOWN. BREATHE.
CONNECT WITH GOD.



Your experience includes:

- Guided Mediations
- Presentation by Father Beekman
- Worship Music
- Adoration
- Light Breakfast

March 28, 2026
9 AM - 12 PM

HOSTED BY ST. ANTHONY OF
PADUA CATHOLIC CHURCH
1010 FERGUSON ST, ROCKFORD, IL 61102
(815) 965-2761
STANTHONYROCKFORD.ORG



PRESENTED BY
ROCKFORD DIOCESE CATHOLIC CHARITIES
MENTAL HEALTH MINISTRIES



ARRANGED BY:
DIOCESE of ROCKFORD
Catholic Charities

ST. DYMPHNA MASS WITH BISHOP MALLOY

HE CARES ABOUT YOUR MENTAL HEALTH



Join us for an evening of healing and community. The mass will be offered for those with mental health challenges and those who care for them. Reception to follow in the Fellowship Hall.

MAY 15TH
5:30 PM

St. Peter's Cathedral
1243 N Church St, Rockford, IL 61103
(815) 965-2765



Catholic Mental Health
Ministry Rockford Diocese



@cmhmrockforddiocese

Kailee Kuropas

kkuropas@rockforddiocese.org

815-520-7549

Mental Health Ministry Coordinator