

CATHOLIC CHARITIES BLOOMINGTON

635 N. College Ave. • Bloomington, IN 47404 • Phone 812-332-1262 • Fax 812-334-8464
www.CatholicCharitiesBtown.org

Spring 2007 Newsletter

Looking for help?



You are not alone.

I'm not sure what I'm looking for. I don't know if you can help. I don't know if I can afford to come. I wonder, does my insurance cover this. These are some typical statements that mental health counselors hear over and over from persons seeking help and are not sure where to turn. As the psychotherapist or counselor continues to listen these questions are often followed by statements like:

- *I can't seem to cope with my kids anymore. I find myself in tears all the time.*
- *Our family is in constant turmoil. We argue over the smallest things.*
- *I'm so angry with my husband. I don't even know if I want to save our marriage.*
- *We're afraid our daughter is using drugs, and we don't know what to do. She won't talk to us.*
- *Our four-year-old seems to have constant temper tantrums. Is that normal?*
- *I feel anxious all the time. I dread going to work. I dread going out at all.*
- *Our son's grades at school are*

getting worse and worse. Nothing we try seems to help.

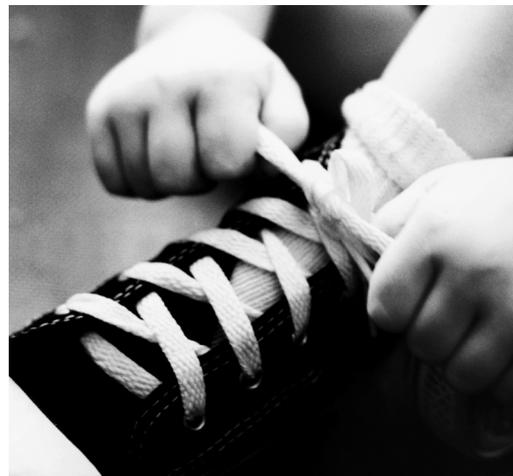
- *My family doctor prescribed an anti-depressant for me. He says I should make an appointment to talk to someone. I'm not sure how that will help.*

Although the stigma surrounding seeking mental health services has reduced significantly in the last few decades, many people remain unsure when and how to use counseling or psychotherapy services. Maybe part of the problem is the confusing array of terms used to describe these services. Terms such as psychotherapy, counseling, behavioral health services, mental health treatment, couples counseling, and family therapy may be used to describe these services and leave the average person wondering just what it is that is being offered. Also, the cost of these services and how they will fit into the family schedule are unknown. Many people coming to a mental health counselor for the first time are not sure what to expect or how to judge whether or not the services they are receiving will be effective. Many people feel the problems they are experiencing emotionally or within the relationships in their lives are ones that they should be able to solve on their own or with the help of family and friends. And, concerns about privacy keep many people from seeking help for problems that are experienced as embarrassing and confusing.

As a result of these barriers many people wait for an emotional problem or a family situation to become overwhelming before seeking help. Often it's someone in the person's life, a friend or teacher or family member, who suggests that professional help may be needed. Some people seek help from their pastor or someone else in their

faith community who may suggest counseling. Once someone has decided to try to seek help, the problem of where to call remains an issue. The phonebook may list counselors under a variety of headings: mental health counselors, marriage and family therapists, and psychologists are some of the possible listings. The call to a provider may often reach an answering service or voice mail. Then there is the wait for a return call.

This process can be daunting even for a person convinced that counseling could be helpful, let alone for the person who feels quite uncertain about seeking help. Mental health educators, schools, physicians, United Way agencies, mental health support groups, and various mental health agencies are among the groups that have worked hard to eliminate some of the barriers to seeking mental health counseling. Many celebrities, such as Oprah or Dr. Phil, have done a great deal to raise public awareness around mental health issues. This newsletter is the first in a series that will seek to raise awareness of mental health issues, increase access to mental health services, and inform the community about the specific services provided by Catholic Charities Bloomington.





About Catholic Charities Bloomington



First row, seated left to right: Bryn Harris, bilingual mental health counselor; Marsha McCarty, agency director; Elisa Duncan, licensed mental health counselor. Second row, standing left to right: Diana Aguilar, office manager; Lori Keller, counseling intern; Laura Ingram, counseling intern; Peggy York Garcia, licensed social worker. Not pictured: Don Weller, mental health counselor.

Within the Catholic Church many priests, religious women and men, and lay leaders are trained in counseling and trained to recognize when a person may need services beyond what they can provide. Another way the Church has sought to address mental health issues is through various Catholic Charities agencies. The Church recognizes that access to needed and affordable mental health care is essential to the well-being of all children and adults. Catholic Charities Bloomington is one of those agencies that seeks to provide professional mental health services of a high quality. Catholic Charities Bloomington also strives to increase awareness of our services and make those services as accessible as possible.

We would like to begin by addressing some of the questions we are often asked about our agency.

Do you have to be Catholic to receive services?

No, most of our clients are not Catholic.

We are open to all who have a need for the services we provide.

Do you have to be low-income to come to Catholic Charities?

No, we see clients from all income levels.

Do you take insurance and will you file my insurance if I come?

Yes, we are in-network providers for several major insurance companies. If you want to use your insurance, we will file your claim. You will be responsible for any co-pay or deductible that your insurance requires.

Do you take Medicaid?

Yes we do, and we are in-network for the managed care companies who have contracted to handle Medicaid claims.

Are your services affordable?

Yes, we charge for counseling according to family income. Ability to pay will not be a barrier to receiving mental health

services through Catholic Charities Bloomington.

How are you able to provide services on the sliding fee scale?

We receive support from various groups. We are a United Way agency and we are supported through the Archdiocese of Indianapolis through the United Catholic Appeal. We are also supported by individual donors and other fundraising efforts, and we seek grants for specific programs.

Do you have to come to Bloomington to receive services?

Not always, Catholic Charities in Bloomington has been looking for ways to be more accessible to parishioners and communities in the counties surrounding the Bloomington area. Currently a therapist is available at St. Agnes Church in Brown County on Tuesdays and at St. Vincent de Paul Church in Bedford on Thursdays. In addition to seeing clients in Bedford, we also provide supportive social work services to St. Vincent de Paul Elementary School throughout the school year.

**Catholic Charities
Bloomington invites you to ask
other questions you may have
concerning our services. Our services
are offered confidentially.
Our number is
812-332-1262 or email us at
mmccarty@catholiccharitiesbtown.org.**



Other news from Catholic Charities

Helping Heal From the Trauma of Abortion

Another recent area of interest of Catholic Charities Bloomington is in being available to provide counseling services for Post-Traumatic Stress Syndrome related to women who have had an abortion. These services are also offered to men who have experienced abortion or to other family members who may have been affected by an abortion. We would like to be available

to provide supportive or follow-up services for individuals involved with the area's healing ministries, such as Rachel's Network and Rachel's Vineyard Retreat, both of which serve individuals who are experiencing trauma symptoms after an abortion has occurred. To access these services please call Peggy York-Garcia at Catholic Charities.

For more information, visit RachelsVineyard.org or call Pat at 812-327-3712.

Bilingual Services Now Offered At Catholic Charities

While Catholic Charities continues to provide individual, family, couples, and group counseling to the English speaking population, we are now offering these services to the Spanish-speaking population. In April 2006 our agency hired a bilingual therapist who has been providing counseling services and outreach to people of all ages and economic backgrounds. Catholic Charities has also joined forces with multiple Latino programming agencies in Bloomington to provide a greater diversity of services for this population. Collaborative efforts with El Centro, a Latino advocacy and programming community agency, has enabled Catholic Charities to come to a better understanding of the economic and political struggles of this population. We are also working in collaboration with Mujeres en Conexión, a Latina women's group, where we have disseminated information about our services. Middle Way House and the RISE have also been collaborators as our bilingual therapist has provided direct services to clients in these domestic violence programs at their location. Lastly, our bilingual counselor has begun collaborating



with school corporations in the Bloomington area conducting culturally-competent academic, intellectual, and behavioral assessments as well as consulting with school staff on immigration and acculturation as they pertain to academic and school success.

We are committed to communicating regularly with our supporters. If you would like to receive this newsletter at home, please contact our offices today at 812-332-1262 or mmccarty@catholiccharitiesbtown.org.

It takes support from the community to continuously offer our services, please consider donating to Catholic Charities Bloomington. All donations to our agency stay in the Bloomington Deanery to help residents of our community.

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*Photos provided by Catholic Charities USA (Alexandria, VA),
Secretariat for Catholic Charities in the Archdiocese of
Indianapolis and Catholic Charities Bloomington.*



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CATHOLIC CHARITIES BLOOMINGTON MISSION STATEMENT

Catholic Charities Bloomington is dedicated to the enhancement of the dignity and functioning for all persons in the community-at-large through education, social service delivery, and advocacy. We are especially committed to working within our communities to remove barriers that block the quality of life for the poor, the disabled, or for persons marginalized by our society in any way. We serve all residents of the counties of the Bloomington Deanery of the Archdiocese of Indianapolis: Brown, Lawrence, Morgan, Monroe, Orange and Owen Counties.