

**Association of Catholic Mental Health Ministers
Guidelines and Talking Points for Grant Proposals
As of 11/4/2020**

Criteria in Approving MHM Grants

Purpose of grant is to seed mental health ministry funding in Parish and/or Diocese so that Mental Health Ministry becomes an integral ministry in the Church that is available in every Catholic parish and community throughout the world. Key is spiritual accompaniment and support.

Guidelines:

1. The Mental Health Ministry (MHM) must be registered as a Chapter of the Association of Catholic Mental Health Ministers (ACMHM).
2. Leaders of each MHM must be registered as Active members of the ACMHM and receive appropriate Mental Health First Aid (MHFA) or equivalent training in order to provide spiritual support.
3. Each Chapter / Group will be assisted by an ACMHM Board member to mentor and support the development of a MHM.
4. Grant \$ are distributed as seed money to support the development of a mental health ministry in accordance with the Aims of the ACMHM Charter.
5. Grant \$ are to be distributed to and administered by a fiscal agent of a Parish or Diocese.
6. Grant proposals that are selected to move forward for acceptance should include:
 - a. The Goal of the Pilot Project/Ministry
 - b. Who is the Coordinator of Pilot Project/Ministry (Volunteer or paid)?
 - c. Provide other team members and their role (by name and responsibility)
 - d. What are the action steps with a timeline to meet the goal? Include the name of the person(s) responsible for each line item.
 - e. Specify how the grant money will be used. Provide a high level budget with specific line items for the timeline identified in 6d.
 - f. Fiscal Agent (Parish or Diocese) – Who is responsible for administering the grant money? What financial controls are in place to insure the grant money is used for this ministry (For example line item in budget)?
 - g. Based on a-f above provide a letter of support from either the Bishop of the Diocese for a diocesan program or from your Pastor for a parish program.
 - h. What are the Measurables to determine goal is met?
 - i. How will this ministry assist in welcoming people with mental illness into the sacramental and communal life of the church?
 - j. Are there Community collaborators (ex. NAMI, County Behavioral Health)? How will these collaborators support this ministry?
 - k. If Parish based, how will the parish provide support for this ministry (clerical, space, communications, etc.)?
 - l. Sustainability—How will the Mental Health ministry continue when the grant money is spent?

**Association of Catholic Mental Health Ministers
Guidelines and Talking Points for Grant Proposals
As of 11/4/2020**

Examples of Activities Aligning with ACMHM Charter:

- Create a Parish based level of awareness for Parishes such as:
 - A five session parish series on Mental Illness and Pastoral Accompaniment
 - Deacon and Lay Leader formation workshops
 - Workshops for parish staffs, priests, chaplains, parish groups
 - Homilies at parish Sunday masses including onsite resource groups after mass
 - Retreats and Days of reflection
 - Speakers for parish groups on pastoral support for people with mental illness
- Maintain a Resource Website with:
 - Downloadable information for inspiration, outreach, prayer, and reflection on ministry to people with mental illness and their families.
- Provide education, pastoral support, spiritual companionship and resources at the Parish and/or Diocesan level. Develop Parish based Spiritual Support Groups for persons with mental illness. Check the website of the Association of Catholic Mental Health Ministers <https://catholicmhm.org/> to find resources on this.
- Provide prayer services:
 - Get together with the liturgy team at your parish and hold a healing Mass for those with mental illness.
 - Pray the rosary with and for those with mental illness.
 - Have a Taize service dedicated to intentions for mental health. Invite parishioners from nearby parishes.
- Pledge to be a parish or community that is free from the stigma that keeps people from seeking mental health services.
- Offer an Annual Mass at the Diocesan or Parish level celebrating the lives of people with mental illness with families, friends and those who work in the field of mental health participating.
- Assist parishes in hosting an Annual St Dymphna Mass

Examples of Activities Not Aligning with ACMHM Charter:

- Support for Mental Health Counseling, Clinical based activities and Social Work Therapy Services including payments for those seeking these services and speaker fees
- Support for developing and/or maintaining Electronic Health Records, 800 lines and other non-mental health related systems and tools
- Support for ministries for disabilities other than mental illness (align with DSM-5)
- Support for activities solely related to drug addiction and recovery