

Mission Priorities of the Archdiocese of Dubuque:

- 1) Strengthening programs for on-going education in the faith
- 2) Enhancing the Sunday assembly for Holy Mass
- 3) Teaching stewardship as a way of life
- 4) Promoting vocations in general, and priesthood in particular

Learn more at DBQArch.org/Priorities

Mission Priority topics featured in this issue:

Faith Formation

Disciple's Corner
Dave Cushing returns this week to continue the Disciple's Corner column analysis of the book "Into His Likeness."
- page 5

Scholars Program
A Catholic university in San Diego has established a program that helps youth who have been in foster care or homeless obtain a higher education.
- page 12

Enhancing the Sunday Assembly

What We Have Done and Failed to Do
Father Dennis Quint continues the Worship Office series on communal penance services.
- page 3

Stewardship

Catholic Charities Year in Review
Lisa Turner, a staff member at Catholic Charities of the Archdiocese of Dubuque, gives a comprehensive update on what the organization has been up to in the past year.
- page 2

Thanksgiving Baskets
The members of Epiphany Parish in Mason City engaged in a charity effort to give to families in need during the Thanksgiving holiday.
- page 9

Vocations

Priest Meets Pope Francis
Father Richard Kuhn recently traveled to Rome and met Pope Francis to mark his 65th anniversary of being ordained a priest.
- pages 8-9

Two Sisters, Priest Remembered
The ministries of two Franciscan sisters and a priest of the archdiocese who recently died are highlighted.
- pages 6, 7

Wisdom of the Saints:

"I have found the paradox, that if you love until it hurts, there can be no more hurt, only more love."
— St. Mother Teresa

Index

Archdiocese.....	2-5
Community.....	6-7
Archdiocese.....	8-9
Spirituality.....	10
Column/Nation.....	11
Nation/World.....	12-15

Catholic Charities mental health counseling: a year in review

By Lisa Turner, LMFT
Special to The Witness

Year-end tends to be a time when we look back over the last 12 months and reflect on where we have come – celebrate good times, reflect on challenges and take stock of personal growth – and then look forward to what the coming year has in store. The Catholic Charities mental health counseling program would like to take a moment to do that.

Catholic Charities is the social service arm of the Archdiocese of Dubuque, responding to persons in need and working to achieve justice in our society. The counseling program is inspired by the belief that marriage and families are at the core of our social structure. Mental health counseling provides individuals, couples and families the ability to work out their problems before they become a crisis, helping to maintain emotional health and strengthen relationships. Strong and supportive marriages result in healthy spouses, parents and members of our community.



Lisa Turner

In the fall of 2017, Catholic Charities identified four strategic priorities guiding the organization over the next five years: reducing poverty, building parish and community partnerships, expanding immigration legal services, and professional development and formation for staff. To this end, and meeting the strategic priority of professional development and formation for staff, Catholic Charities counselors completed a training in emotionally focused therapy (EFT). EFT is a short-term form of therapy that focuses on adult relationships and attachment/bonding. James Furrow, PhD, came to Dubuque to provide the couples specific training to 10 Catholic Charities counselors, as well as other counselors in the Dubuque area.

Continuing in support of the strategic priority of staff development, as well as building parish and community partnerships, three Catholic Charities counselors were certified as instructors in Mental Health First Aid. Mental Health First Aid is the help offered a person developing a mental health problem or experiencing a mental health crisis. In the first six months that Lynne Lutze, Lori Eastwood and

Lisa Turner were certified, more than 125 archdiocesan employees and community members have been taught to recognize common risk factors and warning signs of specific types of illnesses, like anxiety, depression, substance use, bipolar disorder and schizophrenia.

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Catholic Charities counselors partnered with the archdiocesan offices of Marriage and Family Life and Respect Life and Social Justice to develop Behold Your Child, a ministry to support families and individuals who have lost children to miscarriage, stillbirth and infant loss. Counselors developed and wrote the professional helps section of the pastoral guide and have traveled throughout the archdiocese providing trainings and resources to parishes interested in adopting the ministry. Trainings will continue throughout 2019, as well as ongoing continuing education.

A new partnership with Mercy Health Foundation in Dubuque is allowing Catholic Charities to offer bereavement support groups for anyone experiencing a loss. With the help of a grant, groups are offered weekly at the Pastoral Center in Dubuque and led by a Catholic Charities counselor and a social work graduate student from Clarke University, who is completing an internship at Catholic Charities during the 2018-19 school year.

Finally, Catholic Charities counseling program introduced telemedicine, or tele behavioral health, to its repertoire of mo-

dalities. Telehealth is the delivery of health care services to patients using technology. These technologies can include videoconferencing, as well as other online applications, to conduct client visits by interactive video, with the provider and patient in different locations. In practical language, this means that it doesn't matter if there is a provider in your area, and it doesn't matter if you can't travel 60 miles to get there. Telebehavioral health can potentially be offered in a location that is convenient for the client.

So what does this mean for residents of the Archdiocese of Dubuque? Imagine visiting with your therapist at a local Catholic Charities' office, without the added time constraint of having to travel an extra 30 to 60 miles for another mental health provider. This addresses barriers to receiving mental health care in rural areas, including both accessibility and affordability issues, meeting the strategic priority of reducing poverty. This program will continue to grow and develop in 2019.

Catholic Charities currently employs eight counselors in six offices with more than 100 years of experience in the field, working with individuals, couples, families, groups, children, adolescents, adults and the elderly. They are faith-filled employees whose charisms include encouragement, teaching, wisdom, faith, help, healing and pastoring.

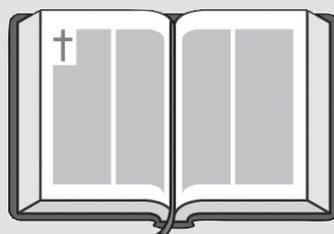
To learn more about Catholic Charities' mental health counseling services, please go to <https://www.catholiccharitiesdubuque.org/catholic-charities-services/counseling-services>.

This article is part of a series on mental illness by Catholic Charities of the Archdiocese of Dubuque. To learn more about resources available, go to <https://www.catholiccharitiesdubuque.org/catholic-charities-services/counseling-services/mental-health-resources>. Lisa Turner, a licensed marriage and family therapist, is a counselor at Catholic Charities' Ames office.

Online Advent retreat

The Catholic parishes in Waterloo are now accepting registrations for their annual online Advent retreat, Dec. 10-16. "The Savior Among Us" is the theme. Information at 319-233-0498 and online at waterloocatholics.org/online-advent-retreat.

Scripture Readings



Week of Dec. 2-8

FIRST SUNDAY OF ADVENT

Jer 33:14-16
1 Thes 3:12-4:2
Lk 21:25-38, 34-36

MONDAY

Is 2:1-5
Mt 8:5-11

TUESDAY

Is 11:1-10
Lk 10:21-24

WEDNESDAY

Is 25:6-10a
Mt 15:29-37

THURSDAY

Is 26:1-6
Mt 7:21, 24-27

FRIDAY

Is 29:17-24
Mt 9:27-31

SATURDAY

Gn 3:9-15, 20
Eph 1:3-6, 11-12
Lk 1:26-38

Stewardship - A way of life

"Be on guard," Jesus warns in today's Gospel, "lest your spirits become bloated with indulgence." Let us heed His warning and follow the advice of St. Paul, conducting ourselves in a way pleasing to God, overflowing with love for one another.