Developing a Referral List

Worksheet 1

The Goal: To develop a ready-to-go list of resources that can potentially help the wide, various needs that a person can have. The list is meant to consider the full range of a person's needs. Consider adding and updating to this list as you learn about trusted resources.

Section 1: Assessing your Congregation's Referral Needs

Consider the following to help develop priorities for building your referral list.

1.	What are common recurring needs in your congregation?
2.	Think about your community holistically, what issues does your larger community face?
3.	What community and individual trauma erects barriers in your community?
4.	What are the age-specific issues that need to be addressed?

Section 2: Begin to Build the Referral List

Your referral list can be as expansive as you want it to be. To get you started, this worksheet has space for you to list mental health professionals, health specialists, coaches and guides, people who can help navigate systems, support groups, hotlines and service agencies. Use your answers to the questions above to determine what areas you want to focus on first. Now consider people in your congregation or network that can help you identify these resources. Add their names to the contact list, noting the type of referrals you think they can assist you with, and assign people in your group to reach out to each person. Then set a date to reconvene and compile your results. The people you are reaching out to in this step are not necessarily people who will be on your referral list, but those who can help you build your referral list because of their professional or personal networks.

Contact Name	Phone	Email	Referral Type	Assigned to?
Ex. Maddie Jones	336-445-2049	maddiej@gmail.com	Mental health, therapists	John Boston
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Section 3: Compiling the Referral List

Complete the following sections to build your referral list focusing on providers in your community.

Individual Service Providers:

Mental Health Professionals: individual-focused; couple-focused; family counseling. Consider specialty trainings: trauma; addiction; children/youth; etc

Provider Name	Phone	Email	Website	Accepted Insurance (list all)	Notes

Guidance: spiritual direction; coaches; job-training specialists; chaplains

Provider Name	Service Type	Phone	Email	Website	Fee

Health Specialists: Doctors; Psychiatrists; Psychologists/ Psychotherapists; Out-patient clinics; nutritionists; music therapists; pain-management specialists that honor holistic approaches

Provider Name	Phone	Email	Website	Accepted Insurance (list all)	Notes

System needs: lawyers; connections to mental health or family court; social workers; principals/superintendents; educators; transportation providers; accountants; rental agencies/ property manager

Research these types of organizations in your community and record the name and contact information below.

Provider Name	Service	Phone	Email	Website	Notes

Organizations Providing Services:

Support Groups: Gamblers Anonymous; AA; Al-Anon; Narcotics Anonymous; Celebrate Recovery; grief groups; Divorce Care; sexual assault support; life-changes (adoption, care-givers, chronic illness, etc.)

Group Name	Type of Group	Meeting Schedule	Meeting Location	Website	Contact
Ex: Life Group	AA	Tue, Fri 8pm	First Baptist Church	www.aalifegroup.com	Aiden Atkinson 704-594-0246

Hotlines: Suicide help; crisis hotline. Example: Hope for NC Crisis Counseling hotline: 1-855-587-3463 and National Suicide Hotline: 988. Your local Mobile Crisis Team for mental health concerns.

Hotline Name	Number	Service Area (national, statewide, countywide, etc.)

Agencies: hospice care; shelters; food pantries; rehabilitation and treatment centers; recreational centers for children; teenager resources; familiarity with public transportation

Agency Name	Agency Type	Phone	Email	Website	Notes
Ex: Salvation Army	Shelter	910-394- 3045	housing@sa.org	Sa.org	Takes families

Links provided in the PowerPoint slides for Video 1:

Substance Abuse and Mental Health Services Administration (SAMHSA) Treatment Locator

NC Cares 360 Provider Locater

Unite SC

National Domestic Violence Hotline

National Alliance on Mental Illness (search for local affiliate)

CareNet Counseling

Sanctuary Counseling Group

Psychology Today (helpful filters)

Online Therapists

These are helpful links for faith leaders around mental health:

https://www.psychiatry.org/faith

(Article) Pastoral Counseling: The Art of the Referral

https://www.psychiatry.org/File%20Library/Psychiatrists/Cultural-Competency/faith-mentalhealth-bibliography.pdf

Mental Health Guide for Faith Leaders

Quick Reference for Faith Leaders

Links to see if there are affiliates in your area:

The Compassionate Friends - Support after the death of a child

AARP Grief and Loss Resources - Support after the death of a senior

National Widower's Organization - Support for men grieving a loss

American Foundation for Suicide Prevention - Support for suicide survivors

<u>Griefnet.org</u> - Support for adults grieving a loss

<u>Hellogrief.org</u> - Support for adults and kids grieving a loss