

Care Mentors:

Care Mentors are trained Mental Health Coaches through the American Association of Christian Counseling. Each Care Mentor has completed 40 hours of rigorous training and are available to assist our church members and provide support to our Care Staff. This is a free service through our church that allows us to provide an additional layer of care for people in need. Our team provides Biblical Counsel, Emotional Support, and Practical Guidance. The goal for this team is to make space for people to be seen and heard, as well as guided into a place of healing. We have trained our team to know their limits in their level of care for others. When they have reached their limits, we have then trained them to learn how to get individuals to the higher levels of care needed. With quick assessment and robust care plans, our Care Mentors are able to maximize their time in sessions with people. With this team we have been able to triple the size of our pastoral care support service to our church and we have also been able to create momentum in creating a safe space for people to find healing and hope.

Here are some anticipated questions:

- 1) How much is the training- the training is \$54 with the discount code (**RM7325**).
- 2) How do you train your team?
 - a. Our team completed the 40 hours of training with a staff member guiding them and assessing their process.
 - b. This team also goes through monthly continued education, where they tackle topics that we feel need in-depth training.
- 3) Is this service free?- Yes, we do not charge our community for this service.
- 4) Do you need liability insurance? – As long as your team does not complete their board certification (which is an option with the 40 hr training), they can sit under your churches liability insurance as a volunteer. Use the 40 hour training for purely training purposes.
- 5) How do you keep track of who the team is seeing?- we use a combination of google sheets and PCO.
- 6) How do you make sure this is all kept confidential?- We require our teams to sign a code of ethics, confidentiality form, and they are trained on the confidentiality requirements.
- 7) How do you filter the people asking for help?- We ask the individuals requesting help to fill out several forms (intake form, consent form, confidentiality form, and honor policy).
- 8) How do you find the right people for this team?- Look for people who are compassionate but motivated to lead people into growth mindsets and patient enough to guide them along the way.