



SAINT LUKE INSTITUTE

Putting the Mental Health Puzzle Together for Today's Ministers

DEAR COLLEAGUES IN MINISTRY,

Interest in mental health and wellbeing has reached an all-time high. Nevertheless, many of us carry the quiet burden of personal and social crises, or watch our loved ones do the same. These realities also impact clergy, religious women and men, and lay ministers as they respond to pastoral needs and challenges in today's Church.

However, integrated mental health care for ministers that attends to the whole person – body, mind, and spirit – often seems elusive, like a jigsaw puzzle where the pieces just don't seem to fit together.

For 50 years, Saint Luke Institute (SLI) has helped clergy, religious and others who serve the Church put together the puzzle of mental wellbeing in their lives so that they can be vibrant ministers of healing in today's wounded Church and world.

As SLI has grown, we have always responded to mental health needs in the life of ministers, integrating best psychological and spiritual care practices, rooted in a Catholic context. This Services Guide represents 50 years of wisdom from our staff of licensed clinicians and expert spiritual care team members.

Perhaps you readily see some way we can support you or a colleague. *I hope you will reach out to me to learn more.* We are here to respond to your needs and to care for all those who come to us, regardless of ability to pay.

Please contact me at President@slj.org or call me at 301-445-7970 to discuss any of these points or any questions you may have.

We know what the ministry mental health puzzle looks like, and we are here to help.

Sincerely yours in Christ,



Rev. Patrick J. McDevitt, C.M., Ph.D.
President and CEO



FURTHERING CHRIST'S HEALING MINISTRY THROUGH PSYCHOLOGICAL, SPIRITUAL, AND EDUCATIONAL SERVICES FOR THOSE WHO SERVE THE CHURCH

Saint Luke Institute brings the healing ministry of Christ to priests, deacons, consecrated religious, laity, and other Church professionals, through integrated psychological treatment and spiritual care, consultation, and education. As a licensed and accredited* mental health care and treatment center, we offer comprehensive care for ministerial leaders across the United States and from around the world, rooted in our core values of compassion, respect, and integrity.

We are here for those who minister in the name of the Church – to heal the healers, address mental health needs, and provide them with the short- or long-term support and the skills they need to flourish in their ministry and vocations. Through care for the health of ministers, we foster a more vibrant Church.

For 50 years, we have grown to meet the changing needs of mental health care in the life of the Church. As you read this brochure, know that we are here for you when you need us; visit us at [SLI.org](https://www.sli.org) or contact us at GetInfo@sli.org to learn more about our services and how we can support you or your community.

WE HOPE TO HEAR FROM YOU.

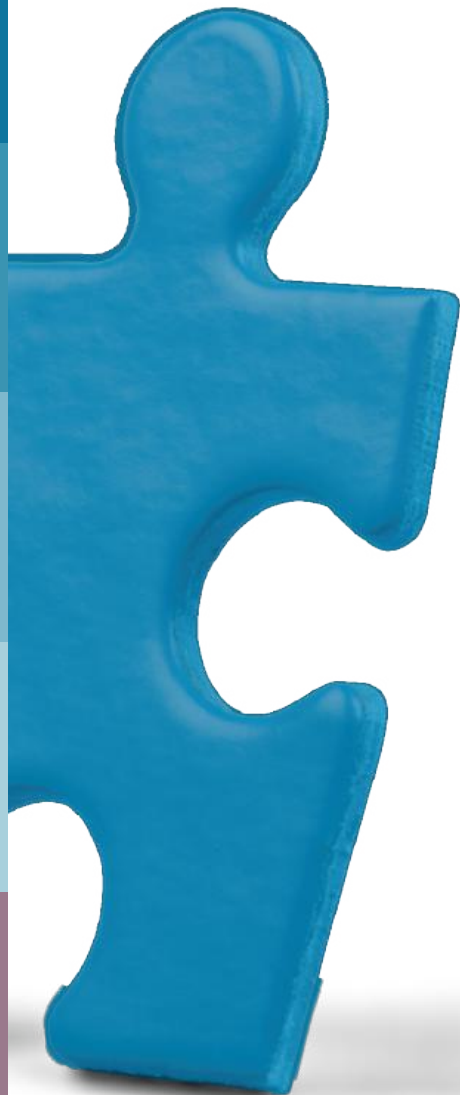


"I am grateful to Saint Luke Institute ... their professional staff are truly part of the healing ministry of Christ. In all of their work, they respond to the needs of the whole person and, in so doing, foster the well-being of those they serve, and of the Church as a whole."

– *Christophe Cardinal Pierre,
Fmr. Apostolic Nuncio to the
United States*

* Saint Luke Institute is accredited by The Joint Commission, a mark of distinction for quality of care and patient safety. SLI has continuously achieved this standard of quality over many decades.





Identifying mental health needs through a caring, comprehensive process

A five-day comprehensive psychological and spiritual evaluation for clergy and consecrated religious conducted at our Silver Spring, Maryland location.

The evaluation process results in an informed diagnosis with corresponding recommendations to foster growth and healing.

A feedback session with the client and ecclesiastical superior includes thorough, specific recommendations in a detailed written report, helping both determine a course of action.





SLI.org/evaluation

CLINICAL
EVALUATION

EMMAUS
PROGRAM

OUTPATIENT
THERAPY

CANDIDATE
ASSESSMENT

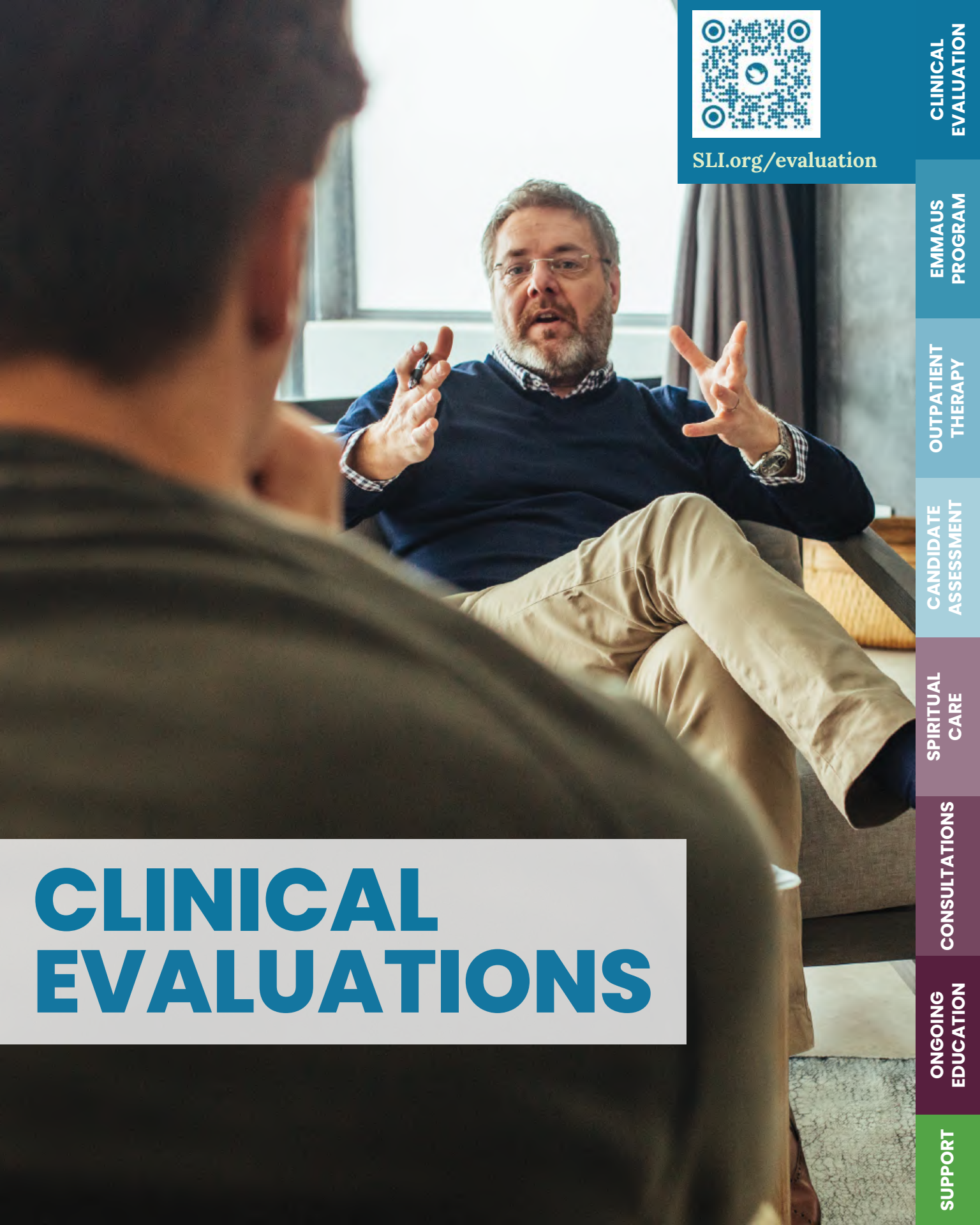
SPIRITUAL
CARE

CONSULTATIONS

ONGOING
EDUCATION

SUPPORT

CLINICAL EVALUATIONS



Treating the person as a whole – Body, Mind and Spirit – in a supportive healing environment

A multi-month, comprehensive mental and spiritual care treatment program for clergy, religious and other Church leaders at our Silver Spring, Maryland location.

Addressing such needs as

- | | |
|---|--|
| Addictions | Grief and loss |
| Anxiety | Sexual wellness,
including healthy celibacy |
| Depression | Relationship health
and boundaries |
| Burnout | Self-esteem |
| Childhood abuse
and adult trauma | Professional transitions
and more |
| Financial distress | |

Community supportive housing available in men’s and women’s religious communities in the Greater Washington, DC area.



“My treatment at Saint Luke Institute and in Continuing Care has made me a better person, and therefore a better servant as a Catholic priest. I know myself much better than I ever have in my life. In fact, I really did not know who I was until I got to SLI and started working the program. I finally know what it is like to be at peace.”



EMMAUS PROGRAM



SLI.org/emmaus

EMMAUS
PROGRAM

OUTPATIENT
THERAPY

CANDIDATE
ASSESSMENT

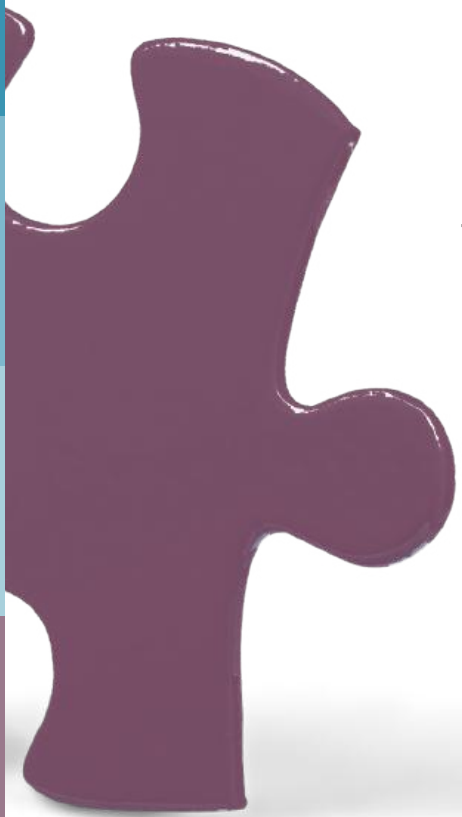
SPIRITUAL
CARE

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Compassionate care and clinical expertise for navigating life's challenges

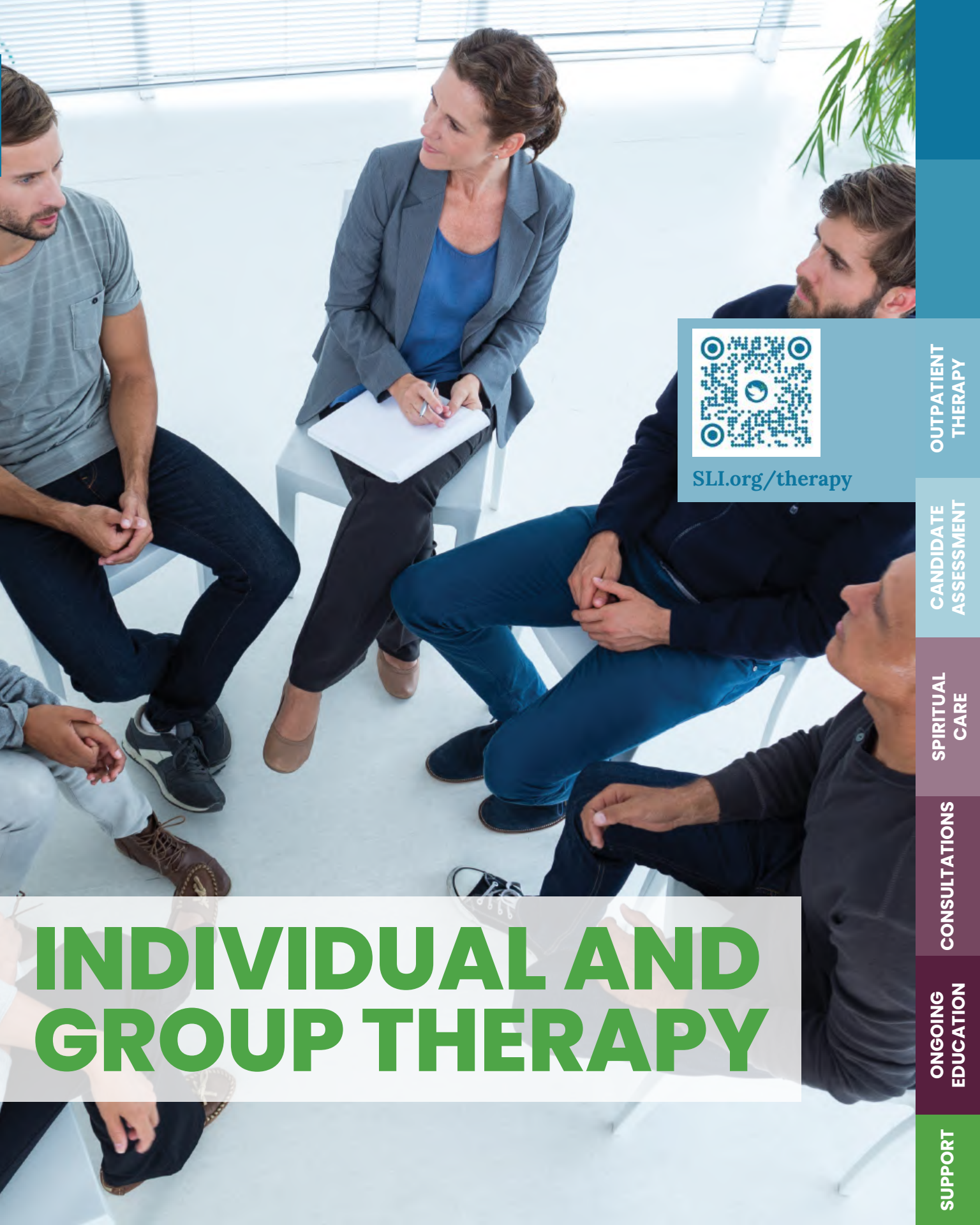


We offer individual and group outpatient therapy, with spiritual care, for laity, clergy, and religious to help address many needs affecting daily life. Our experts provide professional guidance in harmony with the teachings of the Catholic Church. Therapy is available at Silver Spring, Maryland, Greater Baltimore, Maryland, and Louisville, Kentucky locations.

Addressing such needs as

- Addictions**
- Anxiety**
- Depression**
- Burnout**
- Childhood abuse and adult trauma**
- Financial distress**
- Grief and loss**
- Sexual wellness, including healthy celibacy**
- Relationship health and boundaries**
- Self-esteem**
- Professional transitions and more**





SLI.org/therapy

INDIVIDUAL AND GROUP THERAPY

OUTPATIENT THERAPY

CANDIDATE ASSESSMENT

SPIRITUAL CARE

CONSULTATIONS

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SUPPORT



Providing critical insight for formation for ministry in today's Church

Candidates for the priesthood, permanent diaconate, religious life and diocesan or religious incardination participate in a multidisciplinary spiritual and psychological assessment over several days, offering a practical roadmap for leadership to help guide and deepen the candidate's vocational journey.

A team of two clinicians and one trained spiritual expert provide the candidate, as well as the sponsoring diocese or religious order, with a comprehensive report.

Our assessment protocol is based on best practices in psychological and spiritual assessment and aligned with the US bishops' *Guidelines for the Use of Psychology in Seminary Admissions*.





SLI.org/CAP

CANDIDATE ASSESSMENT

CANDIDATE ASSESSMENT

SPIRITUAL CARE

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Invigorating the spiritual life within the mental health care journey

The unique presence of licensed clinical professionals and spiritual experts with decades of experience caring for those who serve the Church highlights the foundational importance we place on the care of the person as a whole. This integrated care brings together the best of contemporary medical and psychological approaches with long-standing spiritual practices in the Catholic tradition.



We are also able to provide spiritual direction in-person or online, independent of clinical care, for a modest hourly fee, for lay people, clergy, religious women and men. We can also provide direction to those from different Christian spiritual traditions or other faith communities.



“I came to Saint Luke Institute completely empty, broken and spent. I left knowing Jesus was right there, leading me to my own resurrection and new life.”

– a Catholic sister

SPIRITUALITY AND PASTORAL CARE



SLI.org/spiritualcare

SPIRITUAL
CARE

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Assessing organizational challenges and providing expert, confidential advice

CLINICAL EVALUATION

EMMAUS PROGRAM

OUTPATIENT THERAPY

CANDIDATE ASSESSMENT

SPIRITUAL CARE



The challenges of Church leadership and organizations are many, and often complex. We can provide the expert assistance you need. Our confidential consultation services cover a variety of personnel, behavioral, or organizational needs to foster greater functioning and healthy ministry. Whether you are a bishop, major superior, or another church leader, we are here to help.

Contact us for assistance with:

Facilitation

Conflict management skills

Mental health intervention or assessment for personnel

Addressing difficult organizational transitions

General surveys for addressing group needs

Strategic planning

and more



CONFIDENTIAL CONSULTATIONS



SLI.org/consultation

CONSULTATIONS

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SLI ON THE ROAD

Our experts can come to you, either in-person or virtually! Members of our team are available to present to a wide variety of church, clergy, and religious groups. Fees are based on the type and length of engagement requested, number of presenters, etc. We are happy to discuss fees in the context of your whole budget for particular events.

We also offer occasional sponsored in-person and online conferences addressing special topics in mental health and ministry. Visit [SLI.org/events](https://www.sli.org/events) for upcoming presentation topics.



You can also gain mental health and leadership awareness on your own schedule! Our online learning platform provides practical, skills-based resources in support of priests, deacons, religious women and men, lay ministers and other church leaders. Over 200 one-hour webinars available for modest cost. Two-week platform-wide free trial available.

Recent in-person and online presentations have included:

Affective maturity

Grief

**Intimacy: Skills for
Healthy Relationships**

Leadership training

**Navigating Personality
in Discernment and Formation**

Pastoral Care:

Effective Approaches

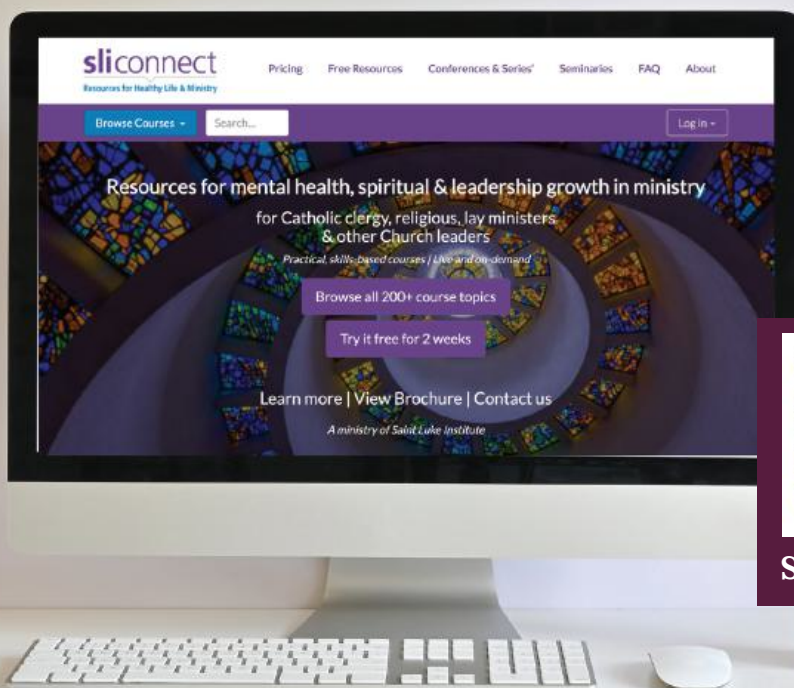
Priests and Mental Health

Spiritual Discernment

Transitions in Ministry and Life

**Trauma and Addiction
and more!**

SLICONNECT.ORG



SLIconnect.org

ONGOING
EDUCATION

SUPPORT

Partners in Healing

Support the mental and spiritual health of priests, religious women and men, deacons, lay ministers and others who serve the Church. SLI's founding promise is that no one will be turned away from our services due to inability to pay.



Visit [SLI.org/donate](https://sli.org/donate) to:

- Join our growing Partners in Healing Giving Society: Make **a recurring monthly or quarterly gift** of any amount for the most meaningful and long-term impact.
- Offer a one-time gift in memory or honor of a loved one is a way to highlight them at holidays or other significant dates. You may make an **unrestricted donation** or give to our **Charitable Fund** which supports those in need of our services who are struggling with financial hardship.
- Consider giving via your **Donor Advised Fund (DAF)**, through a **gift of stocks or bonds**, or via **Charitable IRA Transfers**.
- Be part of the Saint Luke Institute Legacy Society by including SLI in your **estate planning**.

Online giving via electronic bank transfer (ACH) or credit card is fully secure and the easiest way to support SLI. Giving online via ACH ensures the maximum amount goes to support our mission. At [SLI.org/donate](https://sli.org/donate) you may also download a printable form to send a contribution via check through the mail.

Questions? Contact us at Development@sli.org.

Saint Luke Institute is a 501(c)3 organization. The tax identification number (EIN) is 52-1082730. All donations to Saint Luke Institute are tax deductible to the extent permitted by law.

Stay Informed

To receive email updates of interest from SLI, visit [SLI.org/stay-informed](https://sli.org/stay-informed). You may also contact us at GetInfo@SLI.org or by calling our Silver Spring, Maryland office at 301-445-7970.*



/SaintLukesInstitute



/company/saint-luke-institute



@SaintLukesInstitute

**Note: SLI phones and email are not monitored on a 24-hour basis. In case of emergency, call 9-1-1 or go to your nearest emergency room. The 9-8-8 Lifeline provides 24/7, free and confidential support for people in distress, and offers prevention and crisis resources for you or your loved ones.*

SUPPORT OUR MISSION OF CARE



SLI.org/donate

SUPPORT

HEAR FROM OTHERS

"I am grateful to all the staff at SLI for their care and support during a difficult time.

- a religious sister

"I came to SLI completely empty ... I left knowing Jesus was ... leading me to my own resurrection and new life."

- a religious sister

"I have been sober for over 40 years as a result of the care I received at SLI."

- a priest

"I really did not know who I was until I got to SLI I finally know what it is like to be at peace."

- a priest

"SLI has had a life changing effect, and I am so grateful. I am a better person because of what you all do."

- a recent client



SAINT LUKE INSTITUTE

Fostering healthy ministers for a vibrant Church

SLI.org | SLIconnect.org

GetInfo@sl.org

Saint Luke Institute

Silver Spring, MD
301.445.7970

Caritas Counseling Center

Baltimore, MD
443.226.5942

Saint Luke Center

Louisville, KY
502.632.2471

St. Luke's Centre

Manchester, UK
+44.161.226.4563