

Hand in Hand

A collaboration between St. Augustine's Parish and The Counseling Program at Catholic Charities

Since 1996, The Counseling Program at Catholic Charities has worked with local parishes in the Syracuse Diocese to provide accessible, economically affordable counseling services for those in need. With the strong consensus of the Pastoral Council, the Finance Committee, Social Action Ministries (SAM), and the Tithing Committee, St. Augustine's is the latest parish to join this initiative. With this effort, we hope many individuals, couples and families will benefit from this collaboration. Here is what the service looks like:

- Each week, a caring, capable therapist comes to St. Augustine's to meet with individuals, couples and families requesting services.
- Starting with a process of thoughtful listening, sessions are focused on assessing the challenges and developing an ongoing plan of support and intervention. With keen awareness of the importance of privacy, all communications between the therapist and individual are kept completely confidential.
- Depression, anxiety, loss, substance abuse, addiction, trauma and family relationship issues are common challenges that face those who are served. When compounded by major illness, unemployment and other financial struggles, these factors can devastate a family. Our therapist is prepared to help an individual/couple/family to stabilize and to find a path forward.
- Services to families are provided for a fee based on an individual or family's ability to pay. Our sliding fee scale ranges from \$0 to \$85 per session, with our commitment to provide low or no fee for services if needed. The parish's financial contribution for the program assists in this low or no fee option for those using the service. No one is turned away regardless of race, religion, sexual preference, gender identity, economic status or enrollment in the Parish.
- Requests for services are made directly to Catholic Charities by calling:
Ellen Ketchum, LCSW-R 315-362-7568 or
John Sopchak, LMFT (on site therapist) 315-362-7570.
- The therapist will follow up with prospective clients.
- Staff and other ministers from St. Augustine's and Catholic Charities partner to form a Care Committee to supportively respond to parish events and concerns.

People choose counseling for many different reasons...

...but all come with the same hope...

...that tomorrow will be a better day.