



# PSM CONNECT

Presented by Catholic Charities Parish Relations

Wednesday, May 19, 2021

Let Us Support and Counsel the Afflicted and the Sorrowful  
(Spiritual Work of Mercy)

*Featuring*

Mirtha (Marlene) Ramirez, MA, LPC Associate | Bilingual Clinician  
Jaime Rivera, LCSW-S | Clinical Supervisor  
Counseling and Behavioral Health Clinic


Heavenly Father, God of infinite love and compassion, we turn to You to be our Guiding Light; sustaining the faith and call to service for those in most need.

Keep us strong that we may help those who are struggling.

Keep us uplifted that we may have words of encouragement for others.

Keep us focused that we may guide those who are lost.

Keep us fair that we may represent those who are misjudged and misunderstood.

Keep us attentive that we may remember those who feel forgotten, sad, or anxious in the midst of their uncertainty. 

Keep us compassionate to those who grieve in the wake of personal tragedy.

We pray that Your Divine Presence is woven and experienced today, for it is...

In prayer we find peace,  
In peace we find grace,  
In grace we find mercy,  
In mercy we find You.

We pray this, as in all things, in the Name of the Father, the Son, and the Holy Spirit. Amen.

# Let us Support & Counsel the Afflicted and the Sorrowful

**Jaime Rivera, LCSW-S – Clinical Supervisor**

**Mirtha Marlene Ramirez, M.A., LPC – Bilingual Clinician**

Counseling Services

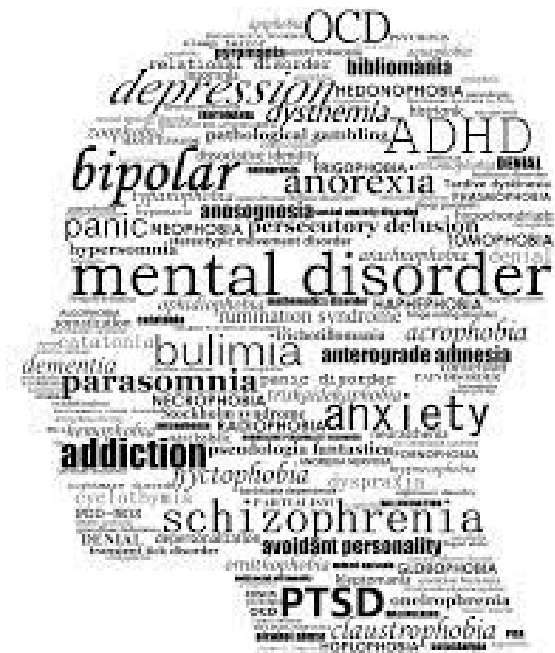


**Catholic Charities**

ARCHDIOCESE OF GALVESTON-HOUSTON

# What is Mental Illness?

Mental illnesses are conditions that affect a person's thinking, feeling, mood or behavior, such as depression, anxiety, bipolar disorder, or schizophrenia. Such conditions may be occasional or long-lasting (chronic) and affect someone's ability to relate to others and function each day.



# What is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.

Mental health is important at every stage of life, from childhood and adolescence through adulthood.



# Catholic Social Teachings

- Life and Dignity of the Human Person
- Call to Family, Community and Participation
- Rights and Responsibilities
- Option for the Poor and Vulnerable
- The Dignity of Work and the Rights of Workers
- Solidarity
- Care for God's Creation





**COUNSELING AND  
BEHAVIORAL HEALTH CLINIC**

Our professional clinicians help guide you as you work through life's most challenging problems with family, mental-health and counseling services, which encompass individual, couples, group, and family sessions, as well as preventive and educational services for adults and children.

We help teach our clients: coping strategies and relationship skills. This helps so that they may heal and recover, increasing their well-being and self-sufficiency.



# Counseling and Behavioral Health Clinic

- The counseling services program provides individual, couple and family counseling as well as workshop presentations for men, women and children.
- Services are provided by 15 bilingual licensed clinicians who hold Master's Degrees in the fields of social work, counseling and marriage and family therapy and a variety of State licenses and credentials
- Services offered in-person, virtual (phone, Zoom)



# Counseling Programs

- Community Counseling
- School Counseling
- Crime Victims' Counseling (CJD)
- Women Veterans (Texas Veteran's Family Alliance)
- St. Michael's Home for Children
- St. Jerome Emiliani Homes for Children



# Reasons to Seek Counseling

- Couples and marriage counseling to strengthen relationships
- Individuals who have experienced loss, trauma, or life changes
- Families seeking a better way to communicate.
- Youth dealing with peer pressure or bullying
- Parents who need guidance raising children with behavioral issues
- Individuals struggling with anger, depression or anxiety
- Families adjusting to separation or divorce
- People who feel sad and alone
- Adults and youth coping with life's daily stresses



# How to Connect with Services

- Intake Number – 713-791-2496
- Online self-referral form – <https://catholiccharities.org/counseling-intake-form/>
- Communication with Parish Relations Coordinator
  - Rhonda Sepulveda – [rsepulveda@catholiccharities.org](mailto:rsepulveda@catholiccharities.org)
- Screening Process
- Calls generally returned within 24-48 hours
- Scheduled within 2 weeks of contact.



# Counseling Offices

## Houston

Moran Health Center  
2615 Fannin St.  
Houston, TX 77002

## Spring

St. Ignatius Loyola Catholic  
Community  
7810 Cypresswood Dr.  
Spring, TX 77379

Christ the Good Shepard  
18511 Klein Church Rd.  
Spring, TX 77379

Prince of Peace  
19222 Tomball Pkwy.  
Houston, TX 77070

## West Houston

St. John Vianney Catholic  
Community  
625 Nottingham Oaks Trail  
Houston, TX 77079

## Fort Bend

Ft. Bend County United Way  
Service Center  
12300 Park Crest Dr.  
Stafford, TX 77477

Mamie George Community  
Center  
1111 Collins Rd.  
Richmond, TX 77469



## Houston

St. Mary's Clinic  
2002 S. Wayside B  
Houston, TX 77023

## Northwest Houston

Catholic Charities  
North Loop West  
2707 N. Loop West  
Fwy. #300  
Houston, TX 77379

## Humble

HAAM  
1204 1<sup>st</sup> St. E.  
Humble, TX 77338



*providing help.  
creating hope.*

# School Counseling Services

- The school counseling program works in 6 inner city Catholic schools and provides services, support, counseling, and insight for:

- Children

- Individual counseling
- Small group counseling
- Educational presentations

- Families

- Student focused family counseling
- Consultation and collaboration
- Referrals for additional community services
- Workshops

- Teachers

- Consultation and collaboration
- Training / Presentations



# School Counseling Services



- Provides support and counseling to:
  - Families seeking a better way to communicate
  - Parents who are having difficulty with child's behavior at school/home
  - Children having issues with peers
  - Families adjusting to life changes
  - Families seeking to build stronger relationships

# Project Rachel

- Rachel's Vineyard is an American organization offering weekend retreats for women who have had abortions and for others, including men, who believe that they have been hurt by abortion. It is named after Rachel in the Bible, who weeps "for her lost children."





# Online Community Support

## Mental Health Tips During COVID-19



<https://www.youtube.com/watch?v=fsMv0RzXreE&t=12s>





# Thank you!

Questions?  
Feedback?  
Concerns?



# PSMCONNECT

## Closing Prayer

Lord Jesus,

Hope overcomes.

Hope heals.

Hope restores.

Hope inspires.

Hope conquers.

Hope frees.

Hope is your gift to the world.

Thank you Amen.

A decorative stained glass pattern on the left side of the page, featuring various colored panes (yellow, orange, purple, teal, blue) separated by black lines.

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A stylized white logo of a chalice or chalice with a cross on top, set against a dark blue background.

**Catholic Charities**  
ARCHDIOCESE OF GALVESTON-HOUSTON

People of Faith.  
Helping People in Need.