

DS-WA Department of Counseling Services: Assessment

To all the faithful of the Holy Church,

Many of us have experience struggling with difficult emotions and difficult situations. Many of us also have experiencing holding that pain within ourselves, finding it difficult to confide in others due to limited access to resources and fear of judgment. In efforts to combat the ever-present stigma of addressing sociological and psychological concerns, the Diocese of South-West America (DS-WA) of the Malankara Orthodox Syrian Church is looking to assess the needs of the faithful.

With the blessing of the Diocesan Metropolitan His Grace Alexios Mar Eusebious, the DS-WA Department of Counseling Services has created the following anonymous survey and is requesting all members of the diocese to complete. You may provide as much or as little information as you feel comfortable. With your assistance and the information collected, the ministry hopes to live up to her mission statement: to promote physical, emotional and spiritual wellbeing to all individuals, families and communities seeking Christ by providing support, education, professional resources and prayer in the midst of sociological and psychological stressors.

If you have any questions, comments, concerns, please email us at DSWADepartmentOfCounseling@gmail.com.

Demographics

1. Gender

Mark only one oval.

- Male
 Female

2. Age Range

Mark only one oval.

- 12 and below
 13-17
 18-22
 22-30
 31-40
 41-50
 51-60
 61-70
 70 and up

3. Which of the following describes your engagement with your parish? (select all that apply)

Mark only one oval.

- Clergy
- Laymember
- Youth Leader
- Sunday School Teacher
- MMVS Leader
- Other:

Experience

For the purposes of this survey, the following terms will be defined as such:

Sociological struggles - Struggles that are related to the impact of existing social structures such as race, gender, class, religion. Examples may include racism, poverty, bullying, peer pressure, etc.

Psychological struggles - Struggles that are related to human behavior and thought process. Examples may include symptoms and/or diagnosis of depression, anxiety disorder, addiction, etc.

4. Which words come to mind when you consider the term "mental health"?

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5. Have you or your family experienced sociological or psychological struggles in the past?

Mark only one oval.

- Yes
- No

6. If yes, please describe briefly below

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Experience (cont'd)

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7. Select the following items that you, your immediate family member and/or a parish member have experienced at any point in your life. Select all that may apply.

Check all that apply.

- Anxiety
- Bullying (e.g. emotional and/or physical ridicule at school, work, church; peer pressure)
- Bipolar Disorder
- Depression (e.g. persistent feelings of hopelessness, low energy/motivation)
- Divorce
- Eating Disorder/Behaviors (e.g. repetitive restricting and/or purging food)
- Grief
- Insomnia
- Marital Concerns
- Memory Loss
- Panic Attacks
- Paranoia
- Physical Abuse
- Poor Body Image
- Pornography
- Problematic Alcohol Use
- Problematic Substance Use (other than alcohol)
- Self-harm (e.g. cutting, burns, skin-picking)
- Sexual Abuse
- Sexual Harrassment
- Sexual Activity Outside of Marriage
- Suicide Attempt
- Thoughts of Suicide
- Other:

8. What was done to address the concerns indicated above?

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9. What role did your parish (e.g. clergy, lay leaders, lay members, etc) play in assisting with the above?

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The Role of the Church

10. Would you utilize clergy and/or professional mental health services for assistance in times of sociological and/or psychological need?

Mark only one oval.

- Yes, clergy
- Yes, professional mental health services
- Yes, both
- No, neither

11. Why or why not?

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12. What would increase your likelihood of utilizing clergy and/or professional mental health services?

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Increasing Access to Resources

13. What effect do you believe the following will have on increasing access to mental health services?

Mark only one oval per row.

	Not at all	Very Little	Somewhat	Very Much	Tremendous
Education	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Anonymous Crisis Line	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
List of Local Mental Health Services	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Increasing the number of individuals within parishes entering the career field of mental health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

14. What sort of resources would you like to see offered through this initiative?

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15. Any final comments?

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