

MENTAL HEALTH AND THERAPY

Movement through life in the Society has many challenges and periods of growth. To successfully navigate these moments and integrate these developments, we are encouraged at times to draw upon the assistance of a wide range of mental health professionals. Because these interactions utilize the resources of the community, and because all of our lives are geared toward preparation for and completion of the mission we have received, the Province has an interest in the therapeutic process of individual Jesuits and offers the following policy regarding the use of therapists.

- All therapists should be licensed by the state.
- The Superior of the community should be an active participant in developing the treatment plan.
- At the beginning of the process, the therapist, the local Superior and the Jesuit should discuss the treatment goals and length of treatment to establish realistic expectations. Jesuit and local Superior should be aware of the maximum JHT benefit for mental health. Determination needs to be made as to the responsible party (community or the Province) for all subsequent mental health charges once the maximum benefit has been reached. Healthcare Sector and local Superior should have constant communication about when the maximum JHT benefit is approaching its limit.
- While interior elements of the therapy can remain confidential between the therapist and the Jesuit, the Superior can provide some observations about how the Jesuit appears within the community and elicit from the therapist some impressions of the Jesuit and his progress in the treatment.
- The therapist, the Jesuit and the Superior should be in regular communication about issues as they relate to the therapeutic goals and community functioning. At that time the three can again discuss the length of treatment and evaluate the current treatment plan, adjusting goals and priorities as needed, either in person or over the phone.

In anticipation of these opportunities, it would be helpful for the local Superior to have the names and contact information of a small range of mental health professionals available when the need for referrals arises. The Province's Health Care Office or local healthcare coordinator can help supply such contact information of professionals in the local area.