



Care Mentor Triage Tool

Before recommending or assigning a Care Mentor, consider the following...

What Help Is Needed?

1) Has this person recently experienced a severe trauma? (ex: recent tragic death, sexual or physical assault, marriage infidelity) These types of issues are better dealt with by a professional counselor.

2) Are they approaching their healing on their own? Or are they doing this because they have been asked by court order, a parent, or spouse? If they are not fully engaged or committed, then a Care Mentor may not be the best fit.

3) If the individual is actively addicted to drugs or pornography, they need to be in a program for recovery. First utilize church and community recovery resources. A Care Mentor will be a good second phase for when they have found freedom from that addiction and are ready to continue their growth. Stay connected to them. Know our group options to connect them as well. Have they gone through the Growth Track? Completed Freedom? Celebrate Recovery?

4) Has the person requesting a Care Mentor called us for help before? If so, look at prior requests as a part of your assessment. After reviewing all information, prayerfully consider whether or not this person would benefit from additional support.

What Do Care Mentors Do?

1) Care Mentors exist to provide biblical counsel, emotional support, and practical guidance. They are trauma trained and informed, which means they will not be diagnosing issues for people, but they have awareness of what trauma is and how to hold and guide others to places of growth. This team can assist with spiritual growth and support, helping individuals to see God in their pain. They are also trained in the power of presence, which brings people into God's presence allowing them time and space to encounter God. They do not provide solutions, but they ask pointed questions to help guide people to places of clarity which allows them to make sound decisions and find solutions. They are encouragers and help people to walk confidently in the ways of Jesus and the Word. They are also guides to the next steps for their personal journey. Essentially, they provide pastoral care and can be trusted with most things people are dealing with.

2) Care Mentors have received specialized training in assisting others with the following life issues:

- Marriage struggles (by helping the individual)

- Life transitions
- Big spiritual questions
- Growing in the Word of God
- Depression
- Anxiety
- Grief/loss
- Accountability and sustainable practices in addiction
- Difficult life seasons- you name it, they've seen it.

3) Care Mentors offer a Care Plan with action steps- developed with the mentee. Is the person open to change and do they have some level of insight into their issue?