

Spiritual Services

Spiritual Care Providers help clients connect spirituality and mental health and to express themselves spiritually. This connection is nurtured in a variety of ways:

- One-to-one visitation
- Support for families
- Spiritual Assessment
- Sunday Church Services
- Aboriginal Circles/Ceremonies
- Multifaith Services
- Spirituality Groups
- Ethics and Education Consults
- Staff Support
- Contact with faith communities
- Spiritual Visitor Program

The Spiritual Care Team

CLINICAL MULTIFAITH CHAPLAINS:

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TRADITIONAL HEALER:

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Director, Ethics and Spiritual Care

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The Spiritual Care Team

Is available to all Waypoint patients, clients, staff and families.

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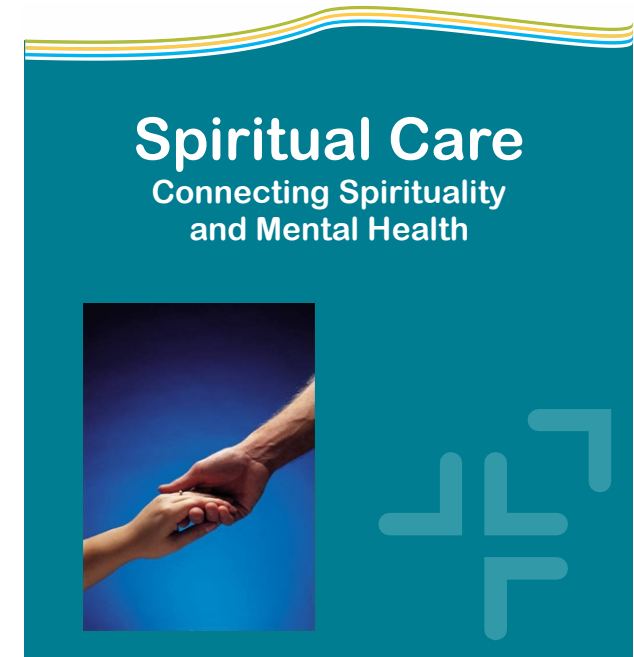
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Waypoint Centre for Mental Health Care

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Vision

As an inspired organization, we will change lives by leading the advancement and delivery of compassionate care.

Mission

We are a Catholic hospital committed to providing excellence in specialized mental health and addictions services grounded in research and education and guided by faith-based values.

Caring

Respect

Accountability

Innovation

What are spirituality and spiritual care?

Spirituality is our search for wholeness and ultimate meaning. While as many ways to be spiritual exist as there are people, a common thread can be found: The human spirit seeks for meaning, purpose, hope and love.

Spiritual care is the process of exploring the resources available in ones beliefs and the impact of those beliefs on the way life is experienced.

Our spiritual care providers bring respectful guidance, active listening, and spiritual support to people of all cultures and faiths.

Do I need to be of the same faith as a spiritual care provider to receive help?

Multifaith spiritual care providers are professionals trained to assist individuals of all faiths with their spiritual questions and needs. While multifaith spiritual care providers are members of specific faith groups, they remain focused on the needs and beliefs of those they serve. One does not need to share a religious affiliation with a spiritual care provider to utilize spiritual care services. When appropriate, our spiritual care providers link individuals with community spiritual support professionals.

Why is spiritual care important?

Mental illnesses often bring great spiritual distress and suffering. Intense and unhealthy religious preoccupation, isolation, alienation and loneliness are only a few common experiences. It is not unusual for individuals to question or lose faith altogether. Mental illness creates grief and pain that can affect individuals and their families at the deepest levels.

Is it possible to have a meaningful spiritual life while living with mental illness?

For many, spirituality is a great source of strength and comfort especially in times of illness.

Meeting with a spiritual care provider allows individuals and their families to:

- Connect spirituality to their mental health care.
- Explore the meaning of mental illness and the life transitions it brings.
- Pray, and participate in appropriate healing rituals.
- Examine the impact of beliefs on mental health.
- Find peace and reconciliation.
- Explore possible spiritual supports available from ones faith community.

What is spiritual well-being?

Spiritual well-being is the state of feeling at peace with oneself and with that presence we may know as God, the Creator, or our Higher Power.

Spiritual distress occurs when any of the following is experienced:

- **Spiritual pain:** Do you experience hurt or pain related to your spiritual beliefs? Does an inability to find faith cause you to experience pain?
- **Spiritual alienation:** Do you frequently feel the Creator is remote and far removed from your everyday life?
- **Spiritual anxiety:** Are you afraid that God might not take care of your needs?
- **Spiritual guilt:** Do you feel the Creator could be angry for things you have done or have failed to do in your life?
- **Spiritual anger:** Are you angry that God caused, or did not prevent/heal, your illness? Do you think God is being unfair to you?
- **Spiritual loss:** Do you question God's love for you, or feel the Creator's back is turned on you?
- **Spiritual despair:** Do you feel hopeless—like life will never again have meaning and purpose?