



STEP-BY-STEP REFERRAL AID

When considering how to discuss a referral to the Samaritan Counseling Center with another person, the following are good ideas to keep in mind:

1. Approach the person you are concerned about in a gentle, caring, non-judgmental way. State specifically why you are concerned. Describe behaviors, and then suggest a visit to the Samaritan Counseling Center.
2. Try to normalize the process of seeking help
 - Managing everyday situations may be easier with the help of a counselor: relationships, divorce, marriage, stress, etc.
 - Share statistics that are plausible for the situation at hand. This may require you as the referrer to do a little research. A good place to start is the National Institute of Mental Health's website (www.nimh.nih.gov). In brief, here are a few statistics:
 - 18.1% of US population suffers from anxiety disorders, 22.8% of that statistic can be considered severe cases. Of all, 42.2% are receiving treatment.
 - Just over half of those who suffer from depression (56.8%) are receiving year-long treatment whereas 21.3% of those suffering are receiving minimal treatment.
 - Use any of our brochures which may assist you in some of these areas.
3. Without minimizing the stress the person feels, try to relate the person's ability to seek help with other typical or logical ways to seek help:
 - If a child is struggling with math, a math tutor may be hired. If a helper is hired for a math student, would it make sense to hire a helper for a relationship concern or parenting concern?
 - If a person has diabetes he/she may take insulin because the body isn't manufacturing the proper amount of sugar. Sometimes when a person is depressed, the body isn't making the right amount of a chemical and medication maybe helpful there as well. We are fortunate that with today's medical advances these medications are available to help us.
4. When referring, suggest it as a possible resource rather than telling them to go because he/she "needs help" or is "causing a problem" for others. Never blame the individual you are trying to help.

5. Remind the individual that he/she does not have to have a “deep dark” problem, nor does the problem need to reach crisis proportions to benefit from professional help. Counselors would rather have someone come in with a small problem than wait for it to escalate into a larger one. Solving the problem early can lead to less stress and is overall better for the therapist and client’s relationship. Remind the potential client that he/she doesn’t always have to know what’s wrong before asking for help. Just the fact that they are taking a step towards bettering their psyche and overall mentality is a huge step.
6. Give the individual a list of counselors you would recommend yourself. This may require you to do some research on particular counselors, but for the hurting person, knowing that you trust in a specific professional therapist could assist them also in trusting. The more trust there is between a therapist and an individual who is receiving counseling, the more personal the information that is shared.
7. Reluctant people might also be relieved to know that they can just come in for a short time to speak with a counselor without making a commitment to on-going therapy. Suggest they “try it” for a minimum of 3 sessions. If it isn’t working, they may stop after the 3rd visit.
8. If you want to offer extra support, you can have the person call the Samaritan Counseling Center from your room or office and/or you can offer to accompany them to their first session as a sign of your support.
9. Remind the person of the fees. The Samaritan Counseling Center is a non-profit organization. Our standard rates for a 45-minute session are \$135 for the initial assessment and \$100 for subsequent sessions and payment is expected at time of service. We offer a variety of payment options. We accept insurance and are in-network providers for a variety of HMO’s and managed care providers. Additionally, in special circumstances, a portion of the client’s fees may be subsidized through the Client Assistance Fund, funded by donations. Another way some professional referrers assist their referees is by offering to pay a portion of the fee. Our Congregation Assistance program is ideal in situations such as this.
10. Remind the person that their privacy is of the utmost importance. All of their information will be kept completely confidential when they choose to seek help at Samaritan Counseling Center.
11. Remember that many people will feel ambivalent about seeking help from any source, including the Samaritan Counseling Center. You may need to remind the person that “what you are currently doing to solve your problem doesn’t seem to be enough.” The ambivalence can often be characterized by statements such as “I don’t want to go there because my problem isn’t that serious,” or “I don’t want to go there because I think my problems are too serious and they cannot help me.” In either of the two cases, the person you are trying to refer may be fearful of the unknown. A direct response to such objections can sometimes be helpful. “If your problem isn’t appropriate for the Samaritan Counseling Center, they can make sure that you are directed to the right place.”

Call the Samaritan Counseling Center at (574)277-0274 for more information.

Professionals who can help you get your life back.

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