

Understanding Mental Health and Addiction Problems

a pastor's guide for use in faith-based counseling



Offered by Brookhaven Hospital

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People often bring their life problems to their pastor. At times, the nature of their problems may require the support available through professional mental health services. The pastor is critical to the process of assisting the person in identifying the appropriate resources they need to address their problems.

Much of what can be gained about a person and their problems occurs through careful listening, observing their behavior and through a guided dialogue. These are skill areas which are well known to pastors and are used daily in their work with their parishioners.

This guide is intended to assist pastors in better assessing the mental health needs of the individuals they counsel and to identify those areas which represent potential risk for the individual who has mental health or substance abuse problems. Upon identifying a person who is at risk, a pastor can provide support the person to get the appropriate treatment they require.



Mental health and addiction problems can leave some people feeling trapped. Brookhaven Hospital helps individuals reclaim their independence and re-establish their lives.

Using this Guide

This guide contains two evaluation tools:

- **Positive Indicators Evaluation Tool (PEIT)**
- **Negative Indicators Evaluation Tool (NEIT)**

These tools are not intended to diagnose or treat any medical or emotional condition. It is advised that you consult a physician or mental health professional with any concerns regarding this questionnaire.

Administering the PEIT and NEIT

The PEIT and NEIT are created in part to encourage open and honest discussion during a pastoral counseling session. Provide copies of both the PEIT and the NEIT to individuals at an appropriate time prior to your session. After the test is completed, take a few minutes to privately review the outcomes. In order to interpret the results, refer to the enclosed "Pastor's Evaluation Key."

If you have any questions about administering or interpreting the PEIT and/or the NEIT, please contact Brookhaven Hospital at (888)298-4673 or wecanhelp@brookhavenhospital.com

BROOKHAVEN HOSPITAL
Tulsa's Specialty Hospital

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Positive Indicators Evaluation Tool (PIET)

Instructions:

Read each sentence below and mark an "X" in the box to indicate the answer. There are no right or wrong answers. Do not spend too much time on any answer, and mark the answer that most accurately reflects your *general* feelings.

	Never	Seldom	Sometimes	Often
I arrive to work on time.				
My supervisor is pleased with my performance.				
I get along with my coworkers.				
I am able to get my work done on time.				
I can handle my workload.				
I am satisfied with my career.				
<i>Section 1 Total</i>				
I spend quality time with my family.				
My family enjoys spending time with me.				
I get along with my family.				
My partner and I agree on things.				
I treat my partner well.				
My partner treats me well.				
I feel loved.				
I feel important.				
<i>Section 2 Total</i>				
I like to go out in public.				
I enjoy being around people.				
I enjoy meeting new people.				
I have an active social life.				
I like to be involved with group projects.				
<i>Section 3 Total</i>				
I find myself in a good mood.				
People consider me stable and consistent.				
I am happy.				
I sleep well.				
My energy level is just about right.				
I can control myself.				
I have healthy relationships.				
I eat regularly.				
I have a healthy sex life.				
<i>Section 4 Total</i>				
I make safe decisions.				
My family thinks I am in control of my life.				
During disagreements, I keep calm.				
Most of my thoughts are normal.				
I am content with my thoughts.				
I can concentrate when I feel like it.				
I can follow conversations easily.				
My thoughts are manageable.				
My thoughts are appropriate.				
I think before I react.				
<i>Section 5 Total</i>				

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Negative Indicators Evaluation Tool (NEIT)

Instructions:

Read each sentence below and mark an "X" in the box to indicate the answer. There are no right or wrong answers. Do not spend too much time on any answer, and mark the answer that most accurately reflects your *current* feelings.

	Never	Seldom	Sometimes	Often
I wish I could escape.				
I feel like dying.				
I feel lonely even when I am with others.				
I feel guilty.				
I feel depressed.				
When I hurt myself, I feel better.				
I think about death.				
I have trouble sleeping				
I feel like the world is out to get me.				
I feel like people are better than me.				
People avoid me.				
I feel disinterested in things.				
I have trouble deciding.				
I often feel too cold or hot.				
My stomach gives me problems.				
Certain things or places frighten me often.				
My mind goes blank.				
I feel numb.				
I can't sit still.				
I feel like beating or hurting somebody.				
People take advantage of me.				
I feel nervous when I am alone.				
I feel tense or stressed out.				
I want to break or destroy things.				
I have panic attacks.				
I feel afraid to travel.				
My body goes numb or starts to tingle.				
I get scared for no reason.				
My temper goes out of control.				
I get into arguments.				
I feel like something is wrong with my mind.				
I have heart or chest pains.				
I feel like my life is going well.				
I feel like someone else controls my thoughts.				
TOTAL				

Disclaimer - This evaluation tool is not intended to diagnose or treat any medical or emotional condition. It is advised that you consult a physician or mental health professional with any concerns regarding this questionnaire.

Pastor's Evaluation Key - PEIT

Interpreting the Positive Indicators Evaluation Tool (PEIT)

The PEIT offers groupings of five separate areas:

- Section 1: Work Related Issues
- Section 2: Family & Relationship Issues
- Section 3: Social Role Issues
- Section 4: Mood and Behavior Issues
- Section 5: Thought Process Issues

When testing is completed, add scores for each area separately.

Follow the recommendations for the following results in each section:

- **Never: Score of 4 or more** Section may not be a necessary discussion topic.
- **Seldom: Score of 3 or more** Explore this section with discussion topics below.
- **Sometimes: Score of 3 or more** Discuss this topic and suggest visit with mental health professional.
- **Often: Score of 3 or more** Discuss the topic and refer individual to a mental health professional.

Important: A prevalence of “Sometimes” and “Often” answers in any given area may indicate a serious mental health condition. The individual should be immediately referred to a qualified mental health professional.

A prevalence of “Never” answers may indicate areas that do not require immediate attention. Look for patterned responses, which may indicate invalid or inaccurate results.

Caution: If results in any section indicate either all “Often” or all “Never” answers, either ‘false positives’ or ‘true negatives’ may reflect an inaccurate result. The individual should be referred to a mental health professional for further screening.

Discussion Topics

Section One: Work-Related Issue Topics

- Are you struggling with your job?
- Are you having financial problems?
- How does your job affect the way you feel?

Section Two: Family & Relationship Issue Topic

- Are your loved ones doing okay?
- How is your marriage?
- How are your friendships?

Section Three: Social Issues Topic

- Do you have trouble being around people?
- Are you able to have fun?
- What do you do outside of work and home?

Section Four: Mood-Related Issue Topics

- Do you feel moody?
- What are some things that bother you?
- How do you deal with people when you don't get your way?
- What are some of the things you do that make you feel good about yourself?

Section Five: Cognitive Issue Topics

- Are your thoughts bothering you?
- How long has it been since you had a good rest?
- When do your thoughts seem to bother you the most?

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Pastor's Evaluation Key - NEIT

Interpreting the Negative Indicators Evaluation Tool (NEIT)

1. When testing is complete, add scores to arrive at a total for each column.
2. Check for Test Validity: The second to the last question ("I feel like my life is going well") is intended to reveal patterned responses. The response to this question should be significantly different from most other questions on the NEIT. If the answer is not different from most other responses, then the test results may be inaccurate or invalid. *Do not include this answer in test results.*
3. Follow the recommendations below based on testing results:

Never

25 or more	Results may indicate further need for discussion
15-25	Discuss this topic and suggest visit with mental health professional.
0-15	Discuss the topic and refer individual to a mental health professional.

Seldom

20 or more	Discuss the topic and refer individual to a mental health professional.
10-20	Discuss this topic and suggest visit with mental health professional.
0-5	Results may indicate further need for discussion

Sometimes

15 or more	Discuss the topic and refer individual to a mental health professional.
7-15	Discuss this topic and suggest visit with mental health professional.
0-5	Results may indicate further need for discussion

Often

10 or more	Discuss the topic and refer individual to a mental health professional.
5-10	Discuss this topic and suggest visit with mental health professional.
0-5	Results may indicate further need for discussion

Important: A prevalence of "Sometimes" and "Often" answers in any given area may indicate a serious mental health condition. The individual should be immediately referred to a qualified mental health professional.

A prevalence of "Never" answers may indicate areas that do not require immediate attention. Look for patterned responses, which may indicate invalid or inaccurate results.

Caution: If results in any section indicate either all "Often" or all "Never" answers, either 'false positives' or 'true negatives' may reflect an inaccurate result. The individual should be referred to a mental health professional for further screening.

Discussion Topics

Seldom Answers:

Read response and offer validation, then ask individual to explain in detail. Refer to PEIT Key for specific topic questions.

Sometimes Answers:

Read response and express concern. Probe for possible substance abuse, risky behaviors, or altered thinking. Refer to PEIT Key for specific topic questions.

Often Answers:

Express strong concern and refer individual to a mental health professional.

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