

## Readiness Precedes Resources (Intersect)

One of the common calls we receive for consultation at Intersect are people requesting information about a mental health resource that could help a particular family member, friend, or parishioner. Such requests are completely understandable. They reflect an important moment in which we realize that no one person can provide all another person needs. Community services can be a valuable means of helping someone with a mental health condition. Collaborative support is essential. There's just one problem.

When getting these calls, I'll often ask the caller a question that goes something like, "is the person you're looking to help open to receiving support through a resource?" Often the person on the other end of the line answers with either "I'm not sure" or "no, not yet." At this point in the conversation what becomes apparent is that the most important work for the caller isn't to find new resources, but to help their loved one become more open to getting help. If a person isn't ready to receive help, then no number of new resources will be beneficial because the person won't use them. Knowing what resources exist so that you can utilize them at the right time is wise. But it's important to keep in mind that **readiness precedes resources**.

So, if you're currently walking with someone who could use more help with their mental health, by all means learn more about the resources that are out there. But as you do so, take the time to support them in increasing their readiness to receive the very help those resources can provide. Below, in our recommended resources section, is a workshop hosted by one of our Access trainers that can assist you in helping others increase their readiness for resources.

Dave Eckert, Senior Director of Intersect

### Recommended Resource

#### Stages of Change and Building Motivation Workshop

"If you really wanted to change, you would." It is a phrase that many of us have heard and said, to others and ourselves. But what if change is a process? This interactive workshop will introduce the "Stages of Change" theory developed by Prochaska and DiClemente. The phases of change, from Precontemplation to Maintenance, will be identified and discussed using "real world" examples.

Participants will learn how to identify Stages of Change and to use this model as a tool in supporting people in services. To learn more about this workshop or host it at your organization or faith community, contact Mark Boorse at [mboorse@accessservices.org](mailto:mboorse@accessservices.org).