



Southdown
Healthy Ministers for a Healthy Church

50 YEARS

Mission

Southdown provides preventative and restorative care to Clergy and Vowed Religious using the integration of psychological, physical and interpersonal practice with the wisdom of the Catholic Spiritual Tradition.

*Gratitude,
Compassion
and Care
since 1966*

At Southdown, the best of psychological science and practice are integrated with the wisdom of the Catholic Spiritual Tradition through the efforts of an interdisciplinary team of professionals. All Christian denominations are welcomed.

Southdown provides an environment conducive to healing in a setting of natural beauty and a community dedicated to the growth and transformation of each of its members.

We are committed to assisting the Church to provide healthy ministers for our communities of faith that will fulfill the desire of Jesus that all "might have life and have it to the full." (John 10:10).

What You Can Expect

- privacy in a pastoral setting conducive to healing complete with forest trails and a labyrinth
- chapel and meditation space
- 22 comfortable ensuite bedrooms, including 4 fully accessible bedrooms
- elevators
- dedicated group therapy rooms
- spacious fitness room
- pottery room
- daily nursing services
- easy access to needed services and off-site activities including 12-Step programs
- modern and eco-friendly design



Recognizing the Problem

Mental health issues affect people of all ages and circumstances, and impact one's ability to participate fully in community and function effectively in ministry. If you or anyone you know is struggling with day to day interactions in ministry or relationships, experiencing depression or anxiety, or struggling with an addiction and are in need of assistance, please contact us.

Our Approach

An integrated client-centred approach to treatment is the core of our program. All residents follow an individualized goal-focused treatment plan geared to their individual needs. The community living component provides support and encouragement for the growth and transformation of each of its members.



Assessment Program

Southdown offers two types of Assessments: Candidate and Clinical.

Candidate Assessment: Individuals considering priesthood or religious life benefit from the insights offered through the assessment process. It provides an effective tool for formation personnel as they journey with candidates through the formation process. The assessment results provide leadership and vocation and formation directors with a clearer understanding of the candidate's ability to minister, to live in community, and to relate meaningfully with others. This information is valuable for the candidate's personal growth.

Clinical Assessment: Individuals experiencing significant stress arising from personal problems or difficulties in ministry or in relationships benefit from the clarity and insights of this process. An assessment offers an in-depth diagnostic evaluation of the presenting issues and assists the individual and leadership in implementing a plan to address concerns. The objective is to identify measurable goals for personal development and determine a course of action most appropriate and beneficial to the individual. There are four primary components: interview and testing with a psychologist, interview with a spiritual director, nursing assessment and addiction interview.

Both candidate and clinical assessees participate in a joint feedback session, which includes the assessee, the psychologist, and a designated leadership representative.



Residential Program

The 14-week Residential Program offers a holistic and safe healing environment.

Program Components:

- Individual and group psychotherapy
- Addiction counselling, education and process groups
- Cognitive-behavioural therapy
- Goals Group and Community Group
- Spiritual direction and Spirituality Group
- Psycho-educational seminars
- Wellness and nutrition
- Psychiatric assessment
- Professional nursing care
- Pottery
- Transition and continuing care services
- Mindfulness and Breathing Group

Community liturgy and opportunity for prayer and reflection foster both spiritual and emotional healing.

Addiction Program

The Addiction Program provides support in achieving sobriety and ongoing recovery from chemical and behavioural addictions. Individuals in this track receive addiction education, individual and group process therapy and 12-Step programs.





Continuing Care Program

The Continuing Care Program provides ongoing support to both the individual and leadership following residential treatment. Residents, in their last month of treatment, begin the transition phase as preparation for departure. Development of a Relapse Prevention Plan and Covenant for Mission provide a road map for healthy living. The Discharge Planning Meeting includes the individual, leadership, primary therapist and Continuing Care Coordinator.

An important part of ongoing support includes participation in Connections workshops at Southdown that address recovery issues and provide encouragement and assistance. Leadership are a significant part of this process and are included in the workshop.

The Continuing Care Coordinator and Southdown's clinical team are available for consultation at any time during this process.





Consultation, Education & Outreach

Our professional staff is available for consultation, facilitation, training, presentations, educational workshops, and team building activities for leadership, congregations and dioceses.

Topics include:

- Team development
- Prevention and wellness education
- Conflict management
- Organizational transformation
- Transitioning for new and outgoing leaders

Workshops are tailored specifically to your needs and can be offered at a location of your choice.





Programs & Services

- Candidate & Clinical Assessments
- 14-week Residential Program
- Minimum 18-month Continuing Care Program
- Outpatient Services
- Consultation, Education & Outreach



Southdown
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Awarded with
Exemplary Standing
by Accreditation
Canada

CHARITABLE BUSINESS NO: 10163-0820 RR0001

Exciting Programs & Services Updates

The Southdown Institute is steadfast in our commitment to provide high quality programs and services to Clergy, Vowed Religious and Catholic lay people. We are delighted to announce our new enhanced and expanded programs and services for your consideration.

Assessments:

Our Comprehensive Assessment services are offered in French, Spanish and English and are fully operational through a secure virtual platform in compliance with privacy legislation. Our new service option of providing on-line assessments will continue to be offered post-COVID-19.

Virtual Walk-in Clinic:

Our Virtual Walk-in Clinic services began in April as a tele-therapy helpline for Clergy, Vowed Religious and Lay Pastoral Ministers throughout Canada and the United States. This new service will continue to be provided free of any charge for the intake and two sessions. The Clinic is available Monday to Friday from 8:30 am to 4:30 pm (EDT) and the contact number is 289-763-1478.

Outpatient Services:

Our Outpatient Services include both individual and group therapy offerings and are now available to a wider population. In addition to offering these services to Clergy, Vowed Religious and Lay Pastoral Ministers, we now welcome Catholic lay people who are seeking to integrate their spirituality and faith into the process of psychotherapy. However, please note that the Outpatient Services for Catholic lay people are currently available only within the Greater Toronto Area.

Spiritual Direction:

Spiritual direction is an important component of our services and our trained spiritual directors have accompanied Clergy and Vowed Religious for many decades. Our spiritual direction services are now available to any lay person who is seeking this professional guidance in their faith journey and spiritual life.

Art Therapy:

One of our team members is in the process of completing her certification in clinical art therapy and is beginning a practicum through a virtual art therapy clinic. She will be offering individual virtual sessions to Clergy, Vowed Religious and lay persons who are interested in receiving art therapy.

Please note that our new and expanded services are currently provided through a secure virtual platform.

For further information, please contact us at 905-727-4214 or e-mail administration@southdown.on.ca



Consultation Education & Outreach

Our professional staff is available for consultations, facilitation, training, presentations, educational workshops, and team building activities for leadership teams, congregations and dioceses.

Overview

Our clinical professionals can assist with the following topics:

- Team development
- Prevention and wellness education
- Conflict management
- Organizational transformation
- Transitioning for new and outgoing leaders
- Facilitation for groups/communities

Workshops and presentations are tailored specifically to the needs of your team or group. Our staff can arrange to travel to your location to provide support and facilitation where it may be convenient for you.

We also attend and present at conferences, leadership gatherings, retreats, and small or large group gatherings.

Our secure virtual online platform facilitates consultations at a distance and allows attendees to view our live stream workshops and presentations from around the world.

The Covenant newsletter is produced and published by Southdown and continues to be a highly regarded source of information on the many areas of expertise shared by Southdown's clinical staff.

The purpose of *The Covenant* is to inform and educate the readership about the issues that surface in our work and to invite integration of the emotional and spiritual aspects of our lives.

To subscribe to our newsletter and for more information regarding our programs and services, please visit our website.

www.southdown.on.ca

For additional information, to discuss individual needs or concerns, or to schedule an appointment, please call:

Dorothy Heiderscheit, OSF, MSW, ACSW, RSW
Outreach and Consultation Specialist

905-758-1065

or email: dheiderscheit@southdown.on.ca



Candidate Assessment

The Southdown Institute offers Candidate Assessments for individuals who are discerning entry into priesthood or religious life. As an essential part of the admissions process, the Candidate Assessment helps to create a more complete picture of the candidate's ability to fully participate in formation, to minister, to live in community and to relate meaningfully with others.

Southdown's Assessment service assists vocation and formation directors, as well as diocesan and congregational leadership, by providing an objective and standard means for the psychological and spiritual evaluation of the candidate that:

- screens for potential pathologies and risk factors
- determines areas of strengths and weaknesses
- identifies needs for growth in ongoing formation.

The confidential feedback from the assessment offers insight for both the candidate and the referring organization. Because of the growth potential in learning more about one's strengths and weaknesses, each candidate benefits from participating in a thorough Candidate Assessment.

Candidate Assessments include:

- diagnostic interviews with a psychologist, including psychological testing and a thorough psychosexual history to assess psychosexual and affective maturity
- completion of standard psychological testing instruments
- spiritual life review with a spiritual director
- health history and review with nursing staff
- behavioral health assessment
- a feedback session, with the candidate, psychologist and designated diocesan or community representative
- a written report, including recommendations, shared with both the candidate and the designated diocesan or community representative.

Our Candidate Assessments are currently provided through a secure virtual platform and are available in English, French and Spanish.

Southdown, utilizing the experience and expertise of the clinical team, combined with our clear understanding of the priesthood and religious life, is a trusted provider of Candidate Assessments.

For additional information, to discuss individual needs or concerns, or to schedule a Candidate Assessment, please call us at

905-727-4214

or email: administration@southdown.on.ca

