

# Congregational Assistance Plan

Professional Counselling Support



Restoring Hope

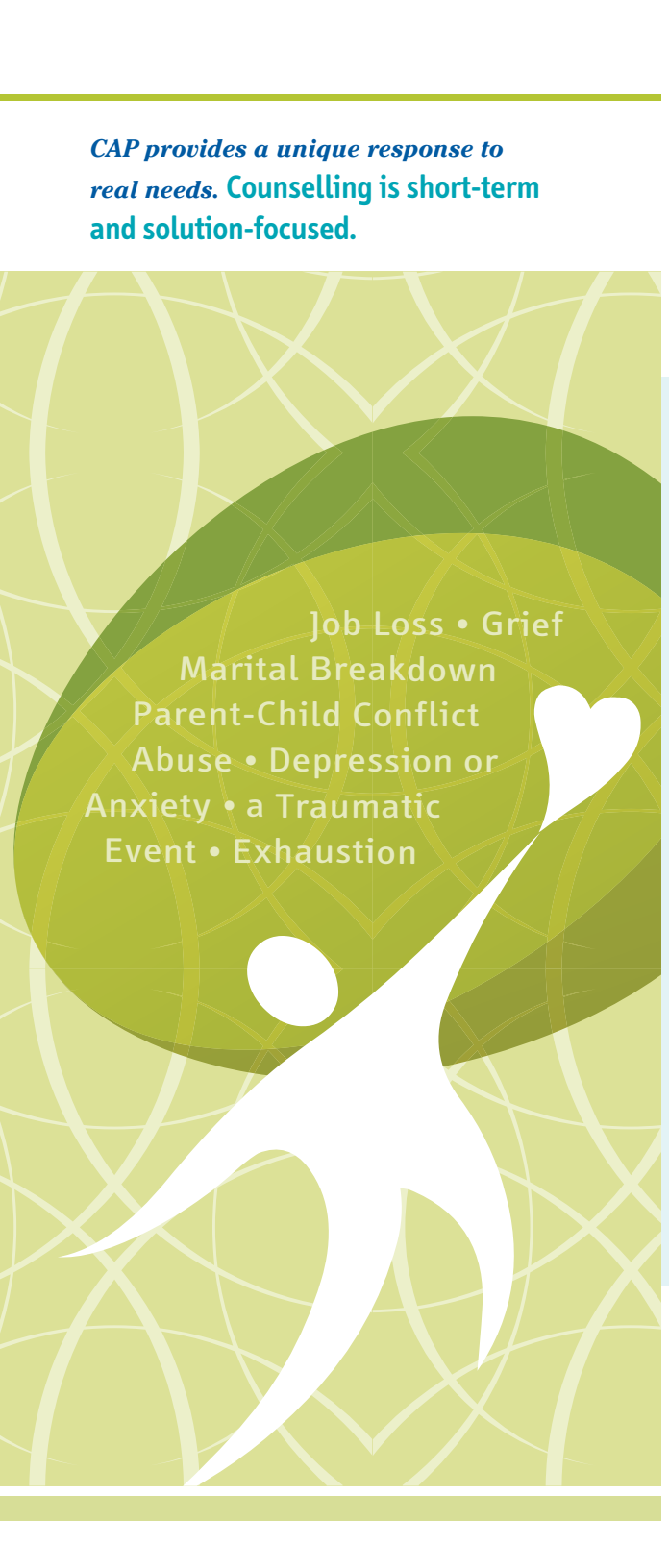


**shalem**

Mental Health Network

*CAP provides a unique response to real needs. Counselling is short-term and solution-focused.*

Job Loss • Grief  
Marital Breakdown  
Parent-Child Conflict  
Abuse • Depression or  
Anxiety • a Traumatic  
Event • Exhaustion



*From time to time we all face difficulties – some more serious than others.*

**Sometimes our usual ways of coping don't seem to be enough.**

The Congregational Assistance Plan (CAP) is an affordable program that enables churches to make short-term professional Christian counselling support available to their members.

- professional, Master's degree-level counsellors
- available to all church members and adherents
- up to six sessions per year for each member
- services are anonymous and strictly confidential
- provided at no cost to the church member

Shalem Mental Health Network has modeled the CAP program on the Employee Assistance Plan (EAP), a program widely offered by companies to their employees as a support to emotional wellbeing.



**All services are offered at no cost to the church member.**

### **Extending your church's support**

Churches are a place where people often turn in times of need. Yet, the complex demands of modern life have placed higher expectations on pastors and pastoral care programs. Many churches have extended the hand of Christ to parishioners by providing financial support to access professional counselling. CAP builds on this practice.

### **Here's how it works:**

- An agreement is reached between your church and Shalem on a reasonable annual fee, based on the number of households at the church.
- Shalem develops relationships with reputable Christian therapists and counselling agencies in your area.
- When you or another church member calls Shalem for counselling, we introduce you to a CAP therapist, and the counselling begins.
- Your church does not know who is receiving counselling.
- Your church receives quarterly reports on program usage, satisfaction rates and presenting issues — but no identifying information.

**CAP is not a crisis service, nor is it meant for long-term therapy.**

### **Easy to use**

Once the program is in place at your church, a church member can call Shalem directly, at any time, using our toll-free number. We'll speak to them about the kind of help they're looking for, whether they prefer a male or female therapist, want individual, couple or family counselling etc. We then put the caller in touch with a counsellor in their area, and an appointment is made, usually within one week of the call.

### **CAP is a welcome service to those who:**

- do not know where to go for counselling
- are cautious about asking for help
- are concerned about confidentiality
- are unable to pay

### **For more information contact:**

**MARG SMIT-VANDEZANDE** M.S.W., R.S.W.

Director of CAP Services

**TEL 905.515.4758**  
[margsv@shalemnetwork.org](mailto:margsv@shalemnetwork.org)

*Marg will be pleased to answer your questions and meet with any group from your church. She can also put you in touch with another church enrolled in the CAP program to hear about their experience.*

## Introducing Shalem

Shalem Mental Health Network is a faith-based, Ontario-focused network that provides responsive mental health support and resources to individuals, families and communities. ***Our support services seek to restore hope...***

*...when we can't find ways to cope*

**Counselling** – building healthier couples, families and individuals; fostering attachment in children and youth.

*...when we need extra support*

**Congregational Assistance Plan (CAP)** – helping churches provide their members with counselling sessions from local, professional Christian therapists. Clergy Care offers counselling for pastors and their families.

*...when our needs are overwhelming*

**WrapAround** – empowering communities to support people and families struggling with multiple challenges.

*...when harm affects us*

**Restorative Practice** – repairing harm, restoring relationships in communities, schools and faith communities.

*...when mental illness strikes us or our loved one*

**Sunshine from Darkness** – providing up-to-date resources about mental illness to individuals, families and communities.

*...when life puts us on the streets*

**RE-create** – a drop-in art studio engaging street-involved youth in downtown Hamilton.

### **SHALEM MENTAL HEALTH NETWORK**

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