



shalem

Mental Health Network

THE CONGREGATIONAL ASSISTANCE PLAN

Marg Smit-Vandezande MSW, RSW

Restoring Hope



Why the Congregational Assistance Plan?


- CAP helps parishioners navigate through difficult times when our usual ways of coping aren't enough
- CAP extends a church's desire to support its members to thrive in healthy, God-honouring relationships
- CAP decreases the burden on pastors and pastoral care people, when issues require professional help
- CAP enhances a church's ability to target its ministries to emerging needs
- CAP removes barriers for people who want help

How Does CAP Work?


- CAP is modeled after that of an EAP (Employee Assistance Plan)
- Annual contract – fee is based on # households and utilization rate
- Shalem contracts with local professional therapists, who are Christians
- CAP Brochure and Posters provided for contact information to congregation



Congregational Assistance Plan
Professional Counselling Support




Restoring Hope



shalem
Mental Health Network

Grace Christian Reformed Church



Congregational Assistance Plan
Professional Counselling Support

How Does CAP Work?

- A church member calls Shalem's Toll free # and is linked to a suitable therapist
- Up to 6 sessions provided, no cost to parishioner
- Church is provided with Quarterly Stats re: usage rates, presenting issues (no identifying information)

Congregational Assistance Program Report

Church Name

Final Report 2017

Contract Period: January 1, 2017 - December 31, 2017

Number of Households Participating (2017:146 Households)	14
Number of Males	8
Number of Females	11
Number of Participants who are Married	12
Number of Participants who are Single, Divorced or Widowed	5
Number of Participants who are Children	2
Number of "blank" Households used	1
Total Number of Sessions	59
Number of Individual Sessions	40
Number of Couple Sessions	19
Number of Family Sessions	
Number of Group Sessions	
Number of Files by Counsellor	
Bernadine Togeretz	1
Michelle Deboer	1
Betty Browuwer	4
Jennifer Bowen	4
Susan Winter-Fledderus	6

Congregational Assistance Plan Report

Church Name

January 1, 2017 - December 31, 2017

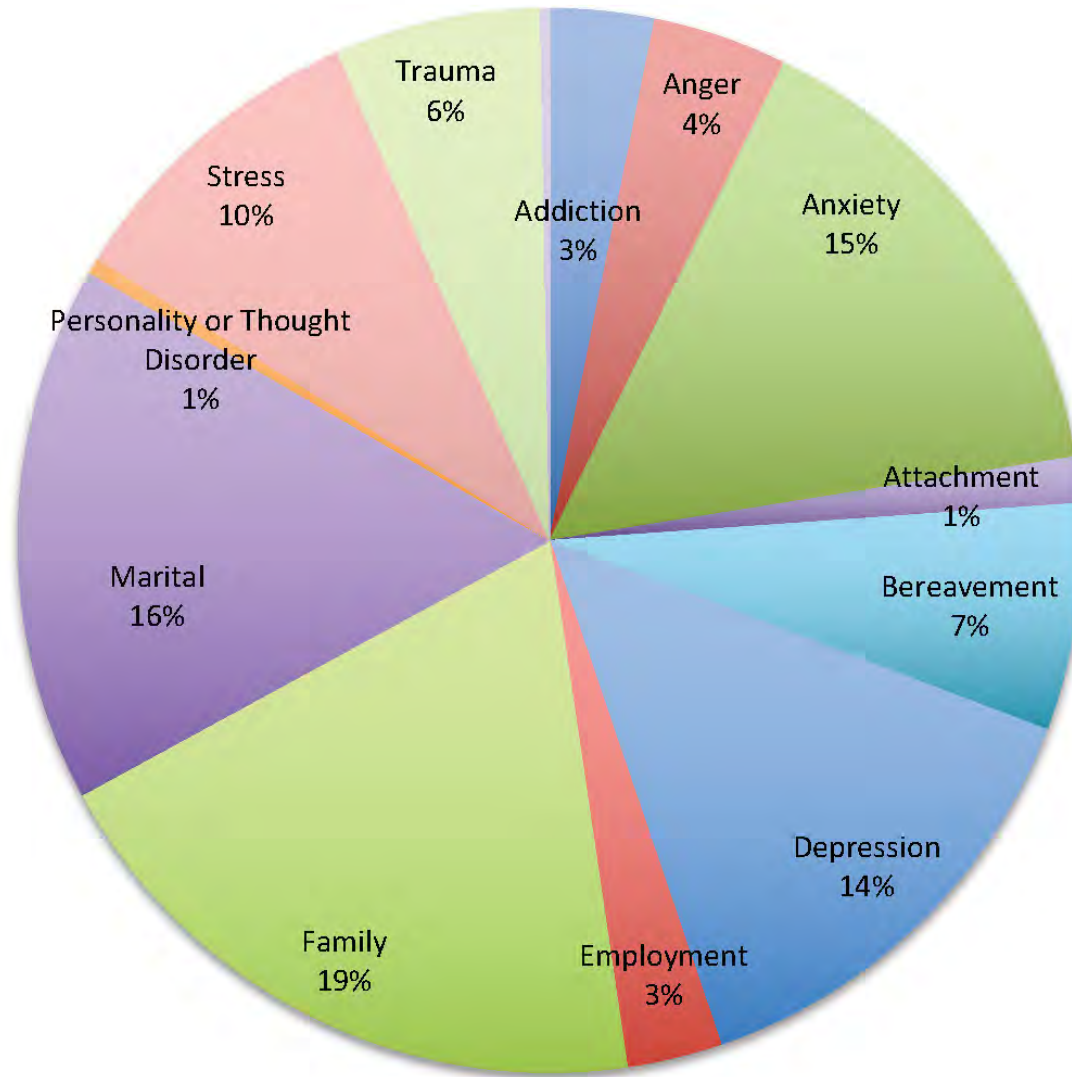
Presenting Issue by Files Open	(number)	(percentage)
Addiction		
Anger		
Anxiety	5	26%
Attachment		
Bereavement	1	5%
Church Stress		
Depression		
Eating Disorder		
Employment		
Family	3	16%
Financial Stress		
Marital	4	21%
Other		
Personal Growth		
Personality Disorder		
Restorative Practice		
Self Harm	1	5%
Spiritual Growth		
Stress	3	16%
Trauma	1	5%

Financial Report

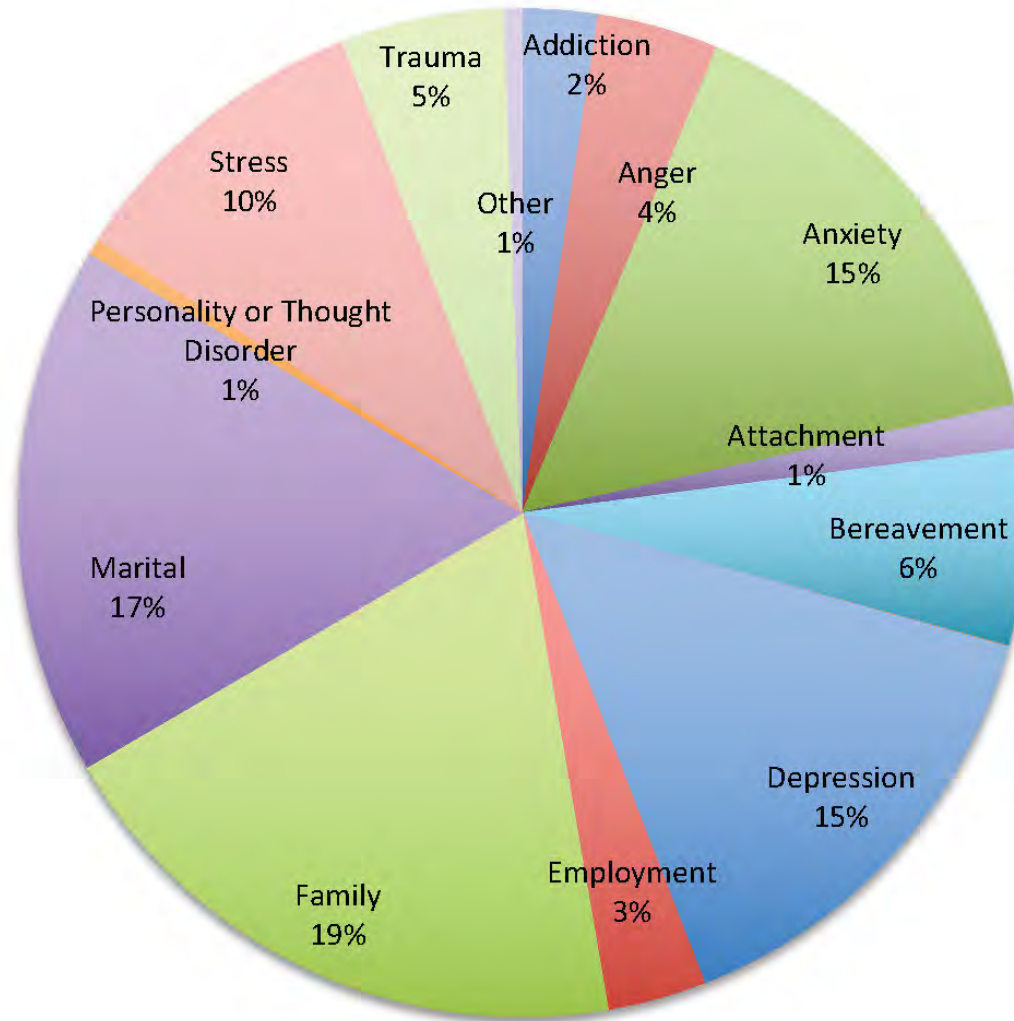
Contract Amount	\$ 8,504.50
Payments received to date	\$ 8,504.50
YTD Utilization Rate	9.59%
2017 Contract Utilization Rate	11.5%

Presenting Issues 2017

737 Households, 1016 Files



Presenting Issues over 12 years (2006 - 2017)



Benefits of CAP

- Quick and easy access
- Is a strength based ministry to the church
- Decreases the burden on Pastors
- Builds on current practice of providing counselling support to a congregation
- Expands support to include all members



Benefits of CAP

Removes possible barriers of:

- inability to pay for counselling privately
- feelings of shame
- not wanting to be a burden
- worried about privacy/ confidentiality
- difficulty seeking out appropriate services in times of needs



CAP Fees

Clinical Services:

Counselling -- \$39.36 per household
($\$80 \times 6 \text{ sessions} \times 8.2\% = \39.36)

Intake -- \$4.76 per household

Program Management:

\$2.00 per household

Total cost per household: \$46.12



CAP Fees

Example:

100 households X \$39.36 = \$3936.

100 households X \$4.76 = \$476.

100 households X \$2.00 = \$200.

Total cost = \$4,612.00





shalem

Mental Health Network

Thank you!

MARG SMIT-VANDEZANDE,
MSW, RSW
Director of CAP and Clergy Care

margsv@shalemnetwork.org
1-866-347-0041

Restoring Hope