



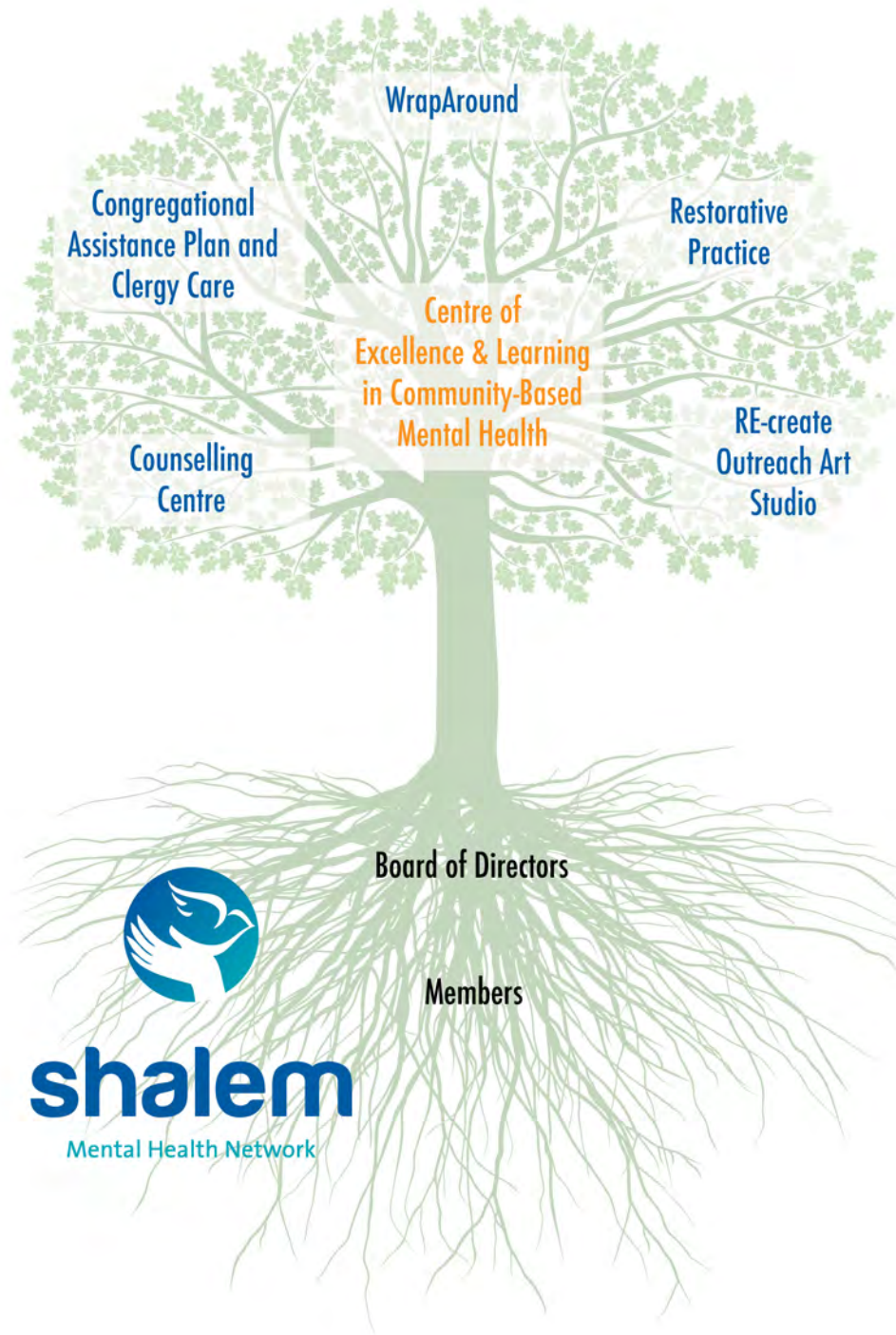
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Mental Health Network

THE CONGREGATIONAL ASSISTANCE PLAN

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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




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Congregational Assistance Plan
Professional Counselling Support

How Does CAP Work?

- A congregant calls Shalem's Toll free # and is linked to a suitable therapist
- Up to 6 sessions provided per case at 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

Contract Period: January 1, 2019 - December 31, 2019

Number of Households Participating (2019:184 Households)	18
Number of Males	13
Number of Females	18
Number of Participants who are Married	20
Number of Participants who are Single, Divorced or Widowed	7
Number of Participants who are Children	4
Number of "blank" Households used	3
Total Number of Sessions	144
Number of Individual Sessions	106
Number of Couple Sessions	17
Number of Family Sessions	7
Number of Group Sessions	6

Total Number of Files by Counsellor	
Bernadine Togeretz	3
Betty Brouwer	2
Jennifer Bowen	3
Michelle DeBoer	3
	1
Natasha Longmire	
Shawn Groen	2
Stephen Doucet Campbell	1
Susan Winter Fledderus	3

Congregational Assistance Plan Report
CHURCH NAME

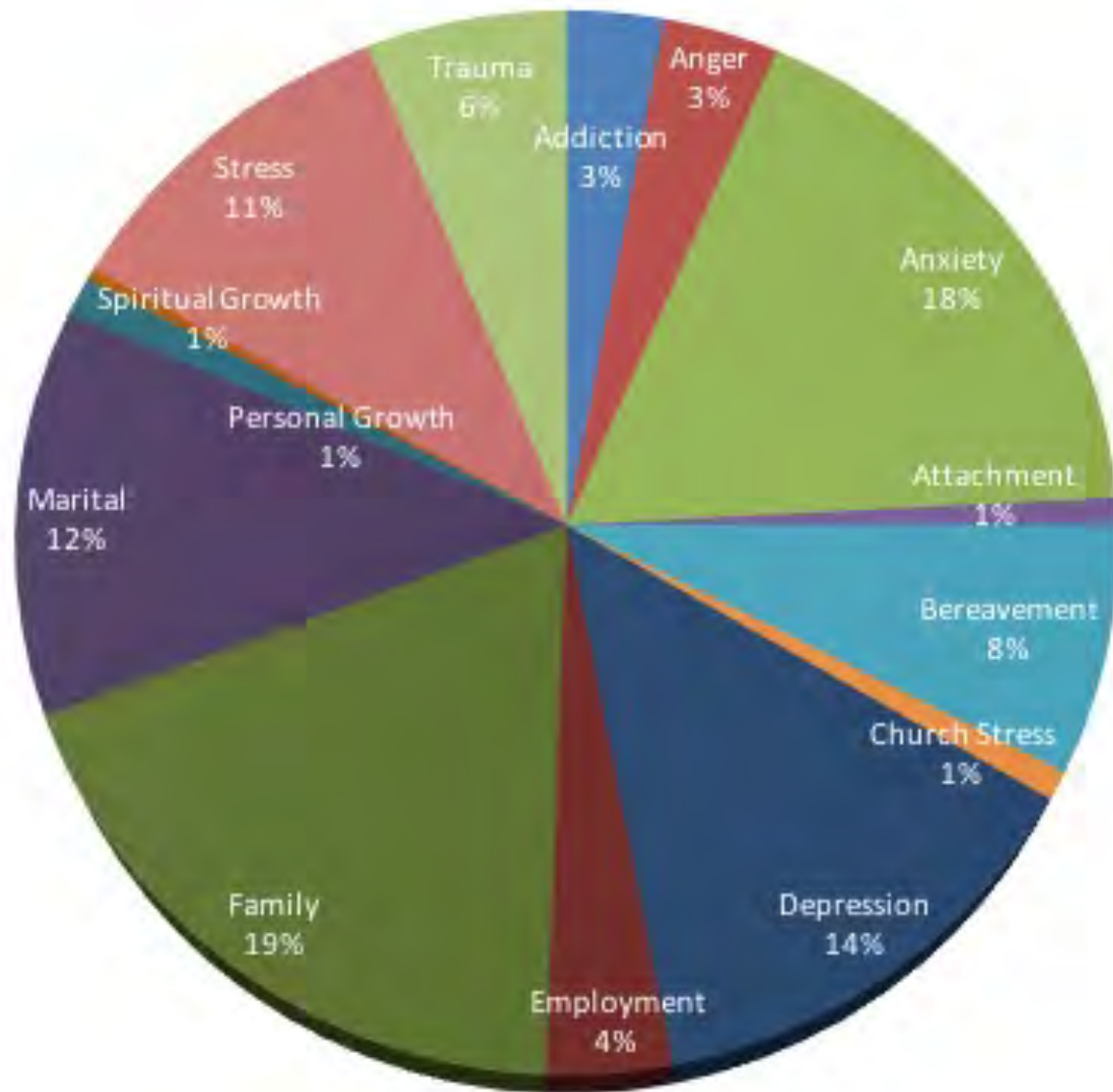
January 1, 2019 - December 31, 2019

Presenting Issue by Files Open	(number)	(percentage)
Addiction	2	6%
Anger	1	3%
Anxiety	7	23%
Attachment		
Bereavement	2	6%
Church Stress		
Depression	3	10%
Eating Disorder		
Employment	2	6%
Family	7	23%
Financial Stress		
Marital	4	13%
Other		
Personal Growth		
Personality Disorder		
Restorative Practice		
Self Harm		
Spiritual Growth		
Stress	3	10%
Trauma		

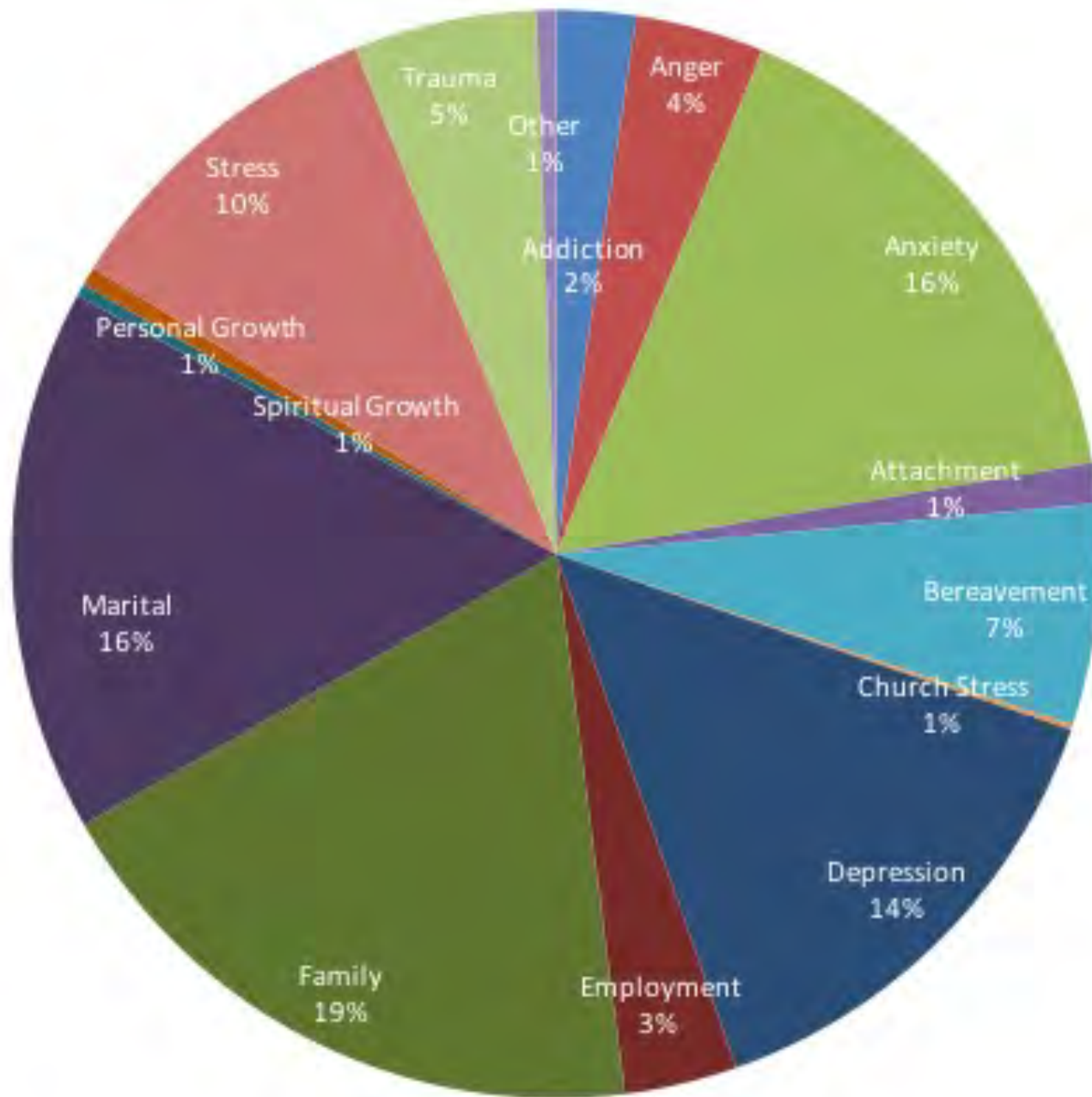
Financial Report	
Contract Amount	\$ 12,213.92
Payments received to date	\$ 12,213.92
YTD Utilization Rate	9.78%
2019 Contract Utilization Rate	12.42%

Presenting Issues 2019

697 Households, 947 Files



Presenting Issues over 14 years (2006 - 2019)



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 those in need
- Expands support to include entire congregation



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





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Thank you!

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