

Congregational Assistance Plan Frequently Asked Questions (CAPFAQ)

Why do we need CAP at Community? CAP is part of a larger effort to help each other more fully become God's community. We do have a Director of Pastoral Care, the Pastoral Elders and Deacons and are creating Community Care Groups. However, there may be needs that none of these can address – needs which demand the education and experience of a professional Christian counsellor. CAP is, therefore, part of a range of responses to the biblical command that we care for each other and bear each other's burdens. The services provided by CAP counsellors will enable vulnerable persons to gain the healing and strength that they need to more fully participate in Community.

How else will CAP benefit Community? Shalem Mental Health Network, the organization which is providing CAP, will issue quarterly reports to the church leadership as to which kinds of problems led Community members to use CAP. Note that these reports do not identify individuals. Rather, the church leadership will use these reports to inform sermon topics and other educational programs. Finally, by understanding ourselves in this way we can more clearly comprehend what God is doing at Community and how there may be more ways in which Community can speak the Good News to our cities and regions (i.e., working through our mental health needs may awaken us to the mental health needs within our communities).

Who is eligible for CAP? If your church membership is with Community then you are eligible for participation in CAP. If you have been attending Community regularly and have been identified as so by Community staff then you are also eligible. If you became a member of or began to attend Community regularly in 2013 then you are eligible to participate in CAP beginning January 1, 2014.

How do I gain access to CAP and for how many sessions am I covered? Contacting CAP is easy. Call (toll free) 1-866-347-0041 to begin the process. CAP specializes in short-term therapy and you are covered for up to 6 sessions per year per case, if required. Within those 6 sessions you and your counsellor will identify the problem and develop a program of treatment. If, at the end of the 6 sessions you wish to continue receiving further counselling support, you are welcome to do so and may use any Employee Assistance Plan or insurance coverage available to you, or you may contract with your counsellor independently on a fee-for-service basis. A full allotment of CAP covered sessions is also available each new calendar year for those who wish continued counselling support. Please note, however, that should imminent support be needed in the same year and if cost is prohibitive you may be eligible for extended coverage through CAP.

What if I have more questions about CAP? The CAP contact for Community is Pastor Carel. Alternatively, you can always call Shalem directly, toll-free, at 1-866-347-0041.