

SHALEM Congregational Assistance Program Information

What is CAP?

CAP is a partnership program with the Shalem Mental Health Network. Shalem has carefully selected professional, experienced counsellors within the Halton Hills area. All counsellors have a master's degree, are members in good standing of a professional regulatory body and are followers of Christ.

CAP offers a solution-focused counselling model of up to 6 sessions per year. Services include individual, couple, family and group counselling. Services can be provided in person or virtually giving a wider range of options of therapists to access. The service is entirely confidential and all efforts are made to provide an appointment within 2 weeks.

The first 6 sessions are free and a gift from GCRC. They are available to all members of GCRC. There are also 5 spaces open for those who are affiliated with GCRC if they wish to access the program.

To access the service members can call 1-866-347-0041 and speak with one of Shalem's Intake Counsellors. They just need to mention they are members of or affiliated with GCRC. They do not need a referral from their doctor or pastor.

Role of the Council CAP Liaison:

- You will receive quarterly report forms Shalem which include information about the number of people being served and issues that are generally addressed. This can be forwarded to pastoral council for their information.
- Shalem may also send information about workshops and events they may be hosting. This information can be provided to the congregation by forwarding it to the bulletin.
- If any invoices are sent, please ensure that Tim Scheepstra (or the current GCRC accountant) (accounting@gcrc.on.ca) is included on the emails.
- By October/November distribute the current GCRC household list for review to members of Pastoral Council. Each elder is required to review their district on the household list and make any necessary updates.
- By late December the liaison will forward an updated list of GCRC's membership to Shalem.
- Since the 6 sessions renew every year, there will likely be members waiting for that list to be re-submitted so they can reactivate their sessions in January.
- If someone associated with GCRC (but not a member) would like to access the service the liaison will forward this information to Shalem. Pastoral council may be aware of the people accessing these spaces when they review the household list. You can let these individuals know that pastoral council may become aware of who is accessing the blank spots, but will keep that information confidential.

Defining the Household List:

The CAP program uses this definition of a household: ***A household may be a single person, couple or family who reside at the same address. (Immediate family is defined for this purpose as spouse and dependent children under the age of 21, or children up to the age of 25 years if enrolled full time in an accredited educational institution.) Should a family household mistakenly include an adult child over***

the maximum age, if that adult child calls for service, they will be offered CAP services through the use of a blank household.

As an example, if a child lives at the same address as their parents, is 23 years old, and works full time, they would be considered their own household so they should be listed separately. Or if a child is away at university or college (up to the age of 25) they would be considered part of the parent's household (so they wouldn't be listed separately).

The CAP list should not include people in nursing homes, for example, or adult children and others who have moved away and who are not actively attending and involved in our church. Do not include any members who are out of province since CAP therapists are typically only registered to work with people in Ontario. The list should only include households who are actually active.

CAP Funding Formula

The renewal cost for each year is based on the total number of households at GCRC as well as the actual amount of CAP support used in the previous year. The amount of CAP support provided the previous year determines the "utilization rate". In 2024 for example this rate was **7.31%**. This was calculated using 2.20% (4th quarter of 2022 utilization rate) + 5.11% (the year-to-date 2023 utilization rate as noted on our 3rd quarter report) for a total of 7.31%.

Below is an example of the 2024 Cost Calculation.

	Households	X	Cost per household	=	Total
Counselling Support	137	X	*\$37.28	=	\$5,107.36
Intake Management	137	X	\$6.64	=	\$909.68
Program Management	137	X	\$5.17	=	\$708.29
TOTAL	137	X	\$56.74	=	\$6,725.33

*The 2024 Counselling Support cost is based on your utilization rate of 7.31%.

	Therapist Fee	X	# of sessions	X	Utilization Rate	=	Total
Cost per household	\$85	X	6	X	7.31%	=	\$37.28

Contact People

Ruth Jackson, CAP Administrative Support
capadmin@shalemnetwork.org

Tom Jantzi, Director of CAP and Clergy Care
tomj@shalemnetwork.org

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