



PASTOR'S LUNCH & LEARN

June 18th, 2019 - Stalin George LMHC, IAADC & Heidi Vermeer-Quist Psy.D

History, Mission, Values & Vision of Heartland Christian Counseling

- ▶ **Our History:** Heartland Christian Counseling was started out of what used to be Pine Rest Christian Mental Health in May of 2018.
- ▶ **Our Mission:** To provide excellence in Christ-centered psychological services to our community loved by God.
- ▶ **Our Values:** Christian Integrity, Professional Excellence & Compassion
- ▶ **Our Vision:**
 - ▶ To strive for professional excellence and continuous improvement in all our services.
 - ▶ To continue to provide Christ-Centered psychological services to the persons we serve.
 - ▶ To provide psychological resources to the communities we serve.
 - ▶ To be distinctly Christian while humbly serving ALL who require assistance.



Heartland Christian Counseling's Statement of Faith

- ▶ As a practice, we affirm all statements from the Apostle Paul contained in 1st Corinthians.
 - ▶ *"For I delivered to you as of first importance what I also received, that Christ died for our sins according to the Scriptures, and that He was buried, and that He was raised on the third day according to the Scriptures, and that He appeared to Cephas, then to the twelve."* -**1st Corinthians 15:3-5.**

Heartland Christian Counseling's Statement of Faith

- ▶ As a practice, we believe that the Apostle's Creed best summarizes our beliefs as a practice.
- ▶ “[We] believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; He ascended into Heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead.
- ▶ [We] believe in the Holy Spirit, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.”

Heartland Christian Counseling's Statement of Faith (Continued)

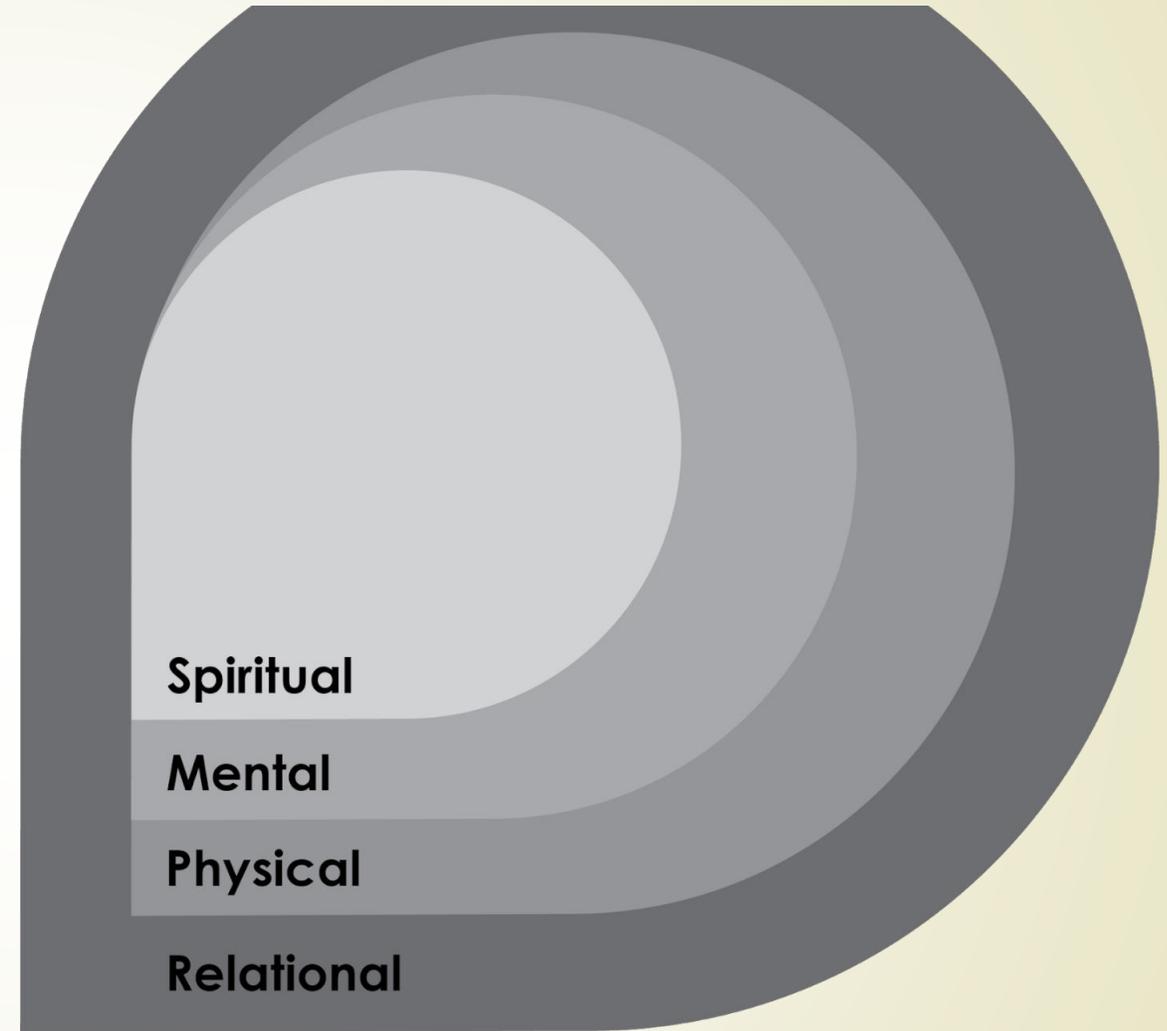
- ▶ *Central Beliefs to Our Christian Practice include the belief that:*
 - ▶ *God has revealed His plan and purpose for man through the Scripture – **Matthew 28:16-20***
 - ▶ *Jesus Christ (The Incarnate Revelation of God) is solely responsible for our Salvation through His death, burial and resurrection – **Acts 4:11 -12***
 - ▶ *It is the Grace of God that initiates redemption from sin and pursues all men to repent and believe – **Ephesians 2:8-9***

Heartland Christian Counseling's Statement of Faith (Continued)

- ▶ *Man's response of faith in Jesus' completed work allows for Salvation. - **Romans 10:9***
- ▶ *God's plan of Salvation is ultimately for His own Glory - **Romans 9:22 - 24***
- ▶ *As we counsel, these spiritual convictions guide our practice in order to “**provide excellence in Christ-centered psychological services to our community loved by God.**”*
 - ▶ *This is where the local church plays vital role.*

Why would my church consider a Church Assistance Program?

- ▶ Your Church Community may encounter an emotional or behavioral crisis that exceeds the training of the church staff.
 - ▶ Diagram taken from pg. 8 of Grace for the Afflicted by Matthew S. Stanford
- ▶ Opportunity to delegate relational, physical and emotional care for church attendees.
 - ▶ Pastors, Elders and Leadership are competent to support their church attendees but sometimes there may be those people within your church who need a substantial amount of ongoing support.





Why would my church consider a Church Assistance Program?

A Church Community may encounter an issue which compromises its leadership.
(Ex – Clergy Abuse or Moral Failure within Leadership)

Emotional Support and Burnout Prevention for Pastors, Leadership or their Families.

Ongoing education for congregation on contemporary issues such as: Vaping, Eating Disorders, Post Partum Depression, Pain Management, Suicide Prevention and Medications

What is the Church Assistance Program

- ▶ CAP is a membership program that provides the church with psychological services that can be tailored to the needs of the member church's congregation .
- ▶ **CAP Mission:** “ To Provide excellence in Christ-Centered Psychological Services to our community loved by God.”
- ▶ An annual membership costs \$1,000.00 for churches with 500 members or less. For churches with 500 members or above, annual cost is \$1,500.00. All treatment services remain confidential.



Benefits of Enrolling in the Church Assistance Program

- ▶ **Personal Mental Health Liaison** – An HCC clinician assigned to your church to provide consultation to leadership staff in addressing concerns that may arise.
- ▶ **Three Professional Presentations/Trainings** – CAP members can decide the presentation and the audience. Examples include care team training, staff team building, building healthy small groups, understanding mental health basics, etc.
- ▶ **Reduced Rates for Staff and/or Congregation** – Premarital Sessions: \$80/hr and Individual/Family/Couple: \$100/Intake, \$80/session (up to 3 sessions)



Benefits of Enrolling in the Church Assistance Program

- ▶ **Referral Information** – Members will receive information to guide them in providing resources to the congregation for mental health services including crisis services, substance abuse recovery services, local support groups, etc.
- ▶ **One Sunday On-site services** – HCC will provide expertise and staff for a mental health Sunday. CAP members can decide the format. Examples include: A booth with information, a special morning class, a full Sunday service to include worship and a speaker.
- ▶ We are looking at going live with the CAP program in September of this year.



Discussion



What can we do in order to improve our Church Assistance Program?



What sort of topics would you like to see us present on possibly within the church?



Overall questions about the CAP program are welcome.

Thank You & Prayer

- ▶ Please check out our website at :<http://www.heartland-christiancounseling.com/>
- ▶ Diagram taken from pg. 8 of Grace for the Afflicted by Matthew S. Stanford