Clergy Day Feb. 13, 2021
Next Steps: The Clergy Family Assistance Program
In terms of psychological wellness and care...

1. Where are we? (context)

2. What do we have in ECCT? (resources)
Our context: Think back to 1 year ago

February 22, 2020- Clergy Day at St. John’s, West Hartford
  • Canon Lee Ann Tolzmann, TINN
  • Highly anxious divided culture
  • Church challenges

Where are we now? Twin pandemics
Where is God?

Emotional Life Cycle of Disaster

PREDISASTER

Threat

Warning

Impacts

HEROIC

HONEYMOON
(COMMUNITY COHESION)

RECONSTRUCTION
A NEW NORMAL

DISILLUSIONMENT

(Coming to Terms)

WORKING THROUGH GRIEF

Trigger Events and Anniversary Reactions

Inventory
Emotional phases of a disaster (CPG Psychological First Aid, May 2020)

- Warning or Threat Phase
- Rescue Phase
- Honeymoon Phase
- disillusionment phase
- Recovery & Reconstruction Phase

Trigger Events:
- Anniversaries
- Other Disaster Events
- National Alert/Level Increases

Myers and Zunin, 1990; DHHS, 2000 & 2004; Herrmann, 2004
It’s not just you...A lot of us are hitting a pandemic wall right now

Flight or fight system, cortisol,
• totally overrun
• no chance to return to base line-

“...the emotional reaction to stress that has been otherwise energizing us throughout the pandemic- is totally overloaded....the constant flow of adrenaline starts to drain and apathy settles in.”
“Cut yourself some slack...recognize that this is hard and that hitting a wall is a completely valid response to totally irregular circumstances....Have compassion for yourself...”

Julia Ries, Huffpost.com, Feb. 5, 2021
Resources

EAP Church Medical Trust

• clergy and lay members of medical plans,
  • covered dependents
  • and any other household members
• unlimited telephone consultations
• up to 10 face-to-face counseling sessions per issue at no member cost
• confidential 24-hour service that can help you access the resources you need if you or a loved one wants someone to talk to
• no charge to members
Resources
The trained professional EAP staff can provide:
• 24/7 phone access for behavioral health issues
• Referrals for in-person counseling
• Legal consultations
• Financial services and referrals
• Tips for balancing work and family
• Assistance finding child care and senior care
• Pastoral Support Network (PSN)

The Pastoral Support Network (PSN) offers counseling and support services with a particular sensitivity to the unique issues priests and their families may experience. If there's an issue for which you'd like assistance, you can talk with a PSN counselor over the phone or get a referral for a counseling professional in your area.
Resources beyond Medical Trust EAP

• EAP through other medical insurance
• Peer clergy
• Clergy support groups (some professionally facilitated)
• ECCT clergy affinity groups (ROC, PIC’s, Assistants…)
• Bishops
• Void of Ron Casey- there is no replacing Ron!

• What resources did I miss?