



EPISCOPAL CHURCH
IN CONNECTICUT

PARTICIPATING IN GOD'S MISSION

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

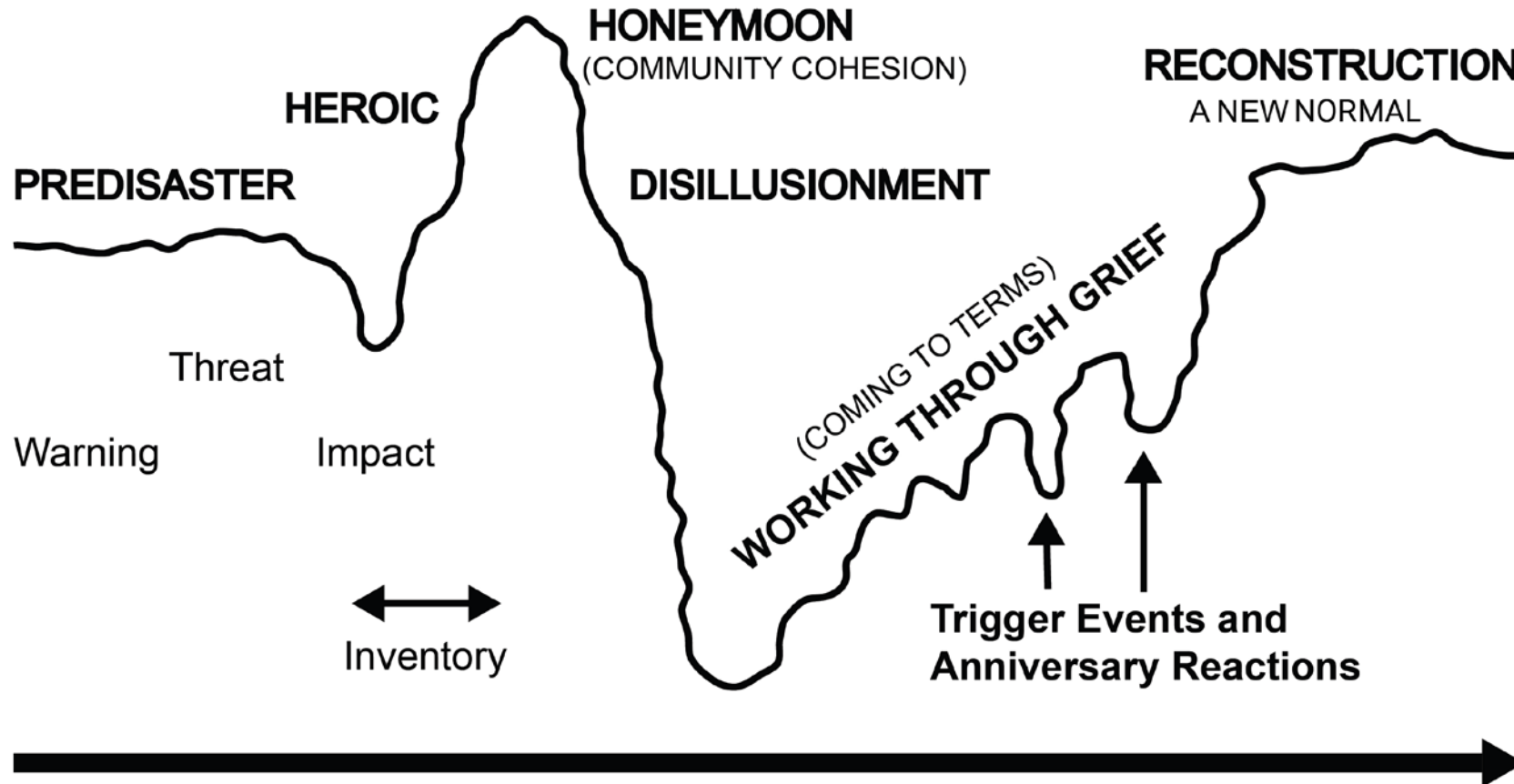
Where are we now? Twin pandemics



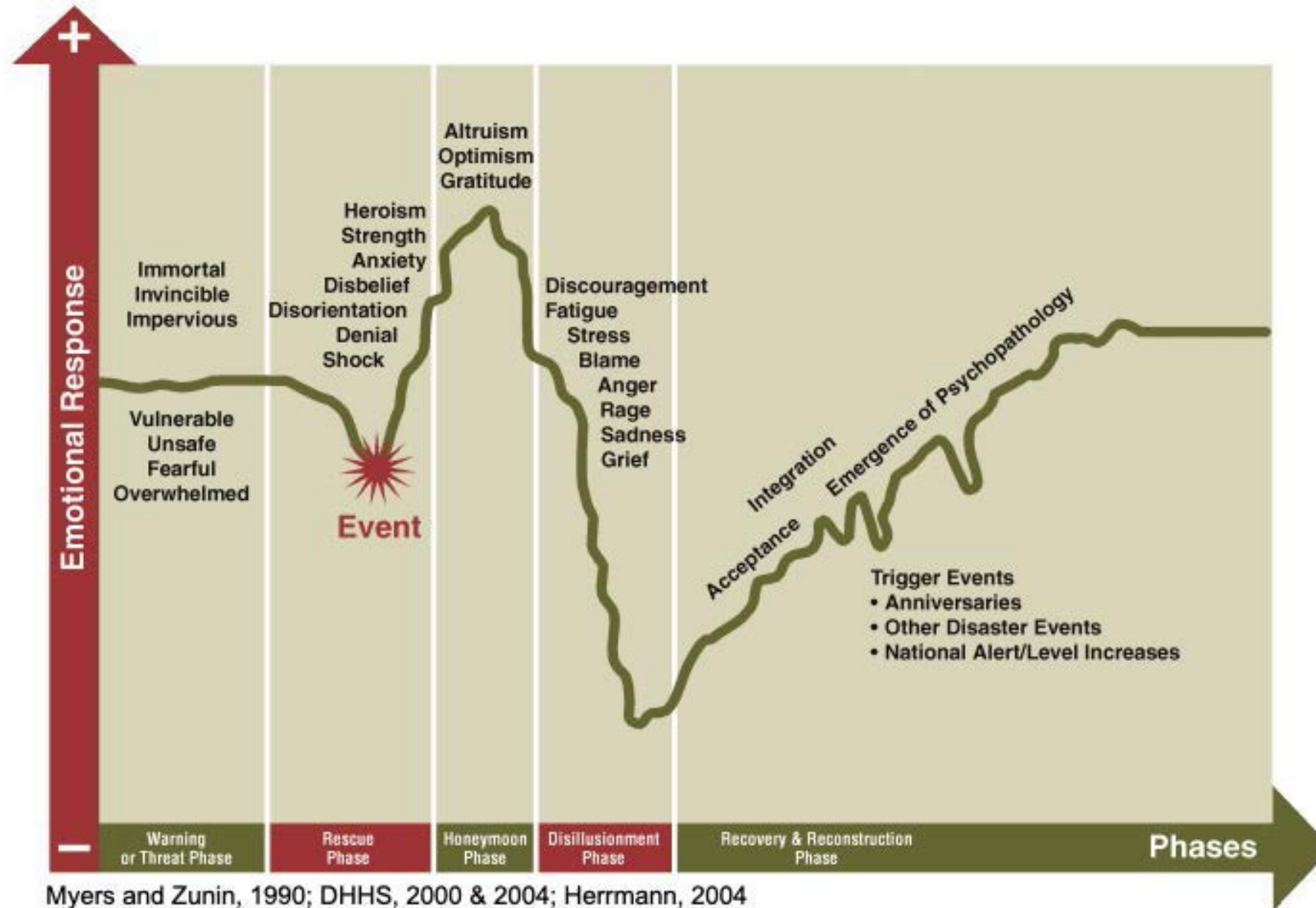
Where is God?



Emotional Life Cycle of Disaster



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



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?