

STEPS

for participation in the program

CONFIDENTIALITY

Confidentiality is an important part of the CAP. Unless written authorization is provided, involvement in CAP services will not be shared with your employer, and confidentiality will be protected to the fullest extent allowed by law.

COST

There is no cost to use CAP services. If on-going counseling or specialized treatment is recommended, your health insurance or other benefits may apply. In such cases, the CAP will coordinate a referral to the most appropriate and cost effective provider.

1

Call the CAP.
1.800.433.7916 or for confidential inquiries, you can send an email to igr@chestnut.org

2

Following a brief intake, an appointment will be scheduled for you at a convenient time.

3

You will meet with a CAP counselor to discuss your concern in strict confidence.

4

Your counselor will help resolve your concern or refer you to a specialist when appropriate.

Your CAP is available
24 hours a day | **7** days a week
chestnutglobalpartners.org



CAP

CLERGY ASSISTANCE PROGRAM

A counseling and referral service designed to help clergy, spouses, dependent children under the age of 26, and retirees with a wide range of personal concerns.



Peace of Mind...
in **your** piece of the world.



ABOUT THE CAP

No one is immune to personal concerns, and when left unaddressed, they can impact your work performance or emotional well-being.

The Clergy Assistance Program (CAP) is designed to help you resolve personal concerns before they become more serious and difficult to manage.

You and your dependent family members can receive short term, professional counseling to address a wide variety of concerns. The CAP also provides access to information and resources that can help you answer virtually any personal question or concern.

COUNSELING SERVICES

The CAP provides clergy and their dependents up to six free counseling sessions per problem, per year, or you may be referred to a professional resource that has expertise within your area of concern. Upon request, telephonic or video consultation is also available.

Some of the concerns the CAP can help with include:

- Stress Management
- Work Concerns
- Conflict Resolution
- Parenting Support
- Marital and Relationships
- Anxiety and Depression
- Substance Abuse
- Work-Life Balance
- Domestic Violence
- Grief and Loss

WORK / LIFE SERVICES

Legal Consultation

- Family Law
- Will and Estate Planning
- Mediation Services
- Power of Attorney

Financial Consultation

- Budgeting
- Debt Management
- Improving Your Credit
- Taxes

Identity Theft

- Full Restoration Services

Elder Care

- In-Home Assessment
- Community Resource Referrals

NUTRITION AND EXERCISE

The CAP offers an annual, one-time telephonic consultation with a registered dietitian and health fitness specialist. Nutrition and exercise questions or topics may include, but are not limited to:

Nutrition

- Portion Control
- Weight Loss
- Nutrient Intake

Exercise

- Planning and Preparation
- Proper Form and Safety

WEBSITE

Our website contains thousands of articles and self-assessments on a variety of topics such as:

- Mental Health
- Workplace Productivity
- Health and Wellness
- Financial Challenges
- Relationships
- Caregiving
- Daily Living

For more information, visit our website.

www.chestnutglobalpartners.org

User name: **igrc**

