

CHRISTIAN CARE MINISTRY

Global Counseling Network Executive Summary

Prepared by Barry Sneed



WHY THE PILOT REPORT MATTERS

"As a former pastor with 20+ years of ministry experience, I understand the daily challenges and opportunities of working on a local church staff. Vocational ministry is a calling that is rewarding. But there are times when it's hard and complex. Those things that affect congregations affect ministers as well.

The apostle Paul said it best in 1 Thessalonians 2:8. "So, being affectionately desirous of you, we were ready to share with you not only the Gospel of God but also our own selves, because you had become very dear to us."

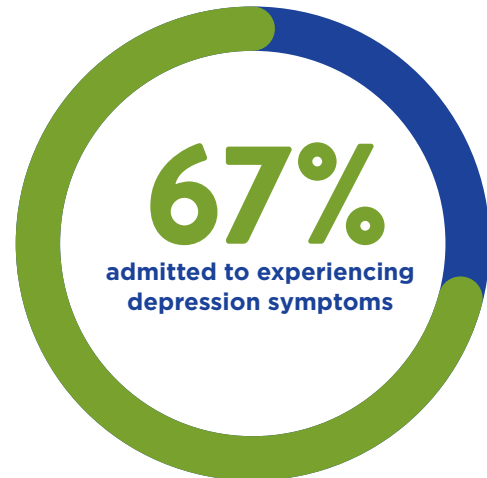
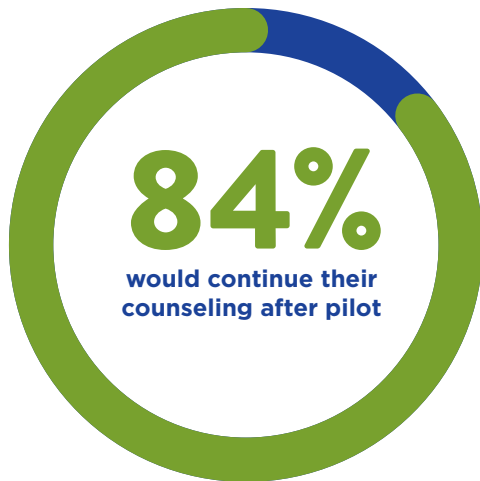
Between the burden of counseling others and finding ways to lead a church through a global pandemic, ministers are feeling the strain. We learned this firsthand through conversations with Medi-Share Pastors' Alliance Members. We conducted a pilot and surveys that provided a rare look into the mental health of our church leaders. The purpose of the pilot and surveys were to determine the validity of the need and what solution might be offered for hope and restoration."



– **Barry Sneed**, Executive Director, Medi-Share Pastor's Alliance

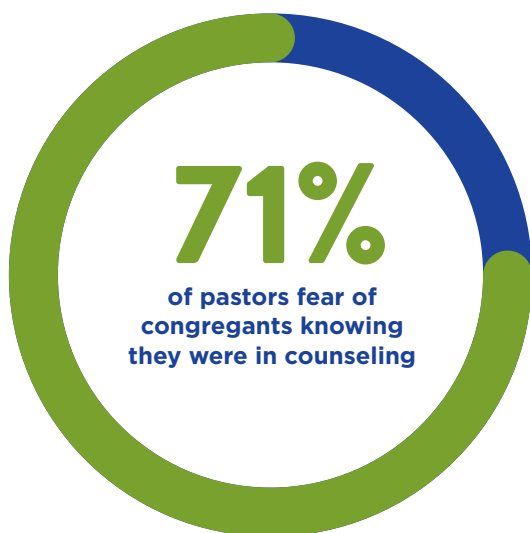
THE PILOT EXPERIENCE FOR PARTICIPANTS

- Consistently positive
- Presented measurable secondary trauma
- Significant isolation
- Loneliness (both personally and professionally)
- 67% admitted to experiencing depression symptoms
- Significant increase in self-awareness regarding presence, behavior, interaction with others, productivity, responses to stress



PERCEPTIONS ON COUNSELING

- The counseling experience moved the needle from a linear and transactional experience to a more relational and story-driven experience
- Pastors fear (71%) of congregants knowing they were in counseling (this suggests a significant reality regarding power and perception)
- Fear subsided (41%) during pilot experience (this supports the assumption that pastors could become vocal advocates for mental health as part of the Christian walk and to pursue counseling when needed)
- This suggests that each person's story is unique and that relationships are impacted by their stories



KEY FINDINGS

DEPRESSION

Participants increased in awareness of depression and given language to describe their mental health (self-evaluation).

SLEEP LOSS

Sleep patterns improved through the pilot process as a result of increased self-awareness. *(Note-10% reported severe sleep loss and 72% overall was affected)*

ENERGY LOSS

(75%) Presented with energy loss. (Energy loss can be a significant indicator behavioral health issues.)

WORK DISRUPTION

Measurable disruptions of work increased slightly as clients became aware of their behaviors and then decreased substantially (50%) while working with a counselor.

SELF-AWARENESS

This question clearly illustrates that clients are often unaware of their personal behaviors and upon receiving tools for self-monitoring, can adjust behavior and become or can become effective advocates for and gateways to a healing behavioral health process. (100% of the participants indicated growth in self-awareness and there are multiple quotes from participants in the full report illustrating improvement.)

FEEDBACK FROM COUNSELORS (PRESENTING ISSUES)

- Ministry pressures (100%)
- Loneliness in ministry (75%)
- Pornography (63% - professionally and personally)
- Depression
- Anxiety
- Secondary traumatization



HIGH LEVEL PARTICIPANT DEMOGRAPHICS



70 TOTAL PARTICIPANTS



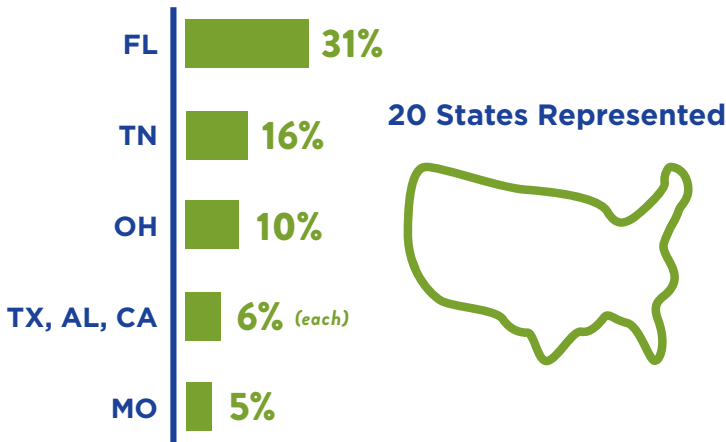
84%
Male



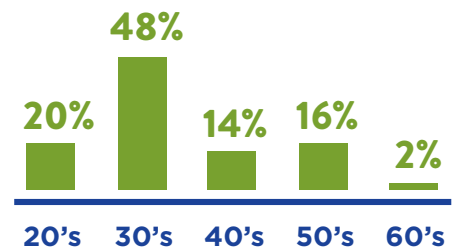
16%
Female



2 International
Participants



Geography

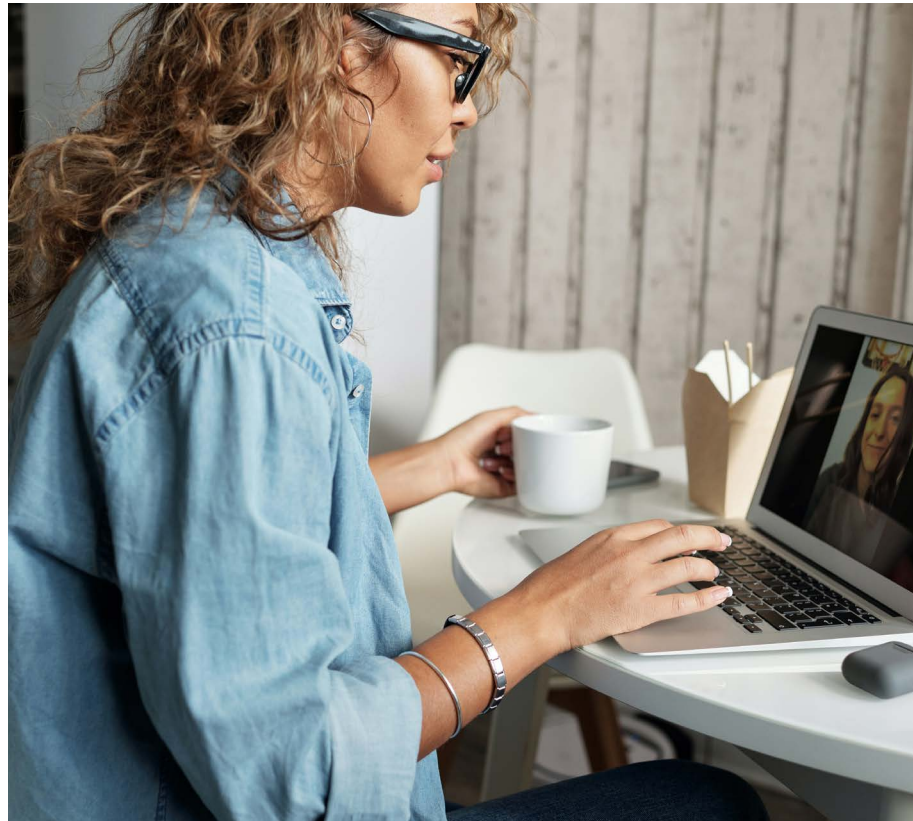


Ages

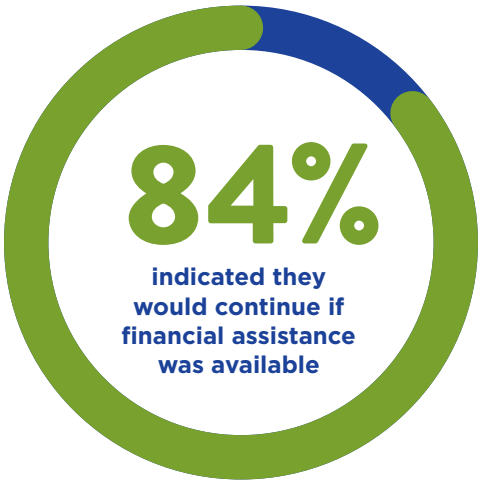
HOW PARTICIPANTS DESCRIBED THEIR EXPERIENCE

- Life changing
- Pivotal turning point
- Huge revelations
- Beyond grateful
- Very positive
- Amazing experience
- Outstanding
- Extremely helpful

“It was a wonderful experience that I sincerely wish I could continue.”



RETENTION





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