

Congregational Health Counseling



The darkest hour means dawn is just in sight.

“...weeping may remain for a night, but rejoicing comes in the morning.” Psalms 30:5

A ministry of the
Brighton Free Methodist Church
607 Brighton Blvd.
Zanesville, OH 43701
(740) 607-4905

Brighton Free Methodist Church

Pastor Steve Neville

(740) 453-7071

Sunday School 9:30am

Worship 10:30am

Wednesday Kid's Night 6:30pm

Sunday Night Youth (LIFE) 6:00pm

WELCOME...

...to the Congregational Health Pastoral Counseling program. This is a ministry of the Brighton Free Methodist Church. I am glad that you have decided to select this program to help you cope with issues you are experiencing. Please take time to read this booklet. It will give you information about this ministry and how it operates. If you have any questions, I will be happy to answer them in person for you. May you experience God's touch of love in your life as a result of this ministry.

OUR MISSION

To show love as Jesus did; Share God's Plan to Change lives; and to Shape people for Ministry.

YOUR COUNSELOR

Diane Hildebrand completed her undergraduate work at Circleville Bible College where she majored in Christian Education. Diane has a Master's Degree in Pastoral Counseling from Ashland Seminary. The State of Ohio licenses her as a Licensed Professional Clinical Counselor and a Licensed Social Worker. She holds certification with the State of Ohio and nationally as the highest level of Certified Chemical Dependence Counselor. She has over 20 years counseling experience working with children, families and adults. Diane is a member of American Counseling Association.

WHAT YOU CAN EXPECT

- To be treated with dignity and respect
- A loving and non-judgmental atmosphere
- All information related to your counseling will be confidential
- Licensed mental health and pastoral counselor
- Scriptures used to help understand problems and as basis for making sound decisions
- Prayer
- A mutually negotiated fee using a sliding fee scale
- No one denied services due to inability to pay

WHAT IS EXPECTED FROM YOU:

- Faithfulness in attending scheduled sessions
- Provide 24 hours' notice if absolutely necessary to cancel
- No unscheduled "drop-in" visits
- Faithfully complete homework assignments
- A willingness to discuss your belief and trust in God
- A willingness to take responsibility for your own thoughts, feelings and behaviors
- Openly talk with counselor if any grievances arise
- A willingness to pay your agreed upon fees
- Call counselor to schedule appointment, do not call the counselor and expect counseling over the telephone.

SPIRITUAL COMPONENT

Congregational Health Counseling is a professional counseling service built upon Biblical principles. It is open to Christians of all denominations and all levels of faith. It is also open to those who are not currently followers of Jesus Christ, but who are possibly curious about the love and grace they have seen or heard about through other Christians.

Each person will be initially asked to participate in a brief discussion with their counselor regarding their beliefs and level of spirituality. This will enable the counselor to better serve you in this important area. After this discussion, you will have an opportunity to direct the degree of further spiritual discussion that takes place in your counseling session.

It is important to keep in mind, however, that this counseling center is built upon the belief that true and long term healing can only come through God. A reluctance to grow in this area will likely slow or limit the healing process.

TYPES OF COUNSELING

- Individual Adult
- Marital issues
- Family issues
- Spiritual issues
- Depression
- Anxiety
- Grief
- Other mental health issues

AREAS NOT CURRENTLY SERVING:

- Extensive substance abuse or dependency issues
- Severe emotional disturbances
- Long-term counseling with children

If these issues are identified during the course of counseling, you and the counselor will determine the most appropriate care available in the community and you will be supported through the transition to those services.

CONFIDENTIALLY

Everything that is said in counseling is considered confidential unless it is reported that you are planning to attempt suicide, plan to commit homicide, or sexually or physically abusing a child. By law, these situations will need to be reported to the proper authorities.

No one will be able to obtain information about you unless you sign consent or release form. All files are kept in a double locked file drawer in a locked room. No one has access to these files except the counselor.

To help insure your privacy each client will enter through the side glass door under the carport. You will go down the hallway and enter the foyer of the Church. You will remain there until the counselor comes and greets you. This allows the previous client to leave and not have contact with the person after them. Please do not knock on the counseling room door when someone else is having his/her session!!!

\$\$\$ FEES \$\$\$

A sliding fee schedule will be provided to each client the first day of his/her session. The schedule reflects using a 1/10 of 1% of the family's income according to his/her income tax statement. This fee is less than most services you can receive in the community. It is expected that you pay for services prior to each session.

An envelope will be provided at the beginning of the session. You will be asked to have your check ready by the beginning of each session. The envelope will be given to the counselor. I ask that *no cash* be given. Please make checks or money orders out to First Free Methodist Church. **PLEASE MARK ON YOUR CHECK FOR CONGREGATIONAL HEALTH SERVICES.** Each session is usually an hour long. Marriage counseling is 1 ½ hours long.

The counselor is considered an employee of the First Free Methodist Church. The counselor's entire salary comes from your donation to the First Free Methodist Church Congregational Health Counseling. All expenses connected with the program are the responsibility of the counselor. Your fee may seem high to you, but remember that some are only able to pay the minimum and the hour that you meet with the counselor is not the only expense or time spent. Diagnostic information, progress notes, discharge summaries, treatment plans and other various paperwork is also included in these fees.

If you are truly unable to pay, please discuss this with your counselor. Exceptions can be made.

WEATHER POLICY

If there is bad weather (ice, snow, or heavy fog) and you will not be able to attend your scheduled appointment, please call 607-4905 as soon as possible on the day of your appointment and leave a message to cancel. If you fail to cancel, you will be billed \$10.00 for the session. If the counselor decides to close for the day due to the bad weather, she will call to advise you as soon as possible.