

When Should I Call Assist?

Most aspects of our lives go better when we consult with other people rather than just rely on our own perspectives and knowledge. To support things going as well as possible for our rostered leaders and their families, the South-Central Synod of Wisconsin, ELCA, provides a confidential counseling and consultation service called ASSIST.

ASSIST can help with a wide variety of personal, work and family-related concerns. Since the purpose is ongoing wellness, the question about whether to schedule an appointment is not "Do I need it?" but "Might it help to talk to someone about this?" If it might, we encourage you to call and inquire. If we are unable to provide the support you need, we will try to connect you with those who can.

For an appointment,
Samaritan Counseling Center
5900 Monona Drive
Monona, WI

Call 608-663-0763 ext. 100
and indicate you are calling
through
the ASSIST program.



South-Central Synod of WI
Evangelical Lutheran Church in America
God's work. Our hands.

ASSIST



Counseling for Wellness

For Rostered Leaders
and Spouses in the
South-Central Synod of
Wisconsin



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Evangelical Lutheran Church in America
God's work. Our hands.

**ASSIST provides a full range of
Wellness services such as:**

Consultation

- ◆ Staff issues
- ◆ Congregant Challenges
- ◆ Conflict Issues

Coaching

- ◆ Personal wellness goals
- ◆ Reduce procrastination
- ◆ Stress reduction
- ◆ Leadership issues

Counseling

- ◆ Phase of life issues
- ◆ Loneliness
- ◆ Marital & relationship issues
- ◆ Personal insight
- ◆ Family of origin dynamics
- ◆ Self acceptance
- ◆ Trauma
- ◆ Addictions
- ◆ Depression
- ◆ Anxiety

*And much more...
Please call us regarding your
Area of interest.*

ASSIST is provided by professional therapists at the Samaritan Counseling Center in Monona with vast experience working with church professionals and their families.



Dan Feaster, DMin., MSW, Psychotherapist, directs the ASSIST program.

The synod council and staff of the synod value the leadership of you, its rostered staff. ASSIST is offered as a way of saying “Thanks” to you and your family. Please accept it with our gratitude and make use of what is has to offer. Please be assured that your use will not deprive others of the service.

Whenever you wish to start receiving consultation, ASSIST will provide up to 3 sessions at no charge to you. There are no limits to the number of times you can use ASSIST, even within a calendar year. If you wish to continue beyond 3 sessions with the ASSIST counselor, you may do so utilizing other means of pay. ASSIST providers are in-network providers for ELCA Board of Pensions mental health and EAP wellness benefits. If you prefer a referral to someone else, we will facilitate that.

Your use of this service is strictly confidential within the limits of the law. There is no disclosure to the synod office.

Please also note that if you are an ELCA Portico Health Plan Member, additional sessions may be covered.

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