

# MENTAL HEALTH RESOLUTION

*\*Responses to questions in the following pages appear as submitted on the nomination forms.*

## WHEREAS,

Whereas: According to a recent study by Living Church the clergy depression rate pre-pandemic was 11.1% and the anxiety rate was 13.5%, twice the national average;

Whereas: According to a study by the Barna Group published August 2020, in the ELCA 16% of clergy were treated for mental health disorders for the first half of 2020; up 6.1% from the previous year of 10%.

Whereas: In the same Barna Study published August 2020, 20% of Protestant clergy rate their mental and emotional wellbeing as below average or poor;

Whereas: The same Barna Study published August 2020 also found that nearly two in five pastors have considered quitting full-time ministry, making up 38% of ministers in America under the age of 45; those above 45 the percentage jumps to 46%;

Whereas: According to Portico Benefit Services, ELCA pastors are allotted a maximum of 6 visits per year through an Employee Assistance Program;

Whereas: According to a CNBC article published May 2021, the average cost of mental health services ranges from \$75 per hour to \$250 per hour, now, be it therefore

## RESOLVED

Resolved: That the Texas Louisiana Gulf Coast Synod begin to explore issues of mental health by creating a mental health committee that would:

- Study the issues around mental health among rostered leaders and in congregations
- Help to create an intentional practice in the Texas Louisiana Gulf Coast Synod of making mental health awareness a priority in our congregations
- Identify and disseminate opportunities and resources for our congregations and rostered leaders
- Identify and make recommendations to synod council regarding options the synod can take to better address mental health of our rostered leaders and congregations

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(CON'T)

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## IMPLICATIONS OF RESOLUTION

### **In what way is this resolution helping congregations make disciples of Jesus Christ?**

By encouraging congregations to take the mental health of their rostered leaders seriously, we are also empowering them to walk beside their spiritual leaders with compassion as Christ has taught us. This will also open up conversations around mental health issues opening up doors to others with mental health issues who might have otherwise stayed away.

### **What are the personnel implications within our synod (or churchwide)? Who will be responsible for implementations of the resolution?**

I would say that through the synod council and the conference of deans this resolution could be implemented.

### **What is the financial impact of this resolution on the synod budget? If expenditures are required, what are the sources of income anticipated to accomplish the purpose of this resolution?**

Other than continuing to provide a respite retreat as the synod has done previously by making it financially feasible for rostered leaders to go to through funding that offsets the costs of the retreat, no other impact financially on the synod budget.

### **Resolution Topic**

Mental Health For Rostered Ministers

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