**Chaplain  
COVID-19 Pandemic**

***Discussion & Support Meeting***

**Vision:**

* Chaplains will be recognized for their significant contribution to the cumulative positive  
  management of and recovery from the COVID-19 event;
* Allowed to provide their service as needed/requested;
* Provide a safe environment to discuss spiritual/religious issues relating to COVID-19;
* Provided the same level of emotional support afforded to other front-line emergency responders.

**Mission:** Provide safe discussions and supports to and celebrate Chaplains during COVID-19.

**Structure:**

* Weekly meetings (at least – more frequent if needed)
* Tuesdays
* 9 PM Eastern Time Zone (flexible as needed)
* 1.5 hours allotted – come & go as you wish
* Zoom-based with security – contact Sam Bernard for admission
  + SamDBernard@gmail.com
* Active until?
* Participants:
  + Chaplains
    - Community-based
    - Organizational-based
    - Independent
  + CPE Supervisors
* Independent website for Chaplain Resource Collection
  + Collection of Chaplain resources
  + Maintained & controlled for Chaplains independent of any agency or organization
  + PAR Partners International, Inc
    - <https://parpartnersinternationalinc.com/chaplain-resources>
    - Other:

More . . .

* **Agenda:**
  + Welcome
  + Overview of Meeting Rationale & Structure
  + Participant Check-In
  + (Emergency Issues)
  + Sharing Time
  + (Education Segment)
  + Self-Care Planning

**Expectations:**

* Voluntary participation
* Civility and professionalism
* Ask for the help you need and deserve
* Share resources, ideas, and perspectives
* Speak for yourself and avoid gossiping
* Ventilate rumors but communicate truths
* Give and receive support
* Actively participate in personal and family self-care
* Celebrate being a Chaplain during COVID-19
* We will get through this pandemic together

**Benefits:**

* A safe environment
* Vent frustrations/anger/anxiety/sadness/guilt/grief/etc…with others who understand
* No judgments
* Share your needs and get other’s support and perspectives
* Share resources
* Discuss personal and/or professional related COVID-19 issues as needed
* Feel the welcome and warmth of the Chaplain family like you did by the end of class
* Acquire new helpful/healthful coping knowledge, skills, perspectives

**Rationale:**

* Chaplains have a unique set of knowledge and skills that are valuable during emergent events,
* Chaplains have unique personality characteristics that include their ability to:
  + Communicate effectively with people,
  + Lead and motivate people,
  + Understand their followers response abilities and expectations,
  + Understand the communication processes,
  + Network,
  + Get the right information to the right people via the right channel at the right time so they can make the right decisions.
* Chaplains may experience isolation during “blue-sky days”,
* Chaplains may experience being “siloed” during the COVID-19 response,
* Chaplains may be tasked with “do as you are told” – without the freedom to address the needs of their customers,
* Chaplains may be stifled in the utilization of their education and creativity to address the needs of their customers,
* Chaplains may not have other local trusted colleagues who they feel comfortable confiding in,
* Chaplains, like other emergency responders, typically “filter” what they share with their families in an attempt to protect their loved ones from the contaminants they have already experienced,
* Chaplains who have completed a Clinical Pastor Education (CPE) course have developed a unique camaraderie that provides support by someone who “gets it” because they too are a Chaplain,
* The job of Chaplain can be uniquely stressful by having one foot in emergency management and the other with the public,
* Chaplains are people too, and need a safe place/space to vent and both get and give support to other Chaplains,

*A free service of Sam D. Bernard, PhD / PAR Foundation*

**NOTES:**