



Full Circle

Where Behavioral Health and Spirituality Meet

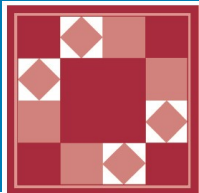
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Full Circle is a publication of Penn Foundation's Pastoral Services Department.



Congratulations!

Congratulations to Rev. Elizabeth Lerch on her recent award from the Boy Scouts of America!

Elizabeth serves as a part-time chaplain at Grand View Hospital and is a member of Penn Foundation's Pastoral Services Consultation Committee (which oversees the CPE program).

She has served the Boy Scouts for over 34 years as an Interfaith Chaplain in the Washington Crossing Council. As chaplain, she serves everyone, no matter what their belief or faith tradition.

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Penn Foundation Hosts Workshop on "Underage Drinking" for Bucks County Clergy

On April 7th, Penn Foundation sponsored a workshop for community clergy on underage drinking as a "gateway" to later serious addiction. The intimate group setting fostered important learning and group discussion.

Director of Pastoral Services Carl Yusavitz spoke about "Core Competencies for Pastors" and the importance of early intervention by the faith community.

Nurse Practitioner Nina Drinnan spoke about "Stages of Change" which can be used in pastoral assessment, and "Motivational Interviewing" which can be used in pastoral counseling. Based on

real-life scenarios provided by those in attendance, Mobile Therapist Gordon Hornig led a lively discussion about how to handle various situations regarding substance abuse that pastors may encounter with members of their congregation.

Each participant received an USB drive containing helpful resources when ministering to people and families struggling with the "long reach" of addiction.



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Elizabeth's award for "Outstanding Support of the Twelfth Point of the Scout Law" was conferred by the Northeast Region of the BSA. This region encompasses the entire Northeastern U.S. and the U.S. Virgin Islands. The Twelfth Point is "A Scout is reverent," and Chaplain Elizabeth has helped many scouts and scouters achieve that important step in their moral and faith development.



BOY SCOUTS OF AMERICA®
WASHINGTON CROSSING COUNCIL

Elizabeth brings a great deal of pastoral experience in bereavement and grief work, retirement home ministry, congregational leadership, and hospice visitation to her chaplain ministry with the Scouts. She has a M. Div. from Sancta Sophia Seminary, is a Reiki Master/Teacher, and is endorsed for ministry by the International Council of Community Churches.

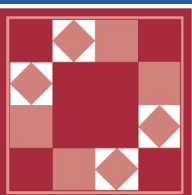
Congratulations and blessings on your various ministries, Elizabeth!

Underage Drinking continued

The drive contained:

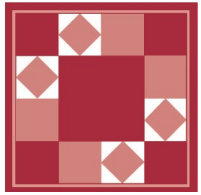
- ◆ The actual components of a "Stages of Change" assessment tool
- ◆ Recommended core competencies for community clergy
- ◆ A faith-based reinterpretation of the 12 Steps
- ◆ How to "do" the 5th Step with a church or synagogue member
- ◆ "Red flags" to look for in adolescent behavior
- ◆ How to counsel a child when he/she comes to you for help because of an addicted parent
- ◆ A primer and resource handbook on addiction
- ◆ The components of spiritual care for the family of the addict or alcoholic
- ◆ Local and national websites for AA, NA, Al-Anon, and Christian recovery groups

This workshop was made possible through a grant from the Bucks County Drug and Alcohol Commission. For those clergy who were unaware of the workshop or could not make it, **another workshop is planned for June 7th from 7:30 – 9:30 am (breakfast included) at Penn Foundation.** Invitations will be sent out in early May to Bucks County houses of worship. For more information, contact Debbie Ryan at dryan@pennfoundation.org.

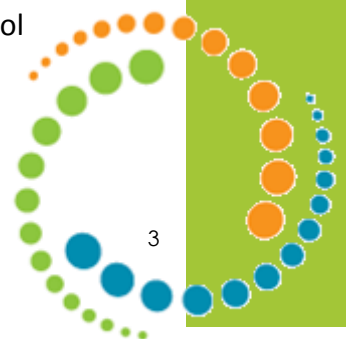


Core Competencies for Clergy and Pastoral Ministers in Addressing Alcohol and Other Drug Dependence and the Impact on Family Members

By: Rev. C. Roy Woodruff, PhD



1. Be aware of the:
 - Generally accepted definition of alcohol and other drug dependence
 - Societal stigma attached to alcohol and other drug dependence
2. Be knowledgeable about the:
 - Signs of alcohol and other drug dependence
 - Characteristics of withdrawal
 - Effects on the individual and the family
 - Characteristics of the stages of recovery
3. Be aware that possible indicators of the disease may include, among others: marital conflict, family violence (physical, emotional, and verbal), suicide, hospitalization, or encounters with the criminal justice system.
4. Understand that addiction erodes and blocks religious and spiritual development, and be able to effectively communicate the importance of spirituality and the practice of religion in recovery, using the scripture, traditions, and rituals of the faith community.
5. Be aware of the potential benefits of early intervention to the addicted person, family system, and affected children.
6. Be aware of appropriate pastoral interactions with the addicted person, family system, and affected children.
7. Be able to communicate and sustain an appropriate level of concern and messages of hope and caring.
8. Be familiar with and use available community resources to ensure a continuum of care for the addicted person, family system, and affected children.
9. Have a general knowledge, and where possible, exposure to the 12 Step programs (AA, NA, Al-Anon, Nar-Anon, Alateen, ACOA, etc.)
10. Be able to acknowledge and address values, issues, and attitudes regarding alcohol and other drug use and dependence in oneself and one's own family.
11. Be able to shape, form, and educate a caring congregation that welcomes and supports persons and families affected by alcohol and other drug dependence.
12. Be aware of how prevention strategies can benefit the larger community.



The Knots Prayer

Dear God,

Please untie the knots in my mind, my heart, and my life.

Remove the have nots, the can nots, and the do nots
that I have in my mind.

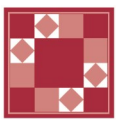
Erase the will nots, may nots, might nots
that may find a home in my heart.

Release me from the could nots, would nots, and
should nots that obstruct my life.

And most of all, Dear God, I ask that you remove from my mind,
my heart, and my life all of the “am nots” that I have allowed to
hold me back, especially the thought that I am not good enough.

Amen.

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