

PASTORAL CARE:

Helping Hurting Youth



ROY PETITFILS





Who is the modern family?

? hrs/day

Screens





8 hrs/week

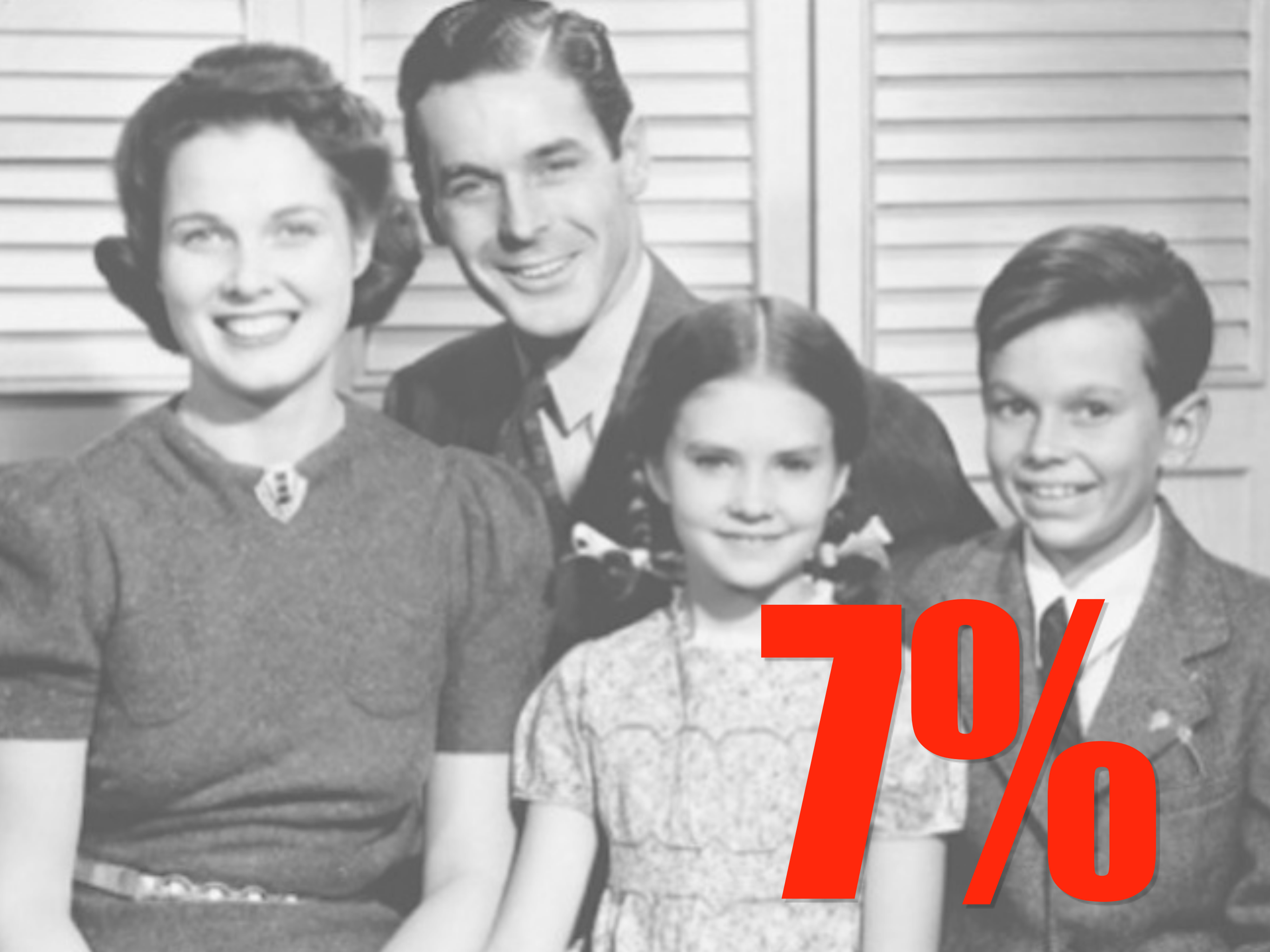
face time

34 %

Single

Parents





70%

59%





**2.4 million
grandparents**

**4.5 million
children**

The background of the image features the faint, grey silhouettes of a man and a woman. The man is on the left, shown in profile facing right. The woman is on the right, also in profile facing left. They appear to be in a conversation, with the woman's hands raised as if gesturing. The overall tone is neutral and professional.

+50%

divorce



125,000

397,122

Foster Care

The background of the image features the faint, grey silhouettes of a man and a woman. The man is on the left, shown in profile facing right. The woman is on the right, also in profile facing left. They appear to be in a conversation, with the woman's hand near her face. The overall tone is soft and professional.

67%

**blended
families**

2.5 million

Adopted



Less than 10 min



Less than **7 min**

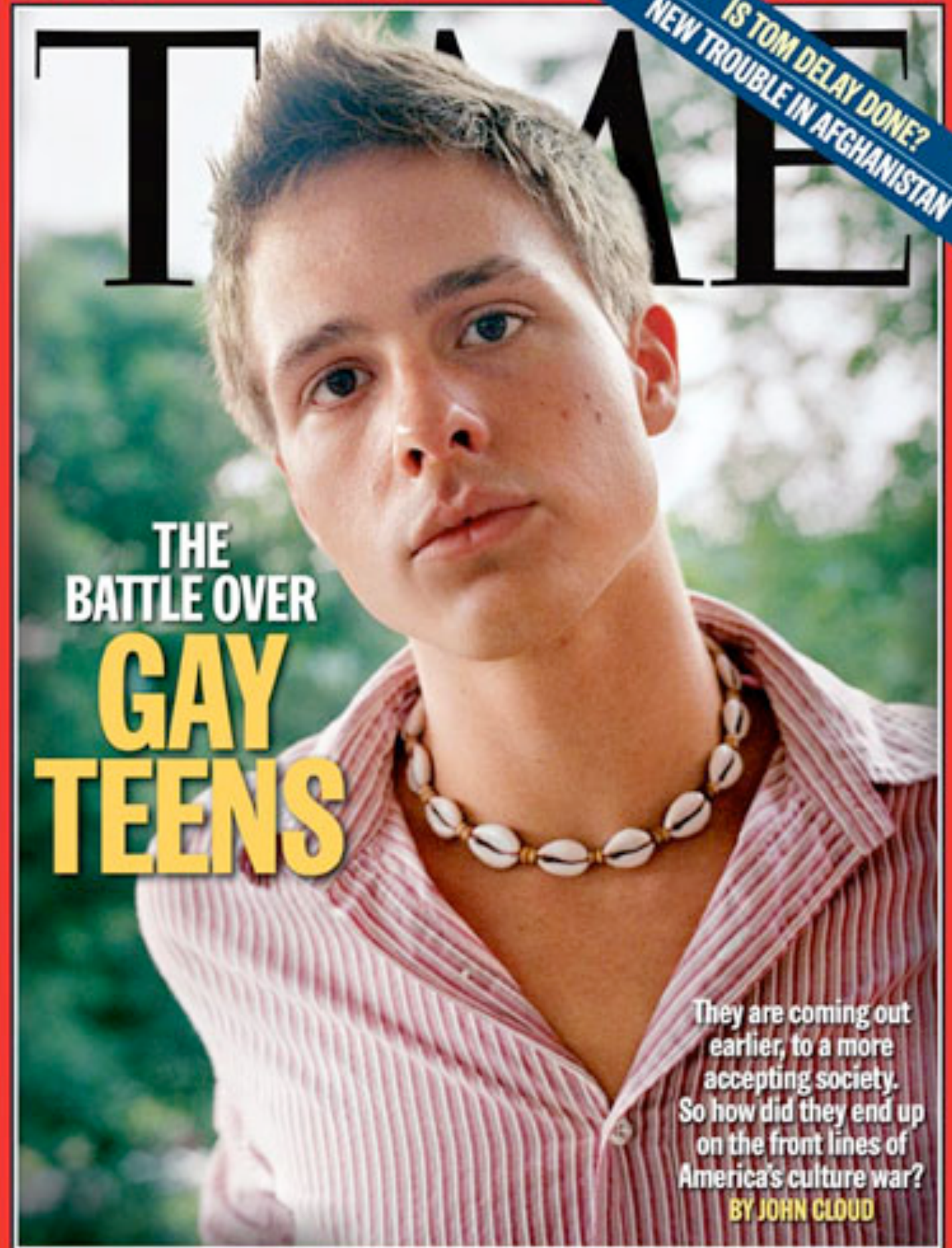


Who are these people?

5-10 %

LGBTQ

OCTOBER 10, 2005



**IS TOM DELAY DONE?
NEW TROUBLE IN AFGHANISTAN**

**THE
BATTLE OVER
GAY
TEENS**

They are coming out earlier, to a more accepting society. So how did they end up on the front lines of America's culture war?
BY JOHN CLOUD

Transparent



Compulsive





Screen Addiction

Commodities



1 of 4

Self Injure



98%

Non Suicidal



**Nearly 5% of teens
have a Major
Depressive Episode in
High School**

False

Depression

1 in 8 teens





1 in 5

Receive Help

**Talking about suicide
can cause teens to
consider committing
suicide**

False

**Suicide is the 4th
leading cause of
death in adolescents
today.**

False

Suicide = 2nd
Leading Cause of Death



**Most teens who
complete suicide had
an untreatable mental
illness**

False

**1 out of 10 Teen Girls
has a diagnosable
Eating Disorder**

False

Eating Disorders

1 in 4 teen girls



**Anxiety can
cause depression**

True

Anxiety

Ages 12-17 years

2006

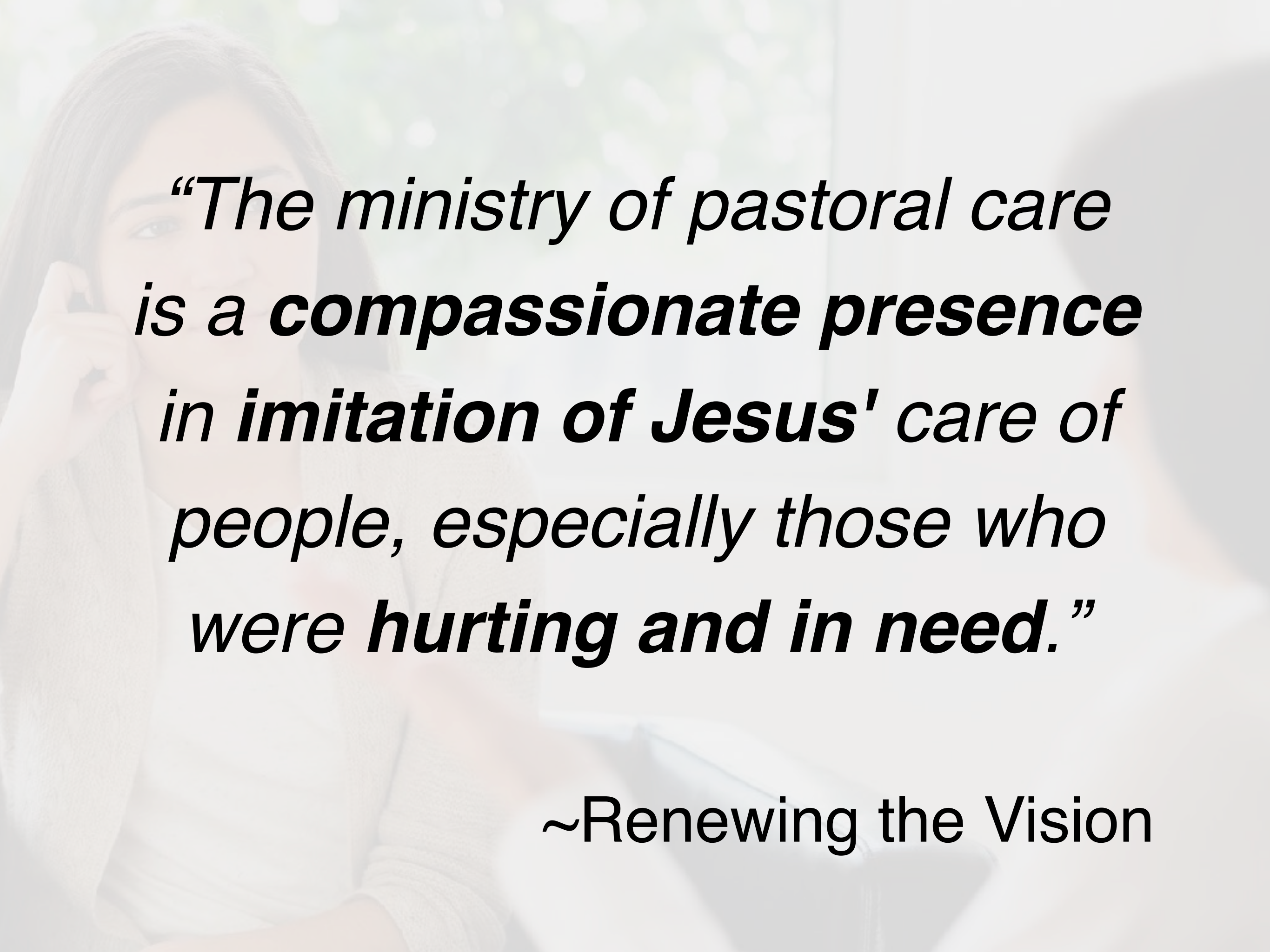
2016

1 in 10

1 in 5



What is “Pastoral Care”



“The ministry of pastoral care is a compassionate presence in imitation of Jesus' care of people, especially those who were hurting and in need.”

~Renewing the Vision



Therapy

Counseling

Pastoral Care



- Presence
- Promotion
- Care
- Guidance
- Advocacy
- Relationship



- Noticing
- Listening
- Checking in
- Relationship
- Questions
- Confidentiality
- Referring
- Brief/short term



THE ANXIETY EPIDEMIC

“Mr. P...can you honestly tell me that as you look out at this world today, that it doesn't scare the f&^% out of you. Why would I want to hang around for that?”

~Senior Boy (17yrs) told parents he wish he were dead

“I just can’t take the pressure anymore. I can’t be perfect. Would people just understand that?”

~9th grade boy with GAD, stomach ulcers,
premature hair graying

**“My stomach turns every
time I think about going
into the cafeteria...all those
people?”**

~9th grade girl with Social Anxiety D/O

“I just never know when I’ll have a panic attack. If I have one in class everyone will look at me? I don’t know if I’ll be able to get out without calling attention to myself.”

~12th grade boy with beginning onset Agoraphobia

“If you only knew how much pressure is on me to get into a good college. I know it means everything to my future...but at this rate I may not be around in the future...”

~11th grade girl (17yrs) - suicidal thoughts after discovering she only made a 30 on the ACT

“My parents think I don’t care. **But I do care. I’m just scared shitless. I literally have no idea what I want to do or could do for the rest of my life. I don’t know how I’m going to pass my exams.”**

~Junior Boy (17 yrs) brought in to counseling b/c he was cutting

“I’ll panic and my chest tightens and I know if I could just get to the bathroom and cut i’ll calm down and feel better.”

~Freshman Girl (14yrs)

**“I want to sleep more. But I
can't stop thinking and
worrying about school,
friends and stuff.”**

~Freshman Girl (15yrs)

**“I don’t know how to not
worry. I really don’t know
any other way to live.”**

~8th grade boy (13yrs)

**“I’m scared that if I do
stop worrying I’ll fail.”**

~Junior Boy (16yrs)

THE SOUND of DEPRESSION



**“If I knew that I could go to
sleep tonight and not
wake up tomorrow, that
would give me hope.””**

~Senior Girl (18yrs)

**“Seriously, Mr. P...What’s
the F’n **point**. You really
think God cares? No one
else does...”**

~Junior Boy (16yrs) - bullied for severe acne on his
back

“I know that my life is made up of moments. Right now, **there’s just too many moments...and none of them are any good. If I could only make it to where there were no moments...”**

~Senior Boy (17 yrs) with passive suicidal ideation

“I’m bored with this life. I want a new one. I thought taking those pills would be like exchanging this life for another one...like you do at Target.”

~Sophomore Girl (16yrs) who had attempted suicide

**What does the
Parent's brain
sound like?**

“I know I should ask for help... I really don't know why I don't reach out. I guess I'm afraid I'll look like a bad parent. Crazy huh?”

~Parent of Junior boy

**“I see everyone else’s teens
have it together. Sometimes I
feel like we’re the only
dysfunctional family in town.”**

~Parent of Junior boy using Marijuana to medicate his
stress and anxiety

**“I just feel like it’s my
obligation to give my son the
experiences I wish I’d had
when I was his age. It doesn’t
seem like he wants ‘em
though...”**

~Dad of Freshman boy

“I don’t know why we didn’t get her help sooner. I guess **we really didn’t understand how bad off she was.”**

~Parent lamenting after teen daughter was hospitalized and sent for residential treatment

“Only people who are crazy go to counseling. I know he’s depressed but he’s not crazy.”

~Parent explaining to Youth Minister why he hasn’t sought counseling for son who is cutting daily

Pastoral Care: **Triage**

1. **Assess** - “What’s going on?”
2. **Severity** - “How bad is it?”
3. **Resiliency** - “How much can s/he cope?”
4. **Resources** - “Who/what does s/he have access to help them through this?”
5. **Refer, Re-visit, Reach out, Recommend**
6. **Follow Up** (at least twice)

Pastoral Care: **Assess**

- 1. Look**
- 2. Listen**
- 3. Gut sense (intuitive intelligences)**
- 4. Ask (directly & indirectly)**

What to Refer

1. Self Harm
2. **Suicidal “ideation” (active or passive)**
3. Severe substance abuse/ Dependency
4. Rape, sexual assault
5. Trauma
6. Resistant issues (Anxiety/Depression)

When to Refer

1. Safety
2. “I’m in over my head” feeling
3. Needs more than you can offer
4. Ask (directly & indirectly)
5. After consulting

How to Refer

1. Plant seeds
2. Affirm openness and vulnerability
3. Talk to parents (with Teen?)
4. Hand parent (teen) names of counselor(s)
5. Follow up



Approaching Parents



Parental Resistance



Step 1

**Seek FIRST to
Understand**

Under the Surface

NOT SO...

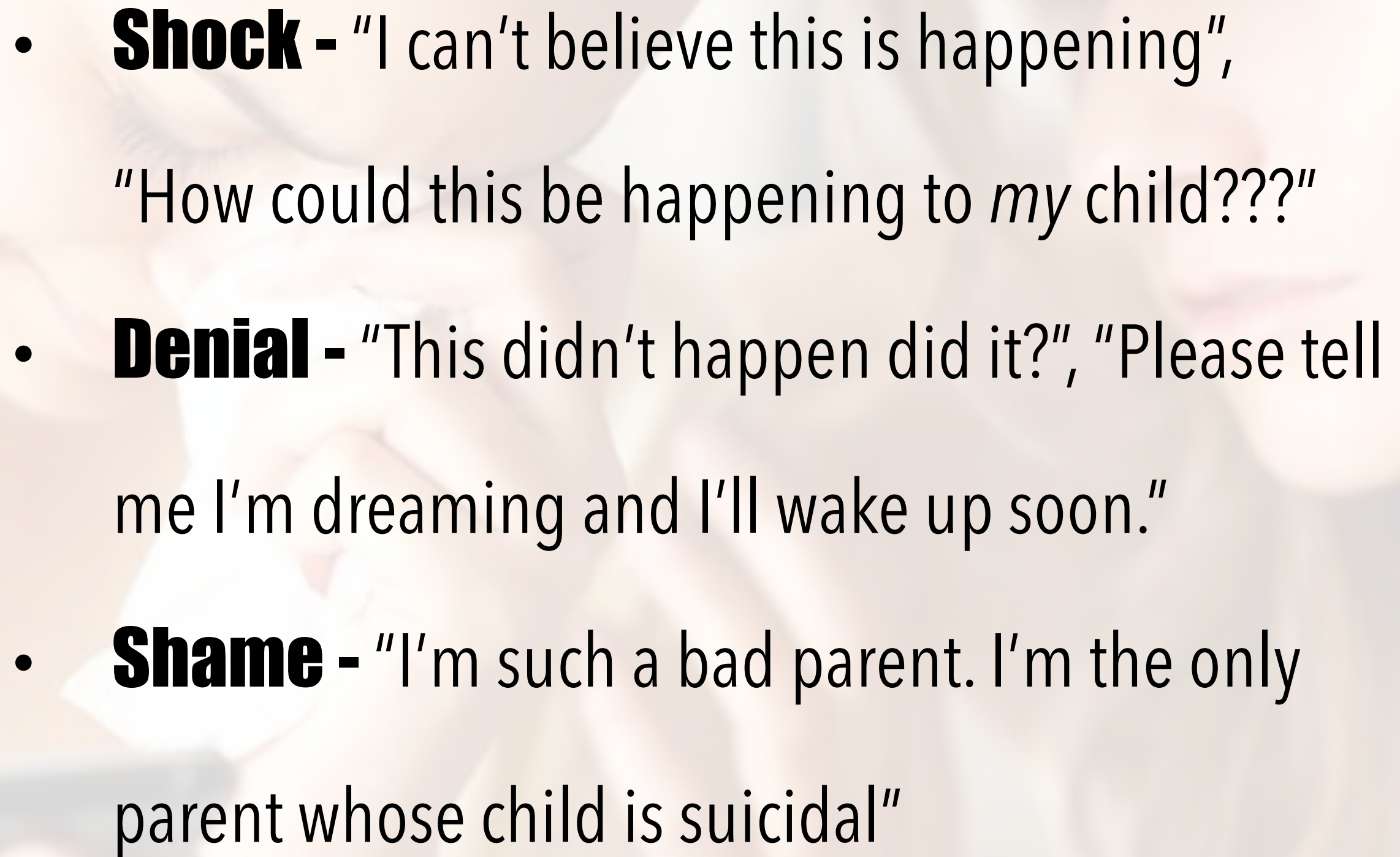
- **Busy - “money rich and time poor”**
- **Scared**
- **Have their own unresolved issues**
- **Asking for help = failure**
- **Permissive generational swing**
- **Want the “best” for their kids**
- **Want “success” for kids**

What **helps?**

- **Validation**
- **Affirmation**
- **Education**
- **Listening**
- **Challenge**

What **hurts**?

- **Patronizing**
- **Condescending**
- **Insulting (in/direct)**
- **Judgmental**

- 
- **Shock** - "I can't believe this is happening",
"How could this be happening to *my* child???"
 - **Denial** - "This didn't happen did it?", "Please tell me I'm dreaming and I'll wake up soon."
 - **Shame** - "I'm such a bad parent. I'm the only parent whose child is suicidal"

- **Partial Acceptance** → **To child** → "How could you feel this way...After all we've given you?"
- **Anger** - "Now I've got to deal with this on top of everything else."
- **Confusion** - "How could this have happened on my watch? Why didn't I see it?"
- **Ambushed** - "This came out of nowhere...I thought I knew my kid."

A blurred background image showing a woman and a child looking at a tablet together. The woman is on the right, looking towards the tablet, and the child is on the left, also looking at the tablet. The image is out of focus, emphasizing the text overlaid on it.

“I want to feel like the expert on my kid.”



Step 2:

**Communicate Facts
and offer Context**

Communicate Facts

- "Here's what I know _____"
- "I found this out by talking with _____."
- "_____, who I cannot name, approached me with this and I confirmed it with your child."
- "_____ came to me with a concern that I'm taking seriously, and if I were you I'd want to know this."
- "I have information that _____ has suggested, stated, etc that they want to, think about _____"



Check for Understanding

“I can only imagine what it’s like, as a parent, to hear and process what I just told you.

Just to make sure that we’re on the same page, I’m curious to know what you’re hearing me say. Sometimes I don’t always say what I think I say, lol.”

Offer Context and Hope

“We both know this is a serious issue. It could be easy right now to both over and under react to this. The most important thing right now is that _____ (child’s name) get’s the help they are crying out for.

I have a few names of people I know and trust and have experience working with. Can I give you their information?”



EMPATHIC

Communication



Step 3:

**Listen and Validate
their experience**

Ask Empathic Questions

- **"What's it like for you** to hear me tell you that your child is suggesting they want to take their own life?"
- **"I can't even begin to imagine** what that's like for you and how overwhelming, devastating, shocking this is for you."
- "I know it might be hard for you to say right now, but **in what ways can I help and support YOU** through this process?"

Convey Hope, Seriousness and Need for Action

"Again, ***I can't imagine what it's like*** (empathy) to have to hear this. But ***you and (child's name) can and will get through this.*** (hope)

It won't be easy (validation) but the best news is that we know about this (assurance).

Teens take their lives everyday because the adults in their lives don't know what we know now. (Context)

The important thing now is to ACT on what we know. (Challenge). You have the information of the counselors and you're free to do your own research, but it's important to act soon as it can take some time to get an appointment. If it's OK I'll follow up with you in a few days to check in?"

Making a Referral

Step 1: Build a Referral List

- **Ask** people you know (clergy, ministers, school counselors, community leaders) for names of counselors
- **Google** search "Catholic Counselors _____(your area)" "Christian Counselors" "Adolescent Counselors" (also use therapists, psychologist, social workers and family counselors for added search terms.

Making a **Referral**

Step 2: Call the Therapist

- **Ask** to speak to the therapist.
- **Get past the "gate keeper"** – Tell the therapist or the receptionist who you are, what you do and that you are interested in using them as a referral for your youth/parents and that you might be interested in having them present to your group/parents

Step 2: Call the Therapist

- **Ask** the therapist:
 - "Do you have any experience working successfully with teens?"
 - "How easily do you build and maintain rapport with teens?"
 - "Do you have any specializations?"
 - "Do you have any areas of expertise?"
 - "What kinds of clients/areas do you seek out/work best with?"
 - "What's the best way to get a parent of a teen to connect with you?"
 - "Do you have a website? videos? business cards you could send me?"
 - "Do you know anyone else who works well with teens?"

Step 3: Make a Working List

- **Collect/organize** business **cards** to give to parents
- Have a list and **keep it handy** so it's THERE when you need it.
- Have **digital and paper copies** of your list and referral information.
- Always, always **prune and update** your list

Step 4: Expose Youth to Counselors

- **Invite the therapist to speak to your group**
(they will often do it for free/reduced fee because they'll want the referrals)
- This **familiarizes** and **de-stigmatizes** the counselor/process b/c your teens/parents now "know" him or her.

Contact Roy

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Understand | Reach | Influence



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