

PART ONE: Supplementary Notes from Kristin Witte's Presentation on Pastoral Care:

- Loyalty is critical – develop friendships in ministry.
- Rousseau (in Emile) said, “Like childhood, adulthood was a calm sea, but the passage between the two periods is a stormy one.”
- When that young person turns to you for the “*communio* moment,” or the Holy Spirit is pulling you in a direction, go there.
 - Instinct is often the Holy Spirit’s prompting, so listen.
 - Don’t forget – Kristin lives locally, so she’s always “here” for us.
- RTV’s pastoral care definition is an awful, “Miss America answer”
 - Doesn’t mention Christ!
 - Doesn’t actually say what you do!

Pastoral Care = Helping acts done by representative Christian persons directed toward the healing, sustaining, guiding, and reconciling of troubled persons whose troubles arise in the context...

- Includes everything Christ did but salvation
 - To a young person, not having anyone to sit with at the cafeteria IS a tragedy.
 - They send up lots of flares
 - People say a LOT of stupid things around crises.
 - Why suffering? The only answer that holds is: “I don’t know (because I’m not God.)” – but I DO know that God loves you and the one(s) lost. God has a plan we don’t understand, but we believe it. That’s all we’ve got.
- Youth Minister’s Role: Prayer & Healthy Boundaries
 - Our first reaction can be to bear down and try to fix it.
 - Instead, start with prayer. Keep it simple – something like “Christ, help me.” “Mother Mary, wrap me in your mantle. I am trying to do God’s will.”
 - Don’t forget or abandon who you are and why you have been placed there.
 - Know what “rings your bells,” what sets you off in reference to your own wounds and scars

Some principles around “healthy”

- What are your credentials? Know your boundaries
 - Skills $\neq$ role (even if you are trained as a counselor, that is not your relationship or role)
 - Triage not primary physician
 - You should not be making regular appointments to discuss life issues with teens; paraprofessional counseling can get you into trouble!
 - Instead, be the BEST triage ever. Pay attention, and do what you do best!
- You are NOT the young person’s friend or family (LINE between roles must hold for you to stay healthy as a professional)
 - Their family is the superhero; you are on the utility belt.
 - We are temporary; family is permanent (dysfunctional though they may be!).

- You are not going to make the hard work of grief better by standing in the middle of the family system as they try to grieve.
- Your Role:
 - Shut Up!
 - Pray & Listen. Don't talk at teens; listen to them!
 - Nothing is more important than being the presence of Christ to that young person.
 - No advice, just presence, listening like Jesus to the disciples on the road to Emmaus. THEY SPOKE FIRST.
 - Stop trying to prove yourself.
 - Verify the facts.
 - Don't broadcast information you are not 100% sure is correct and yours to share.
 - Unless you have permission from a parent to disclose information about a child (especially medical information), you are legally, ethically, and morally bound not to share that information.
 - Know your "Hooks"
 - Remember who and Whose we are
 - Rote prayers can be very helpful when we are at a loss for words.
 - We have ritual, go to it! It will always be there, when more creative prayer experiences may not.
 - Theology, done well, can provide hooks as well.
 - Model Healthy Expression: Should it be you?
 - If the loss is too close to you, give yourself the out.
 - Be authentic, and recognize that other adults can handle things.
 - Referral – Them and You: Who is your team?
 - Kristin does not support having a list of counselors; counseling can be hard and it should not be someone you may have to see in the community, but also due to insurance network situations, costs can be problematic. YOU refer to parents, who should take them to their primary care physician. Let them take it from there.
 - They should try counselors out to find a good fit! If they don't like the first one, encourage them, "Who are you seeing next?"
 - Who is taking care of YOU in this? (not just the Holy Trinity, not the Blessed Mother, but your HUMAN team)
 - You are not supposed to be a counselor without having a counselor! → You should not be a youth minister without a spiritual director!
 - ASK: Is this making you a better Saint? Is it bringing you closer to Christ?
 - Self Care:
 - Put on your OWN oxygen mask first!

- Linus' security blanket (both safety and his best weapon) – consider Church teaching your security blanket. Don't be afraid to bring it to young people. It grows bigger as you grow.

Resources:

- <http://www.archbalt.org/young-adult-ministry/pastoral-care/>
- <https://www.arlingtondiocese.org/Youth-Ministry/Resources/Pastoral-Care/> - Youth Ministry handbook has great pastoral care information
- Don't underestimate the value of a community of youth ministers.
- Being a professional youth minister is not just a ramp up from being a volunteer. Bring you're A-game! We parents need you.
- For your "yes," I say "THANK YOU."

PART TWO: Supplementary Notes from Cathy O'Brien's Presentation about the work of the Office of Risk Management

- If in doubt, ask!
- Don't purchase insurance on vehicles you are renting to use for church business (not including professional development); contact the office to get certificate of insurance.
- Use of personal vehicles falls under the person's auto insurance
- Chris Wesley asked about fire/emergency plans; Cathy suggested asking Tom to connect you with resources in your particular area
- Scott Miller asked about getting a standardized incident report drawn up
- Rudy Dehaney asked about a safety checklist, and Cathy said if you email her, she will send you an example

PART THREE: Notes: Our "Pastoral Care Toolkit" Wishlist

- Remember we're not in a silo – don't forget to reach out to other ministers!
- Recognize that the Archdiocese of Baltimore youth ministry community, esp. regional gatherings, etc., is unique. We are strong in the field; we should look to the field for wisdom and resources. Use it!
- Support regional colleagues by reaching out to see if any other parishes are affected by a loss (even if you aren't directly affected, others may be), taking shifts at viewings, etc.
- Cheat Sheet – ABC steps of who to contact in which situation, with phone #'s of experts in that area – guidance counselors in Catholic schools, training in certain areas, etc.
- Direct threats (even online) go to Risk Management
- Compile a list of areas we each feel strong – on APYM website w/ pictures
- Scott Miller will pilot this through the Howard County regional community
- We need a strong list of all youth ministers/campus ministers – Craig can collate annually & make available via the regional Ambassadors
- Make sure you know who your regional Ambassador is!

- Don't forget about mentors!
- Identify your team – could we create a worksheet
- Office of Risk Management is a true partner – do not be afraid!
- How to avoid burnout??? How to say “no” to? How do you say “no”?
- Share all the news good/bad – no one knows what you/your community are going through unless you tell them!
- Keep sharing your “wish list” items via apymservantteam@gmail.com or the APYM Facebook Group!