### Intervention – It is Nothing Like a TV Show

#### Doing Pastoral Care for Individuals and Families

#### Hurt by Substance Use Disorders

## Program Philosophy

## The Problem/Opportunity

Every experienced Pastor, Deacon or PMA has run into the frustrations of dealing with substance abuse problems. Referring people to AA, Alanon and treatment is helpful, but Sound pastoral care can have a greater impact on individuals and their families. The Flashing Your Brights (FLASH) model of pastoral care combined with the Faith Partners model of congregational ministry offers the tools to make this impact. Together, these models show how sound theology and good science work together for a congregation and clergy to carry out the mission of service with people and families in trouble with alcohol and other drugs.

# **Objectives**

# This 6 - hour training will

* Introduce Pastors, Deacons and PMA’s to the five simple communication tools they need to give exceptional pastoral care to families troubled by substance problems.
* Help them see their interventions within the framework of sound Christian theology.
* Help them support families to quit excusing, covering up and other enabling behaviors.
* Explain how the concepts of sin and disease work together to make sense of substance use problems.
* Offer simulations for practicing sound pastoral care with substance use disorders.
* Provide insight into the Twelve Step Spirituality and what the Church may learn from it.

## Methods

The program uses a wide range of educational methods to keep it lively and to appeal to a variety of learning styles. Methods include lecture, question/answers, writing, simulation, small group discussion, video, PowerPoint, case studies.

**Advantages of the FLASH model**

1. It helps participants focus on small, practical steps to take with a substance abuser.
2. It does not require in-depth training in substance abuse or chemical dependency.
3. It is easy for people to grasp. Anyone can use it.
4. People can use the method for alcohol, other drugs and many other problems.
5. Participants learn that they are doing something valuable even when they don’t get a positive reaction from the substance abuser.
6. The FLASH model integrates easily with sound Christian theology.

## Program Content

**Session I**

**10 minutes - Introductions –**

Tell us who you are (a bit more than your name); where you’re from and what you want.

**45 minutes - Understanding Substance Use Disorders:** Time Frame – 45

Family members still argue about whether it is a sin or a disease? They shouldn’t.

How do we define a substance use disorder? How do the latest research in brain chemistry and sound theology work together? If it is a medical disease, why is a spiritual solution the most successful?

**5 minutes – BREAK (**happens any time the group is ready)

**25 minutes - Codependency, Original Sin, and Dysfunctional Families:** Time Frame – 30

What is codependency and how does it relate to Christian love? Should parents be codependent? Isn’t intervention codependent? How can you help family members stop enabling the destructive behavior of people they love?

**5 minutes –**

Learn anything new? What challenges you? What were you reminded of?

What else do you want from this program?

**Session II**

**10 minutes – Check in**

Questions from last session. Interactions with others on alcohol/drug questions.

**45 minutes - Flashing Your Brights (FLASH) -** Time Frame: 45

Based on sound theology and science, this presentation will introduce participants to five tools and three resources everyone can use to influence positive change in a person with a substance use problem. Everyone will participate in brief simulations interspersed throughout this presentation.

**5 minutes - BREAK**

**25 Minutes - Case Discussions**

**5 minutes –** Learn anything new? What challenges you? What were you reminded of?

What else do you want from this program?

**Session III**

**10 minutes – Check in**

Questions from last session. Interactions with others on alcohol/drug questions.

**35 minutes - Tee-Shirt Skit – 30**

Participants will increase their skills in very brief interventions through discussion of true-to-life cases. We encourage them to bring their own cases.

**5 minutes - BREAK**

**35 minutes Twelve Step Recovery – How It Works –**

Why every Pastor, Deacon or PMA should be familiar with the most dynamic spiritual movement in America in the last 100 years. What can the Church learn from AA? How do the Twelve Steps work? What is a sponsor? How does AA or Narcotics Anonymous compare to treatment?

**5 minutes –** Learn anything new? What challenges you? What were you reminded of?

What else do you want from this program?

**Session IV**

**10 minutes – Check in**

Questions from last session. Interactions with others on alcohol/drug questions.

**45 minutes - Recovering Clergy Panel**

**5 minutes - BREAK**

**20 minutes Faith Partners** a model ministry for your congregation

**10 minutes Evaluation, Thanks, and Wrap Up:**

##### Program Presenter

The presenter is Rev. Otto B. Schultz, B. A., M. Div., and Licensed Alcohol and Drug Counselor (Ret.). A graduate of Concordia Seminary in St. Louis, this ELCA Pastor has been in the substance abuse field for over 40 years. He has trained thousands of people in practical tools for addressing substance use problems and helped hundreds of families intervene successfully. Schultz recently retired as the Spiritual Counselor at Bryan Medical Center Independence Center in Lincoln. He has two children, Leighun Marie of Lincoln and Matthew of Caro, MI. He loves dogs, but only if they belong to other people.