



Samaritan Counseling Center's

E-CONNECTION

For our Partners in Ministry
SCC is "Here for Hope and Healing"

December 2011



Samaritan Counseling Center - 1803 Oregon Pike - Lancaster, PA 17601

(717) 560-9969

www.scclanc.org

In this issue:

Dear Friends,

This issue is dedicated to two different but compelling immediate concerns: the Penn State scandal - with similar revelations elsewhere - and depression. Please consider making this valuable information available to your leaders and members. – Barbara Tolbert, Editor

- Penn State Lessons
- Partner Notes
- Clergy breakfast January 9th and series
- Depression in the Congregation
- Understanding Child Sexual Abuse

“A Faith Community Call to Action: Penn State Lessons as Catalyst for Change” Excerpts by Linda Crockett, SCC Director of Clergy & Congregation Care

The tragedy at Penn State could have – and should have – been prevented. Our focus in the faith community at this moment should turn from “Monday morning quarterbacking” about the bad calls of Penn State officials to looking deeply at our own practices in the congregation to determine what needs to change in light of the terrible, but valuable, lessons from Penn State. It’s about Penn State – but it is so much bigger than that.

Children are at greater risk for sexual abuse than almost any of the other things we routinely educate them about – how to safely swim, cross the street or stay away from promiscuity, alcohol and drugs. In fact, in adolescence victims often turn to promiscuity, alcohol or drugs as a way to cope with the pain and shame they feel about the abuse. If a victim does not receive appropriate help, the impact can last for a decades and include medical, psychological, and social consequences. Numerous studies show that at least one in four girls and one in six boys are sexually abused before the age of 18. 85% are abused by someone in their circle of trust such as a family member, coach, teacher, church leader, neighbor, and babysitter. The “offenders” are one of us – which makes this issue incredibly difficult and heart rending.

Many people have been asking “what can I do?” as the enormity of what took place within a respected university, and at a non-profit organization designed specifically to help vulnerable children, is revealed. **Here is my answer, and call to action: I call on every individual participating in a faith**

community to go to your pastor, priest, rabbi, board or leadership team and find out if you truly have a “safe church”. If you do not have a policy – ask your leadership to prioritize developing one. If the response is “we have a safe church policy”: Ask to see it and discuss it with other adults in the congregation as a way of examining whether what happened at Penn State could happen at your church. Many of the policies we review do little to protect children, and almost nothing ignite the cultural change among church members that educates and inspires adults to become agents of protection for children.

Look for the following items in your policy and practices; if they are missing, insist that your leadership prioritize this for 2012:

To read the full article, go to www.scclanc.org and click on the link on our home page under “Special Article”. Also, see “Understanding Child Sexual Abuse” at the end of this newsletter.

Partner Notes:

- **Renewal:** If you have not sent us your Partnership renewal half-sheet invoice indicating your intentions for 2012, please let me know if you have misplaced yours and need another one at btolbert@scclanc.org
- We encourage you to copy/paste and share any part of this news-letter.
- Please review the Partnership Voucher Use Policy for the many ways in which you can use your vouchers. 2011’s vouchers may be used for an early 2012 educational program if you schedule it with us by the end of this year.

Clergy Breakfast & Leadership Series: “New Wineskins for the 21st Century Church”

Breakfast: Thursday, January 12, 2012 7:30 – 9:00 AM

St. Peter’s Lutheran Church, Corner of Delp Road and Lititz Pike (Rt. 501)

Our Iceberg Is Melting is the title of a fable by John Kotter and Holger Rathgeber that tells the story of a group of emperor penguins who find their stable way of life threatened as the iceberg on which they live is melting. The fable could also describe the situation of many mainline congregations who are faced with dwindling members and ineffective structures. Author Dan Hotchkiss suggests that the trends of decline “might have as much to do with governance as with theology.” The breakfast will **review some of the traditional ways churches have organized, and explore some of the emerging patterns of governance and ministry, the “new wineskins,” growing churches have in common.**



**Presenter and group facilitator: Rev. Dr. James W. Hanna,
Samaritan Counseling Center Founder**

Rev. Hanna retired as SCC Executive Director in 2009. He currently serves as a national *Clergy & Congregation Care* leader for the Samaritan Institute in Denver, CO., and as a consultant and clergy group facilitator for Lancaster’s Samaritan Counseling Center.

It is an urgent moment for congregational leaders. The change that is around us and within the religious world itself places both burden and opportunity on clergy and other leaders. The wineskins that held the

fruit of the vine in various institutional expressions of church in the past are not adequate for the emerging multiform, multiethnic, creative ferment that will give birth to God's kingdom in new ways if we can find the wineskins to nurture and hold it. **Our 2012 quarterly leadership series will help clergy and other leaders imagine the types of wineskins that are needed for the 21st century church.**

The breakfast and series is open to clergy and lay leaders. Participants wishing to further explore this topic manner may sign up for the following leadership series. To register go to <http://www.scclanc.org/ccjjanuary2012.htm> and see link to registration in 4th paragraph, click "here" or call Barbara Tolbert, Partner Church Administrator, at 717 560 9969 x 256.

Breakfast: No charge for partner clergy; \$10 for others

Series: \$75 for partner clergy; \$100 for others

3 Session Leadership Series: 8:00 AM – 9:30 AM

Lutheran Church of the Good Shepherd, 750 Greenfield Road, Lancaster 17601

February 2: *Looking at Congregational Decision Making*

This session will introduce a framework for looking at the dual functions of governance and ministry. How are they separate, and how do they complement each other? How can a congregation organize to balance a stable governing board with an open, permission-giving, ministry-team structure? What are some of the ways growing congregations are experimenting in balancing these two necessary functions?

February 9: *The Starfish and the Spider: The Role of Leadership*

Congregations are being confronted with the need to engage laity in roles of leadership and diverse ministries. As congregational leadership is becoming more decentralized, there is the challenge of balancing diversity with a shared identity and common mission. How can a board govern with policies and guidelines that give direction while encouraging a permission-giving environment?

February 16: *The Power of Positive Deviance: Building on what works*

Lyle Schaller, a church consultant, would like to ask "What if it works?" Congregations are challenged to create an environment of experimentation. In this final session, we will explore the concept of positive deviance, focusing on what works. How do we take advantage of the wisdom of the people we seek to serve? How can a congregation encourage a spirit of entrepreneurship?

This series is offered through the Samaritan Counseling Center's Clergy & Congregation Care program: Coaching. Education. Consultation. Clergy Groups. Ministry Assessment.

For more information about the above services, contact Linda Crockett, Director of Clergy & Congregation Care, at Lcrockett@scclanc.org

DEPRESSION IN THE CONGREGATION

From a presentation by Beth A. Mull, Psy.D., Licensed Psychologist and Clinical Neuropsychologist, Samaritan Counseling Center

I. STEPS OF SUPPORT

Step 1: Recognizing Depression

- Depressed mood or low pleasure
- Behavior change; irritability
- Changes in appetite or sleep
- Difficulty concentrating & making decisions
- Low energy or fatigue
- Low self-esteem
- Feelings of hopelessness
- Thoughts of death or suicide

Step 2: Determining need for help

- Need for treatment increases as:
 - Number of symptoms increases
 - Severity of symptoms increases
 - Duration of symptoms increases (> 2 wks)
 - Level of functioning decreases
 - Ability to guarantee safety decreases

Step 3: Getting into Treatment - Entry Points

- Primary Care/Medical
 - Medication
- Psychotherapeutic
 - Counseling
- Emergency
 - Safety

Step 4: Maintaining Treatment

- Therapeutic alliance and trust
- Setting goals together
- Assessing progress
- Altering treatment goals as needed
- Collaboration with other treatment providers

Please go to www.scclanc.org/depressionincongregation.htm to read further from the entire presentation with details on medications, types of therapies, risk factors for depression, risk factors for suicide, social support, promoting emotional health, and resources and services.

Keep scrolling.....

Understanding Child Sexual Abuse

Information from the Pennsylvania Psychological Association

Harrisburg, Pennsylvania - November 17, 2011 - Parents often worry about their children's well-being and fear that at some time their safety will be threatened. Unfortunately, recent high profile events have heightened that concern and raised questions for many parents.

What is child sexual abuse? There is no universal definition of child sexual abuse and it may include both physical contact (fondling a child's genitals, masturbation, oral-genital contact, penetration, or intercourse) and non-contact abuse (exposure, voyeurism, and child pornography). Regardless of specific acts, the central feature of the abuse is that an adult in a dominant position forces or coerces a child into the activity.

Who are the people who commit this abuse? Contrary to many parents' fears, the majority of sexual offenses against children are committed by family members or adults known to the children, and not by complete strangers. "Because of their relationship, often perpetrators do not need to use force," says licensed psychologist Dr. Nicole Quinlan, child psychologist at Geisinger Medical Center in Danville, Pennsylvania. "Instead they use a child's trust and dependence to coerce him or her into engaging in sexual acts."

Is my child at risk? Children and adolescents, regardless of race, culture, or economic status, are at approximately equal risk for victimization. While statistics suggest girls are sexually abused more often than boys, this may be due to males' tendency to not report abuse when it occurs due to embarrassment or social pressure.

What are the effects? Children and adolescents who have been sexually abused can suffer from a range of psychological and behavioral problems including depression, guilt, fear, withdrawal, acting out, or anxiety regarding sex or sexual issues. One of the strongest indicators that a child may have been abused in some form is inappropriate sexual knowledge, interest or sexual acting out. Although the negative effects of child sexual abuse can affect victims for years, and even into adulthood, children's interpretation of the abuse, whether and how quickly they disclosed, and whether they were believed can impact the level of trauma experienced by a child.

What can parents do to protect children from sexual abuse?

- Teach children about basic sexual education. Let them know their bodies are their own, no one should touch their "private" parts and sexual advances from adults are wrong.
- Develop strong lines of communication. Encourage children to ask questions and talk about experiences. Explain the importance of reporting things that made them feel uncomfortable.
- Know your children's friends, their families and other adults they spend time with.
- Never force children to give relatives or other adults hugs or kisses. Let them express affection on their own terms.

What should you do if you think a child you know has been the victim of sexual abuse?

- Give them a safe place to talk to you or another trusted adult. Encourage them to talk, but be careful not to suggest events that may not have happened. Be careful not to show emotions that might influence the child's willingness to talk.
- Reassure the child they did nothing wrong.
- Arrange for a medical examination with an experienced provider.
- Seek mental health assistance for the child.
- In Pennsylvania, medical and mental health professionals, teachers, and others who provide care for children are required to report suspected abuse to law enforcement or child protection officials.

How do you get help? If you suspect child abuse, call Childline: 800-932-0313. If you are a victim seeking counseling, you can find a qualified psychologist in your area through the Pennsylvania Psychological Association: www.PaPsy.org, or 717-232-3817.

For more information on understanding child sexual abuse, visit the American Psychological Association's Consumer Help Center at www.APAHelpCenter.org.

The content of this press release has been adapted from the American Psychological Association. (1999). *Understanding child sexual abuse: Education, prevention, and recovery*. Retrieved from <http://www.apa.org/pubs/info/brochures/sex-abuse.aspx>. Copyright © 1999 by the American Psychological Association. Adapted with permission.

To read the complete APA document, visit: <http://www.apa.org/pubs/info/brochures/sex-abuse.aspx>.

The Pennsylvania Psychological Association is a member-driven organization dedicated to promoting and advancing psychology in Pennsylvania, advocating for public access to psychological services, and enhancing multiple dimensions of human welfare while supporting the development of competent and ethical psychologists. Our mission is to educate, update and inform the public and our membership on cutting-edge psychological theory and practice through training activities and public policy initiatives.

Web site: <http://www.papsy.org/public/>
Pennsylvania Psychological Association
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This email report was provided by SCC's Beth Mull, Psy.D., Neuropsychologist



**Christmas blessings from all of our SCC
staff members to you!**

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