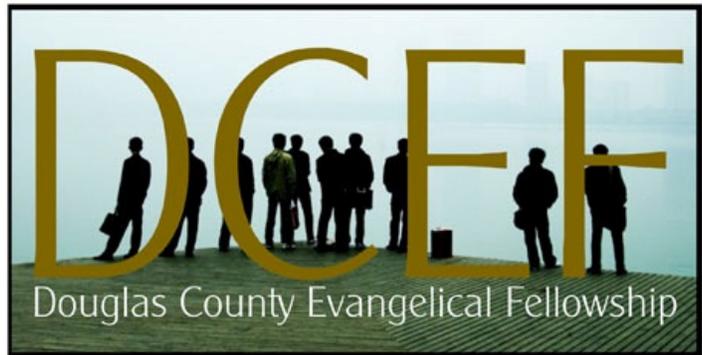


**DOUGLAS COUNTY
EVANGELICAL FELLOWSHIP
March 2010 Meeting**

The DCEF met at Garden Valley Christian Assembly on Thursday, March 18, 2010 at 12:00 p.m. for a lunch meeting.



PRESENT:

Mark Bodestab (Church on the Rise)
Linda Bruce (Chaplain, Roseburg VA)
Phil Evans (Roseburg Christian Fellowship)
Dave Ewert (New Hope EV Free Church)
Paul Glasner (Sutherlin Family Church)
Dave Grammon (North Star Ranch & Academy/MorningStar Family Fellowship)
Darrel Harp (Elder, Tri-City Church of Christ)
Sharon Hess (Roseburg Healing Rooms)
Debbie Horton (LifeCare Executive Director; GVCA Counseling Pastor)
Roger Horton (LifeCare Senior Pastor and Collaborative Counseling Team; GVCA Care Pastor)
Charlie Jordan (Retiring Pastor at Westside Christian)
Peggy Kennerly (GVCA Home Missions Director; Admin. for DCHSS)
Phil Morrow (KGRV)
Craig Schlesinger (LifeCare/DCEF President; Garden Valley Christian Assembly)
Sabrina Schlesinger (GVCA Youth Ministries Pastor; DCEF 2.0)
Allen Sjogren (Umpqua Valley Youth for Christ)
Clay Tillman (Koinonia Counseling)
Brian Trinkle (Roseburg Christian Fellowship)
Joe Whipple (Salvation Army)

INTRODUCTIONS

Each person introduced themselves and briefly told how God was currently working in their ministries.

PRAYER TIME

We then had a special time of prayer, including specific prayer needs for Travis Hunt in India; Lynn Ferder's 3 year-old granddaughter who needs healing; Jon Nutter and Steve Kufeldt, who were out of town; and Allen Sjogren's new ministry open doors at Fremont Middle School.

Pastor Craig Schlesinger requested we all remember to pray for each other and our respective ministries. "What effects one church affects another." He reminded us that LifeCare DCEF, as 'the City Church' is the largest organization in Douglas County and that we are all in this together to serve and meet the needs of people in our community. He challenged us to regularly pray for one another.

DOMESTIC ABUSE PROGRAM

Pastor Roger Horton presented the new LifeCare Collaborative Counseling Team's Domestic Abuse Program. Pastors were encouraged to refer men from their congregations. The program is open-ended and men can begin attending at anytime. With the stresses of our current economy there has been an increase in various forms of abuse in families (a 28.7% reported abuse rate). Due to so much abuse being unreported the rate is actually much higher, therefore LifeCare is now offering this Domestic Abuse Program to the entire community. This program helps men learn new ways of coping with power and control issues. *(See below for attached handout that was provided to all in attendance.)*

FREE MARKET

Pastor Craig Schlesinger, Peggy Kennerly and Pastor Debbie Horton presented details on the upcoming LifeCare Free Market to be held May 1st in the parking lot of Wellspring Bible Fellowship. *(See below for attached handout that was provided to all in attendance.)*

Further notes on the LifeCare Free Market discussion:

- This is a chance to do things together that we can't do alone.
- 13 churches are involved to date.
- Pastor Craig asked each church to focus on sacrificial giving and that this is our privilege to bless the poor in Douglas County
- Peggy Kennerly will gather the names of the 100 “most needy” families from area social service agencies
- There are flyers available for any church to use to promote involvement with this event. Contact Pastor Sabrina Schlesinger (sabrinagvca@me.com) to obtain files for duplication and Power Point presentations.
- Peggy spoke about the need to treat these 100 families as guests in our homes. She reported that there will be greeting table where each church is welcome to place their brochures for families who are interested in more information.
- Debbie shared that LifeCare volunteer training packets are available for those who will be helping and interfacing with the 100 families to ensure we are all relating in a similar manner, focused on serving and loving these families by meeting their needs, and sharing our faith appropriately, if asked.
- Debbie spoke that a one page LifeCare flyer is provided to each person to let them know this is a faith-based group, thus the families will already know we are Christians when they come to the LifeCare Free Market.
- Peggy reported that we will take names to do follow-ups if any of the families still have unmet needs or request further contact.
- Pastor Craig reminded us that we are giving out of Christ's love with no expectations from these families.
- The Salvation Army will haul off any leftover items.
- Pastor Craig asked each church to focus on the LifeCare Free Market after Easter and to help their congregations understand the importance of giving as a sacrificial blessing to needy people in our community

- In summary the LifeCare Free Market is to allow us to be "PRACTITIONERS OF THE WORD."

Respectfully submitted,

Pastor Debbie Horton, M.A., LCPC, Acting Secretary
Counseling Pastor, Garden Valley Christian Assembly

LifeCare Free Market

Roger Horton - rogergvca@gmail.com

May 1; 10:00 – 1:00

Peggy Kennerly - pegeenk@msn.com

Wellspring Bible Fellowship

Churches: Pastors & Church Coordinators

1. Provide contact name for Church Coordinator.
2. Pastors present Free Market to congregation throughout April.
3. Coordinator arranges for the collection and storage of donations from their congregation.
4. Coordinator finds volunteers to deliver and set up the donations at Wellspring on May 1 between 8:00 a.m. and 9:00 a.m.
5. Coordinator arranges for hospitality volunteers to arrive at 9:00 a.m. on May 1 at Wellspring. These volunteers will meet guests, offer refreshments and assist families in finding the items they need.
6. Coordinator will arrange for volunteers throughout the event and after the event to deliver items for people unable to transport them. Volunteers need to work in pairs and may be the same folks who bring the items to the church.

Needs for event: Coffee, juice, cookies, donuts

Suggested Donations:

(All donations need to be in very good condition. No mattresses will be accepted.)

- Dressers
- Beds: twin, double or queen
- Tables with chairs
- Chairs
- Living room furniture
- Floor lamps & table lamps (with light bulbs)
- Mirrors
- Framed pictures for walls
- Decorative household objectives in excellent condition
- Small very clean kitchen appliances
- Pots & pans in excellent condition
- Lawn mowers
- Gardening tools & yard maintenance tools

- Outside furniture
 - New bedding: sheets, blankets, pillows
 - Funding to purchase new mattresses
-



Abuse Recovery Ministry & Services ManKind

“ManKind” Batterer’s Intervention Curriculum & Overview
Douglas County Contact: Pastor Roger D. Horton, M.A., LCPC
541.673.1293 Ext 24 * roger@armsonline.org

ManKind is a faith-based program committed to helping men who have used abusive and controlling behaviors. Our goals are to help the client to be accountable for his behavior, recognize and stop all forms of abuse and control, change belief systems that support those behaviors, understand how they have affected others and learn new non-abusive beliefs and skills to handle conflict. Our groups are co-facilitated by a male and female leader as recommended by the Oregon Administrative Rules.

Requirements:

- Be accountable for his abusive and controlling behavior
- Stop all forms of abuse including (but not limited to): intimidation, threatening, blaming, minimizing, verbal, emotional, psychological, isolation, financial, spiritual, property, unwanted touch and physical abuse
- Make an effort to understand their wife’s/partner’s and family’s perspectives and validate them even when they disagree with them.
- Take a look at themselves and their belief systems
- Work toward creating an atmosphere of equality, mutuality and safety for their loved ones
- Attend regularly
- Pass random drug tests
- Pay fees
- Complete assignments

Fees:

\$40 for intake and exit interview. \$30 fee each week when services are rendered or \$120 if **prepaid** for five weeks (\$150 normally). All fees are non-refundable. Drug tests are \$15-\$20 each and are done randomly. \$5 late fee for non-payment the night of the group. All fees must be paid before client’s program will be considered completed.

Location: for Douglas County:
Garden Valley Christian Assembly
3047 Garden Valley Road
Roseburg OR 97471

Time: Thursday Night 7:30 – 9:00pm
Call to schedule an Intake Interview

Program length and Attendance policy:

ManKind groups run approximately 48 weeks, then once a month for 3 months. Intake and exit interviews are required. Men who have more than two absences in a 12 week period will be released from the program.

Evidence Based Practices:

Our faith-based “ManKind” program is ethically committed to using best practices as recommended by the Oregon Administrative Rules for Batterer’s Intervention Programs. Our goal is to help the client be accountable for his behavior, recognize and stop all forms of abuse and control, change belief systems that support those behaviors, understand how they have affected others and learn new non-abusive beliefs and skills to handle conflict.

Summary of our evidenced based practices used by “ManKind”:

Role Play - is done through men playing the role of their victim, by talking about how an abusive event could have been handled differently, and through the use of journals where men write out how they could have handle the situation non-abusively

Steven Stosny – H.E.A.L.S.- Interpersonal skills training – reinforcement and problem solving skills. We use an adapted form of H.E.A.L.S. called P.R.A.Y. This is used to help the client calm their mind and body during upsetting situations and as a format for journaling. This tool helps clients increase self awareness about their power and control behaviors.

Social Learning – Clients learn by observing the facilitators’ model shared power and equality, as well as watching, interacting and receiving input from other participants. Participation, cooperation, sharing, listening and being respectful are encouraged and modeled, which help clients learn and practice appropriate social skills in relation to the group and the male and female co-facilitators

Experiential Learning – learning through their own experience and the reflection of that experience. It is effective due to its holistic approach and addressing emotional and the physical aspects of the learner. It allows the client to be challenged about and experiment with new concepts, in a safe environment and to take some emotional risks Cognitive Behavioral Therapy – helping clients realize their beliefs affect their behavior. We help the men recognize what beliefs have supported their abusive behaviors and challenge those beliefs, encouraging implementing those new beliefs

Cognitive Restructuring – a therapy technique in which an individual identifies negative irrational beliefs and replaces them with truthful, rational statements; an approach to treatment that extends behavioral therapy to the modification of cognitive processes such as self image and fantasy

Motivational Interviewing – Client centered, directive method for enhancing intrinsic motivation to change by exploring and resolving ambivalence. (Compared with non-directive counseling, it is more focused and goal-directed. The examination and resolution of ambivalence is its central purpose, and the counselor is intentionally directive in pursuing this goal.)

"ManKind" is ARMS 48-week intervention program for men who struggle with abusive and controlling behaviors. The program seeks long-term change in participants' lives. Our groups are co-facilitated by a male and a female leader.

Lessons (alphabetic order):

1. Abuse cycle- to understand the abuse cycle. Men write out their own abuse cycle.
2. Act Like a Lady - to understand how socialization plays into domestic violence and identify beliefs that support abusive behavior from a female perspective.
3. Act Like a Man – to understand how socialization plays into domestic violence and identify beliefs that support abusive behavior from a male perspective.
4. Amends – to consider ways the men might make amends for their past abuse.
5. Anger –to recognize physical and behavioral warning signs of anger, identify which emotions are really behind the anger. Members are encouraged to see they have a choice in what action they engage in when feeling angry.
6. Boundaries – to value and respect their victim’s boundaries.
7. Choices – to show how a victim is never responsible for a batterer’s abusive behavior and how batterers always have a choice to heal or hurt in every situation.
8. Communication I – begin to learn how to listen more and speak less, and to how to use their communication in a way that does not destroy the other person.
9. Communication II – continued teaching on how to listen more and speak less, and to how to use their communication in a way that does not destroy the other person.
10. Conviction vs. Shame – to understand how shame keeps them from moving forward and how conviction helps them to take responsibility, which promotes change.
11. Costs and Payoffs – to see the cost and payoffs of abusive and non-abusive behaviors, to help identify if their behavior is helping them to receive what they think they need.
12. Denial – to identify different forms of denial, give examples of how they have used it, and understand the negative effects denial brings to themselves and others.
13. Depression – to understand how abuse caused depression for their victims and to help the men deal with their own depression.
14. Effects of Past Relationships – to understand how their past relationships have impacted their beliefs and choices to be abusive.
15. Effects on Children Who Witness Abuse – to understand how witnessing abuse is detrimental to children.
16. Forgiveness - to understand they cannot demand forgiveness, and how their own resentment fuels their abusive behaviors.
17. Repentance – To understand the difference between apologizing and true change.
18. Group Progress Check – to build accountability within the group by having the men evaluate each other’s honesty and growth.
19. In The Beginning – to understand how a person ruling over another was never part of God’s plan, and, from a biblical perspective, how conflict entered relationships.

20. Male Privilege – to understand how society and the church have given privileges to men and withheld them from women, and how this promotes ‘power over’ beliefs.
21. Perfectionism – to understand the unrealistic expectations they put on themselves and others and how it fuels their abusive behavior.
22. Positive Parenting – to understand the negative impact of abuse on their parenting skills and how to parent in a more positive way.
23. Power and Control – to understand how, before every action, there is a thought process. Therefore, they do have control over their choices and are fully responsible.
24. P.R.A.Y. Process – to learn to deal with conflicts by slowing down, processing their emotion, and making good choices.
25. P.R.A.Y. Practice – P.R.A.Y. practice shows group members how much denial is going on in group and encourages group accountability.
26. Pride vs. Humility – to understand how pride promotes abusive behavior and how humility gains respect.
27. Relapse Prevention Plan – to identify their signs of relapsing and stop abusive beliefs and behaviors before slipping back into abusive patterns.
28. Responsibility vs. Blame – to disengage from blaming their victim or circumstances for their abusive behavior and take responsibility.
29. Ripple Effects of Domestic Violence – to understand how their abuse affects their family, friends, society, as well as their victims.
30. Self-care – to understand the importance of living a balanced life and how it affects their choices, and those around them.
31. Self-talk – to understand how their internal thoughts help fuel abusive behaviors; how changing this internal dialog to positive thoughts can benefit them and others.
32. Sexual Abuse I – beginning to understand all forms of sexual abuse, its impact on their partners, and how they can show love and equality in this area.
33. Sexual Abuse II – continued teaching to understand all forms of sexual abuse, its impact on their partners, and how they can show love and equality in this area.
34. Submission vs. Oppression – to understand that submission is not a demand; forced obedience is oppression.
35. Thinking Errors – to recognize and disengage from justification and avoidance techniques used to blame their victims.
36. True Love – to understand what the Bible has to say about love, measure their own lack of love, and how to begin expressing love in words and actions.
37. Types of Abuse – to recognize and understand the various types of abuse and its impact on their victims.
38. Verbal Abuse – to take a more extensive look at verbal abuse in all its subtleties and to begin to use their words to heal rather than hurt.
39. Victim Night – group members take on the role of their victim, put themselves in her shoes, sharing what it has been like from her perspective, to live with him; helping members grow in empathy and compassion.
40. Women’s Recovery Process – to understand the process women go through as they heal from abuse, what men can expect, and what they can do to help her.