

**HELPING HURTING KIDS AND THEIR FAMILIES:  
BEING THERE WHEN NO ONE ELSE WANTS TO BE**

Rich Van Pelt

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**INTRODUCTION:**

**The Bad News**

**The Really Bad News**

**The Good News**

Almost without exception, those who survive a tragedy give credit to \_\_\_\_\_  
who \_\_\_\_\_ by them, \_\_\_\_\_ them, and gave them a sense  
of \_\_\_\_\_.

- Robert Veninga, *A Gift of Hope*

**THE HELPING PROCESS**

**TRIAGE**

- Triage is the process of \_\_\_\_\_ the \_\_\_\_\_ of  
the \_\_\_\_\_.
- \_\_\_\_\_, or what in clinical language we often refer to as  
\_\_\_\_\_ is a critical part of triage.

- We're not only responsible for creating \_\_\_\_\_  
for kids, we need to BECOME \_\_\_\_\_ for kids.

**WHAT'S A SAFE PERSON LOOK LIKE?**

- \_\_\_\_\_ every person.
- No \_\_\_\_\_.
- No \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_ jokes.
- \_\_\_\_\_ fair.
- Keep \_\_\_\_\_ confidential.

**LISTENING**

**GOOD LISTENERS**

- Listen with \_\_\_\_\_.
- Listen with \_\_\_\_\_.
- Listen to the \_\_\_\_\_ with  
their \_\_\_\_\_.
- Listen for the \_\_\_\_\_ behind the \_\_\_\_\_.
- Listen with \_\_\_\_\_.

**DETERMINING LETHALITY**

- Is the student a \_\_\_\_\_ to \_\_\_\_\_  
or \_\_\_\_\_.

**ACTION PLAN**

- The goal of the helping process is to \_\_\_\_\_ the problem or  
\_\_\_\_\_ the \_\_\_\_\_ the problem is having.
- We're not \_\_\_\_\_. We're \_\_\_\_\_.
- Referral is \_\_\_\_\_ not \_\_\_\_\_.

**RESPONSIBLE REFERRAL**

R \_\_\_\_\_

A \_\_\_\_\_

T \_\_\_\_\_

S \_\_\_\_\_

- \_\_\_\_\_ is a critical component of any action.

## Recommended Resources

Clark, Chap, **Hurt, Inside the World of Today's Teenagers**, 2004,  
Baker Academic, Grand Rapids, Michigan

Hersh, Patricia, **A Tribe Apart, A Journey Into the Heart of American  
Adolescence**, 1998, Random House Publishing Company, New York

Frank Peretti, **The Wounded Spirit**, Nashville, TN, Word Publishing,  
2000

Scott Larson, **Risk In Our Midst, Empowering Teenagers To Love The  
Unlovable**, Loveland, CO, Group Publishing, 2000

Mains, Karen, **Comforting One Another In Life's Sorrows**, 1997,  
Thomas Nelson Publishers, Nashville, Tennessee

Penner, Marv, **Help, My Kids Are Hurting, A Survival Guide To  
Working With Students In Pain**, 2005, Zondervan, Grand Rapids,  
Michigan

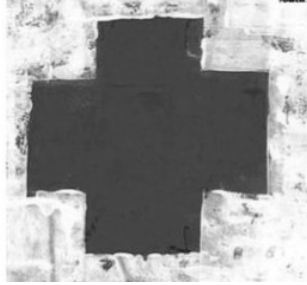
Penner, Marv, **Hope and Healing For Kids Who Cut**, 2008,  
Zondervan, Grand Rapids, Michigan

Van Pelt, Rich and Hancock, Jim, **The Youth Worker's Guide To  
Helping Teenagers In Crisis**, 2005, Zondervan, Grand Rapids,  
Michigan

Van Pelt, Rich and Hancock, Jim, **The Parent's Guide To Helping  
Teenagers In Crisis**, 2007, Zondervan, Grand Rapids, Michigan

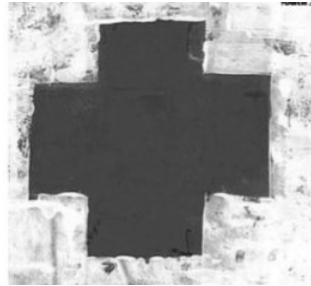
Veninga, Robert L., **A Gift of Hope, How We Survive Our Tragedies**,  
1985, Ballantine Books, New York

Yancey, Philip, **Where Is God When It Hurts?**, 1990,1977, Zondervan,  
Grand Rapids, Michigan



**Friends are safe when they...**

- value the importance of every person and communicate it by their words and actions
- never will purposely embarrass someone in front of others
- avoid telling or listening to ethnic, racial or gender jokes
- never question another's gender identity and always reprimand those who do
- avoid competitive activities that exclude
- can be trusted to keep a confidence



## CONTACT RECORD

DATE \_\_\_\_\_ NAME \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_

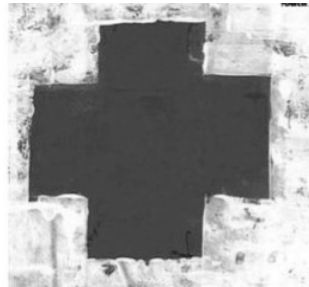
\_\_\_\_\_ PHONE \_\_\_\_\_

SOURCE OF REFERRAL:

NATURE OF PROBLEM:

FAMILY SITUATION:

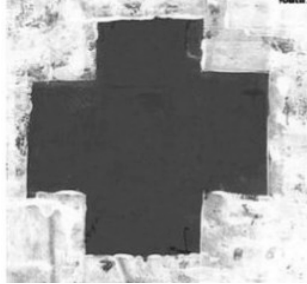
ACTION TAKEN OR RECOMMENDED:



## KEY COMPONENTS TO A PLAN OF ACTION

1. Problem Oriented
2. Appropriate to a person's functional level and dependency needs.
3. Consistent with a person's culture and lifestyle.
4. Inclusive of significant others and social network.
5. Realistic, time-limited and concrete
6. Dynamic and renegotiable
7. Inclusive of follow-up

*from, People In Crisis, Understanding and Helping, by Lee Ann Huff, pp. 56-60*



## COMMUNITY RESOURCES FOR ADOLESCENTS

- Counseling services: psychiatrists, psychologists, family therapists, pastoral counselors
  - Psychiatric hospitals or specialized units for adolescents
- Crisis telephone lines: including nation-wide toll free numbers available 24/7
  - Poison control centers
  - Drug and alcohol-abuse programs and support groups
  - Specialized adolescent stress units and support groups
- Eating disorder treatment programs and support groups
  - Community-health and mental-health centers
    - Crisis pregnancy programs
  - Police departments (juvenile officers)
    - Hospital emergency units
      - Legal services
  - High school counseling programs

### Critical Information On Referral Sources

Name of program or individual  
Website/Email  
Office Address  
Telephone number/After hours number  
Services rendered  
Admission requirement(s)  
Referral procedure  
Costs  
Contact Person(s)