

D.A.R.T.

Drug Alcohol Recovery Team

At

Berwyn United Methodist Church

*“a church called to be a community of
Christian believers that
Invites- Nurtures – Encourage Service.”*



God grant me the serenity to accept the
things I cannot change, courage to
change the things I can and wisdom to
know the difference
– The Serenity Prayer

Mission of D.A.R.T.

(Drug and Alcohol Recovery Support Team)

*DART, Berwyn UMC's drug and
alcohol recovery support team, is a
ministry that exists to provide
education, referral assistance and
recovery support for members in our
congregation and the outlying
community.*



*“I will come for you and do for you all the good
things I have promised...For I know the plans I
have for you, says the Lord. They are plans for
good and not for evil, to give you a future and a
hope.” Jeremiah 29:11*

The Parent Sessions

Framework for support in Raising Children

2011-2012 Topics

(All sessions start at 7:00 PM)

Berwyn United Methodist Church

140 Waterloo Avenue, Berwyn PA

October 25: Impulsivity: ADD/ADHD with Ari Tuckman.

Defining differences between appropriate developmental challenges and accurately assessing for ADHD.

November 22: Ambivalence and the Unmotivated Child

Discover how to encourage movement and change in your child's life. Gain understanding about what is freezing your child in a developmental stage as well what motivates your child.

January 24: An Evening with Ann Smith: Boundary Setting with your Teen.

Setting good boundaries is a challenge for any parent. Managing disrespectful attitudes, understanding irresponsible behaviors and establishing healthy limits while trying to keep family relationships healthy.

February 28: Defining Resilience. Changing the way we see conflict and how we resolve pain and overcome trauma.

March 27: Social Norming and Parenting Structure. A framework for support in raising teens. Presenting a theoretical framework with practical interventions that will reinforce what has been working within your home and provide innovative options for engaging your resistant teen.

April 24: Teen Mental Health Issues with Louis Bevilacqua

About the Facilitators -

A. Michael Blanche is a licensed clinical social worker specializing in dealing with addiction and dual diagnosis primarily in adolescents for over 13 years.

Ann W. Smith, MS, LPC, LMFT, NCC, Executive Director, Breakthrough at Caron.

Louis Bevilacqua, Psy, D., Author of When You Can't Snap Out of It: Finding Your Way Through Depression

Sponsors -

- BUMC Drug and Alcohol Recovery Team
- The E. Chelsea Campbell Memorial Foundation
www.chelseamemorial.org
- ARCH (Area Residents Caring and Helping)
www.ARCHcares.org

For more information

History of D.A.R.T.

In 2005, a small "seed" was planted by a member of Berwyn United Methodist Church. Kate Walker spoke to the pastor of the church, Dr. Rick Rimert, about the importance of the church members to understand the problems of addiction. It wasn't long until others in the congregation realized that they shared Kate's concerns.

A year later, led by Kate Walker, Tom O'Donnell, and the new pastor, Rev. Philip Ponce, an intimate group of 6 began a formal training program with Faith Partners in how to establish such a group within a faith community. The mission of the group quickly became one of educating the congregation about the problems and the heartbreak of addiction as well as becoming a part of a network of support within the community.

Each year the group has expanded the programs and the outreach. Last year D.A.R.T. sponsored 4 parent sessions for the community, a Recovery Sunday Worship Service, and a concert for youth. This coming year, along with the support of ARCH, the group will be sponsoring 7 sessions for parents with the first one "Healthy Stress Management" being held on September 27. They also will be having their annual Recovery Sunday in February as well as an outdoor concert for youth.

*"If you have faith as a grain of mustard seed, you can move mountains."
Matthew 17:20.*

In the past...

Our parent sessions have discussed.

- ... Healthy Communication with your children
- ... Survival Skills for Couples and Families.
- ... Setting Boundaries – “No is a complete sentence. If you talk more, chances are you are talking to yourself.”
- ... Technology and the Internet
- ... Cyber Bullying
- ... Dealing with Transition
- ... Impulsivity and Anger
- ... Adult Children who come back home to live
- ... Substance Abuse
- ... Developing self sufficiency

“The reason many of my patients feel empty is because they lack the secure reliable, welcoming internal structure that we call the ‘self’...well-meaning parents contribute to problems in self-development...of their children.” The Price of Privilege, M. Levine



May the road rise to meet you,
May the wind be always at your back,
May the sun shine warm upon your face,
The rains fall soft upon your fields.
And until we meet again,
May God hold you in the palm of his hand.

May God be with you and bless you:
May you see your children's children.
May you be poor in misfortune,
Rich in blessings.
May you know nothing but happiness
From this day forward.

May the road rise up to meet you
May the wind be always at your back
May the warm rays of sun fall upon your home
And may the hand of a friend always be near.

May green be the grass you walk on,
May blue be the skies above you,
May pure be the joys that surround you,
May true be the hearts that love you.