

**(For Group Leaders and  
Chaperones)**

## **SPECIAL MINISTRY NEEDS**

### **HEALTH CARE TIPS**

#### **Water - Water - Water**

Please encourage your teens to drink plenty of water. Often they do not realize how easy it is to become dehydrated, especially if the weekend is hot. There will be plenty of water available on site to fill their water bottles.

#### **Sleep - Sleep - Sleep**

Please encourage your teens to settle down at night. They need 6 hours of sleep. We will do our best to calm the group down at lights out, but we need your cooperation getting teens to the tent on time and settling your own group. Saturday is a very long day and without their sleep they will not be able to appreciate the program.

#### **Plan Ahead**

We encourage the chaperones to become familiar with the medical history of teens in their group (as listed on the Liability Form) and keep an eye on teens with problems.

- The diabetic may not eat properly
- Make sure asthmatics carry their pumps,
- etc.

**We suggest that Group Leaders make a copy of Registration/Liability Release Forms before handing them to us at the Conference so you will have them throughout the weekend and for the trip home.**

We will have well staffed and equipped First Aid Stations. Medical Care will be available for routine injuries. We have alerted the closest hospital and ambulances about the Conference.

Make sure the teens know the name of the Group Leader (not just their chaperone). All Liability forms are filed according to the Group Leader's name. First Aid cannot treat them without the *signed* form.

If emergency transportation to a local hospital is required, an adult leader must accompany the teen and assist in notifying their parent or guardian.

Occasionally on a weekend like this, some of the teens become overwhelmed emotionally or spiritually.

For some it is the first time they experience the presence of the Holy Spirit, or they may feel great joy and happiness, peace, warmth, comfort. Some will express their feelings with tears or laughter that will seem inappropriate - but are not. We encourage you to validate these feelings and reassure them that these are a special grace from God.

Some will have no emotional reaction to the events. Help them understand that it is not necessary to be emotional to know Christ. Many great saints never had these emotional reactions. God is still speaking to them in His own way.

For others, the events of the weekend may evoke feelings of guilt or hurt because of some unresolved painful memories. Some have had experiences of physical or sexual abuse, abortion guilt, promiscuous sexual behaviour, fear of Aids, fear of mental illness, etc. Those with poor relationships at home may be vulnerable. If necessary, lead the teen away from the tent and help him/her calm down so that he/she can share what is upsetting them. Give reassurance of God's love and forgiveness. A quick *Come Holy Spirit* prayer will help you find the words you will need. Often all you can do is listen, show them support and give them hope for healing in Christ. Encourage them to receive the Sacrament of Reconciliation, which is a powerful source of peace and healing. Offer to find them help when you return home (from parents, pastor or a professional counsellor).

If you feel you cannot cope with a particular individual's emotional state and that you need help, there will be special ministry teams throughout the tent. They will be easily identifiable.