

## ANNUAL PASTORAL CARE REPORT FOR THE YEAR 2022

The purpose of this report is to highlight to the stakeholders of PTSD Resurrected at the Annual General Meeting a summary of what has taken place in the year 2022 by the Pastoral Care team. Pastoral Care has been carried out not only by myself but by the Team of PTSD Resurrected.

### ***1 Thessalonians 5:10-11***

***Christ died for us so that, whether we are dead or alive when he returns, we can live with him forever. So, encourage each other and build each other up, just as you are already doing.***

Our ongoing purpose is to continue to reach out, support and encourage each other as we navigate through the challenges of trauma as Veterans, First Responders and those dealing with Post Traumatic Stress Disorder (PTSD) and other mental health issues and to manage these challenges with a positive outcome and outlook in life.

In 2022, we saw the State Borders opening throughout Australia and COVID restrictions easing. This year also was a planned year of travel for myself, my wife, and children to venture and explore our beautiful country of Australia in a caravan. This journey would begin at the end of January 2022 and end in mid-January 2023. This was an opportunity to share the Reboot Program and Charity PTSD Resurrection as we travelled through Australia, and this will be discussed further below.

This year started with the Pastoral care team recording videos for the Reboot Course as part of enhancing the course delivery to be Australian based with life experiences shared by the PTSD Resurrected Team. This was a great opportunity for the Pastoral Care Team to share their testimony and share the goodness of God in managing trauma and coming out victorious. This would be the very testimony that we aim to share as we travelled throughout Australia of how the tools in the course had assisted the team get to where they are today.

In addition, at the start of the year, the team also attended training days to remodel the new Trauma Recovery course which would be trialled during the year.

### **Networking**

Information and awareness about the Charity and the Reboot Program were discussed to the following people or groups.

- With the Regimental Sergeant Major at Kokoda Barracks Canungra,
- To a group of 50 veterans at their club night at the Bunderberg RSL Sub Branch
- Army team at the Soldiers Recovery Centre at Townsville Lavarack Barracks,
- Police Officers in Uluru Township in Northern Territory;
- Veteran and family in Kununurra, Northern Territory;
- Nurses and First Responders attending Victory Life Church at Broome, Western Australia (WA)
- Mr Yaz Mubarakai Member of Jandakot, ALP attending the PNG Independence Ball in Perth, WA
- Ms Roma Britnell, Member of Southwest Coast, attending Remembrance Day at Warrnambool RSL
- Mr Michael Little, Secretary Warrnambool RSL Sub-Branch attending Remembrance Day at Warrnambool RSL

### **Online Course**

Pastoral care was provided to attendees during the following online course sessions.

- 14<sup>th</sup> February 2022 – 17<sup>th</sup> February 2022
- 10<sup>th</sup> May 2022 – 13<sup>th</sup> May 2022
- 10<sup>th</sup> August 2022 – 12<sup>th</sup> August 2022 and
- 26<sup>th</sup> October 2022 – 28<sup>th</sup> October 2022
  - o Pastoral care is currently provided to a loving couple from this course, whom the veteran husband has had an ongoing struggle with managing his trauma and the wife finding strength to support their husband through this season. Daily text of encouragements has been sent to husband, and weekly calls and prayers has been made to the couple separately. The couple has been encouraged to speak to their psychologist and medical professionals individually and as a couple.
  - o Encouragement, support, and prayer for a policeman who is currently going through relapsing into self-medicating with alcohol. Encouragement through text and mostly over the phone conversation and prayer. Attendee is currently seeing psychologist to further assist with him managing his trauma.

### **FACE TO FACE COURSE – TASMANIA**

The face-to-face course was run on 8<sup>th</sup> November 2022 – 10<sup>th</sup> of November 2022, pastoral care was overseen and provided by Simon and Xenia Schembri.

### **ONGOING SUPPORT**

A catch-up dinner was held at the Largs Bay Hotel with previous Reboot Graduates from the Adelaide Face to Face course that was run in May 2021. Prayer session and pastoral care were provided to Mentors Lidia and Duncan Hall and it was also great to see the Halls still continuously leading and connecting with past Reboot attendees. The Team in Adelaide were also happy and looking forward to future courses to be run in their city.

Regular ongoing support, prayer and encouragement has been provided to previous reboot attendees, in this instance, a Veteran on his journey of rehabbing out of alcohol lost his father and this triggered him in returning to self-medicating. Team has regular been in contact to provide the support he needs to get back on track to healing.

### **SUPPORT FOR TEAM MEMBERS**

The PTSD Resurrected Team had a few of our dedicated and valuable team members going through illness and also loss of beloved family members this year. Prayers and encouragements were given, and support provided by the team. We continue to pray and support our team and each other. Great appreciation goes to Dave Marret, Simon and Xenia Schembri and our Directors Andy and Zoe Cullen. To the spouses and family members who release their loved ones to provide pastoral care, may God continue to enrich your lives.

It is commendable to report that the team this year has continued to communicate with each other in reaching out to participants who needed prayers and encouragements or support in general. The team has also shared positive feedback to encourage each other. This effort is to be continued.

I encourage the team to continue to remain in the Lord and find hope in Him and continue the good that we do for others and each other. I leave you with this.

***Isaiah 40: 31***

***But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint.***

Praise be to God and wishing the PTSD Resurrected Team well for 2023.