

## **Artificial Intelligence (AI) Use Statement**

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Scripture reminds us, "For the Lord gives wisdom; from His mouth come knowledge and understanding" (Proverbs 2:6)

Care to Change approaches the use of artificial intelligence (AI) with intentionality, humility, and discernment. While AI tools may offer efficiency and support in certain administrative or preparatory tasks, they are not a substitute for human presence, clinical judgment, spiritual discernment, or relational care.

Our posture toward AI is grounded in the belief that wisdom comes from God, and that meaningful care is formed through embodied, relational, and Spirit-led engagement. AI may be used as a tool to assist and to promote efficiency, but never as an authority or decision-maker or replacement for relational connection.

At Care to Change, we believe technology should be vetted through a spiritual lens rather than automated without thought to response. This means AI use should always be intentional, prayerfully considered, and subject to human and spiritual discernment rather than default or convenience-driven.

### **Potential Benefits:**

AI may offer practical support such as administrative efficiency, data organization, and the ability to support counselors with evidence-based insights. These tools, when used wisely, can help steward time well for counselors to be more present with their families. Scripture reminds us that all knowledge comes from God (Proverbs 2:6). We believe advancements in technology can be prayerfully stewarded if they serve human connection rather than replace it. They must remain under the authority of Scripture, clinical wisdom, and Spirit-led discernment.

### **Potential Concerns:**

AI carries limitations. It cannot replace the depth of empathy, discernment, and spiritual guidance that come from a counselor or leader rooted in God's Word. Technology lacks the God-given capacity for compassion, wisdom, and relational presence that are essential to true healing. Overreliance on AI risks reducing people to data points, depersonalizing care, and overlooking the individual stories and struggles that require human attention.

There are also concerns regarding confidentiality, privacy, and ethical use. AI systems often rely on large amounts of sensitive data. Misuse, data breaches, or ethical oversights could compromise the trust between families and counselors, something we hold sacred. Additionally, AI systems can carry hidden biases, or incomplete perspectives that do not align with Biblical Truth or the unique needs of each person.

Most importantly, AI can never replace the role of the Holy Spirit in the healing process (John 14:26). Scripture cautions us to "lean not on our own understanding" (Proverbs 3:5) and to "test everything; hold fast what is good" (1 Thessalonians 5:21). We believe that while technology may be useful, it must never be elevated to a place of authority over God's wisdom, truth, or relational design for healing.

## **Organizational Position**

Leadership will prayerfully evaluate and approve appropriate uses of AI across the organization, offering guidance, boundaries, and accountability while honoring individual discernment. Use of AI is optional and not required of any team member.

## **Clinical Use**

AI may be used to assist with drafting, organizing, or summarizing information outside of the therapeutic encounter. AI is never to replace clinical judgment, diagnostic reasoning, treatment planning, or relational engagement with clients.

All AI-generated content used in clinical documentation must be reviewed, edited, and approved by the counselor prior to inclusion in the medical record. Counselors remain fully responsible for the accuracy, appropriateness, and ethical integrity of all documentation.

## **Confidentiality and Ethics**

Client confidentiality must be maintained at all times. Protected health information (PHI) may not be entered into AI systems that are not approved and compliant with applicable privacy and security standards. Transparency with clients is required when AI tools meaningfully contribute to documentation or materials used in their care. In other words, if AI is being used to help with notes, clients must be informed of this and give expressed permission.

### **What This Means Practically**

- AI may support drafting or organizing, not decision-making
- Clinical judgment, prayer, and discernment remain primary
- Transparency with clients is expected
- Use of AI is optional and guided by leadership policy

## **Our Commitment**

Care to Change remains committed to ethical integrity, relational care, and faithful stewardship as we thoughtfully engage emerging tools.

We affirm AI may be used only in ways that protect dignity, uphold Biblical truth, and strengthen the counselor-family bond. Our mission is to ensure that every person who seeks our care experiences the hope, presence, and purpose of God through genuine human connection, while wisely integrating supportive tools that enhance, but never replace, this sacred relationship.

Technology may assist our work, but transformation rests in God alone. We remain committed to preserving counseling and ministry as a sacred, relational process marked by empathy, prayer, wisdom, and love, just as Christ modeled for us (John 13:34–35).

Used with integrity, stewardship, and humility, AI can be a supportive tool. Used without prayer or discernment, it can become a distraction. Our commitment is to walk faithfully, prayerfully, and wisely, holding fast to what is good, and keeping Christ at the center of all we do.