



## LSS Behavioral Health Services

IMPROVING MENTAL HEALTH FOR INDIVIDUALS,  
CHILDREN AND FAMILIES

We believe that behavioral health builds the foundation for health and well-being. No matter what the circumstances, we focus on giving people the tools they need to successfully navigate the challenges they are facing.

### Counseling and Mental Health Services/Child and Family Services

- Individual, couple, family, child and adolescent counseling and therapy
- Addiction assessment and support, group therapy and recovery groups
- Intensive in-home treatment
- Kids/Youth resiliency programs after school and in the summer
- Psychiatric consultation and medication management
- Risk assessment and crisis intervention response
- Anger and stress management

### Military and Veteran Services

A broad range of services for military members, veterans and their families. The services are aimed at empowering veterans and military families to find the support they need to improve quality of life and find stability.

### Therapeutic Foster Care Services

- Standard foster care, foster to adopt, therapeutic and intensive treatment foster care
- 24/7 parent support for foster families
- Family reunification support

### NuVantage Employee Resources

A high-touch, high-quality employee assistance program to promote workplace wellness, enhance employee performance, and improve employee retention and engagement.



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## LSS Military and Veterans' Services

LSS' Multi-Service Approach Helps Bea Find Meaning



When her husband died, Bea thought she would never go through anything harder. For more than 50 years, they experienced parenthood, military life and, finally, debilitating illness together.

That was before a serious car accident showed Bea how much harder her life could get. She sustained a brain injury and underwent months of rehabilitation. Her limited mobility and vision made holding a job challenging. She could barely remember to pay bills. She fell into debt and got behind on her taxes.

After her accident, Bea needed support. Bea's friends suggested she find help through Lutheran Social Service of Minnesota (LSS). Bea's late husband's veteran status meant that she was eligible to utilize LSS' Veterans C.O.R.E. (Counseling and Case Management, Outreach, Referral, and Education), a collection of wellness services that work together to empower veterans and their immediate families to change their life's difficult circumstances.

Bea found services that helped her get back on top of her life. With the help of an LSS certified financial counselor, Bea created a plan to pay off her debt. With the help of her therapist, Bea began to understand and cope with the emotional effects of both her accident and the loss of her husband. "He saved me," Bea said of her therapist. "The support that I received brought me from hopeless to hopeful."

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