



# Building better tomorrows

FOR MISSOURI CHILDREN AND FAMILIES

Mental health concerns affect us all. If left unmanaged, complications may arise that impact daily life. Such issues can include general unhappiness and increased stress, family conflicts, relationship difficulties, social isolation, drug and/or alcohol dependence, problems at work or school, or even legal or financial problems. LFCS Behavioral Health Services address the needs of each individual. We also provide prevention services to vulnerable and at-risk populations.

# LFCS BEHAVIORAL HEALTH SERVICES

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## Mental Health Counseling

LFCS Behavioral Health Services are delivered by licensed professionals who are committed to understanding the unique needs of each individual. Whether counseling sessions are virtual, in-office or school-based, LFCS Mental Health staff work with each client to establish goals; focusing on maximizing strengths and supporting efforts to accomplish desired change. Ultimately, we aim to improve well-being through caring and effective therapy. Common issues addressed include depression, anxiety, family conflict, grief/loss, trauma, separation/divorce, and problems facing children and teens. Specialty services for post-partum depression and memory loss are also available.

## Mental Health Prevention Services

Across St. Louis City and County schools, the Step-UP Program serves students in grades 3-8 in order to develop and improve important life skills like leadership, character development and problem-solving. The program addresses issues such as bullying, substance abuse, violence and other risky behaviors in group settings. One-on-one follow-up services are offered to students in need of additional support as identified by school staff or parents. These individual sessions are meant to create positive, healthy changes in students' attitudes and behaviors.

In Franklin County, LFCS is the premiere provider of trauma-informed prevention services through a partnership with FCCRB called Franklin County Cares. Through this partnership, we deliver education to community leaders and organizations in Franklin County on a variety of trauma topics. We also provide intensive trauma training, consultation and one-on-one interventions to K-12 schools following the Missouri Model for Trauma Informed Schools. The overall goal of these services is to incorporate cutting-edge trauma knowledge into school policies and procedures in order to develop a trauma-informed culture.

**TO LEARN MORE, CONTACT US TODAY AT 866-326-LFCS (5327) OR VISIT LFCSMO.ORG.**

A report of child abuse is made every ten seconds, 18.3 % of children and families live in poverty, suicide is the second leading cause of death for youth and young adults, and nearly 1 in 10 students do not graduate high school.

These are not just statistics to worry about today. These societal issues have long-term health and financial impacts that, if ignored, will be catastrophic for generations to come. Lutheran Family and Children's Services aims to create measurable change in these metrics by providing quality services that offer solutions for Missouri's children and their families. Our holistic approach includes Behavioral Health, Parenting, Foster Care, Adoption and Child Development Service. We create and preserve safety by ensuring parents and caregivers have the skills, knowledge, and resources to maintain healthy relationships. We work with children and adults to establish social, emotional, and financial stability. And to promote sustained well-being, we make sure children have the skills, knowledge, and resources to successfully progress through school.

LFCS is proud to be a leader in prevention and intervention services that address vicious and devastating issues like child abuse, poverty, mental health issues and lack of education. We meet our clients where they are in life and deliver compassionate support and guidance so that they can improve their lives. But we cannot do it alone. LFCS is just one member of a team of public and private partners working to improve these staggering statistics. Together, we work to drive change.

The future of Missouri depends on it.

