

## **August 2018, LSI Bulletin/Newsletter Article and Story**

### **Back to School Month**

School is right around the corner! But imagine being a child or teen with an emotional or behavioral disorder. This time of year can be extremely stressful. They are afraid they won't be able to concentrate or fit in at their school. They worry about adjusting to a new classroom routine or making new friends.

Did you know Lutheran Services in Iowa (LSI) partners with schools across the state to provide mental health services? Our therapists work one-on-one with children while our Behavioral Health Intervention Services team collaborates with families in their own homes to help them develop skills like anger management and healthy decision-making. LSI also provides 24-hour mental health care at the Bremwood and Beloit Residential Treatment Centers in Waverly and Ames to empower Iowa's most vulnerable children and teens.

We thank you for your support of LSI's mission as we respond together to the love of Jesus Christ through compassionate service! We know there are more Iowa children in need of this critical care. If you would like to learn more about how you can give a gift to support these crucial services, please contact Deb Whitford, LSI director of philanthropy and church relations, at 563-676-2065 or [Deborah.Whitford@LSIowa.org](mailto:Deborah.Whitford@LSIowa.org).

*Our Mission: Lutheran Services in Iowa responds to the love of Jesus Christ through compassionate service. LSI is an affiliated social ministry partner of the Iowa congregations of the ELCA (Evangelical Lutheran Church in America) and a member of LSA (Lutheran Services in America). We proudly serve people of all ages, abilities, religions, sexes, gender identities, national origins, ethnicities, races, and sexual orientations. Learn more at [www.LSIowa.org](http://www.LSIowa.org) and [www.facebook.com/LSI.iowa](https://www.facebook.com/LSI.iowa).*

### **A Loving Bond for Landon**

Seven years ago, Ashley was eager to welcome her first child, Landon. While Landon was a perfectly behaved newborn, Ashley began feeling overwhelmed when his behavior changed as he grew.

Landon stopped napping. He began throwing tantrums and lashed out when Ashley tried to help him. Ashley was desperate for a relationship with her toddler, but Landon always pushed her away. She turned to LSI's Behavioral Health Intervention Services.

Peggy, Landon's LSI worker, began visiting their home to help Landon develop the coping skills he needed to control his anger and guide him back to being the happy child he once was.

Peggy and Landon began taking walks together, visiting the library, and playing games. When the family moved to a new home, Peggy made sure Landon was comfortable in his room and encouraged him to use it as a safe space when he needed to be alone.

Peggy and Landon have been working together for years and Landon, now 7, knows he has a support system to turn to on the rough days.

"We would truly be lost without Peggy," Ashley says. "Now Landon gives hugs, lets me know when he's angry and – the biggest gift of all – I occasionally hear, 'I love you, Mom'."