

August 2022, LSI Bulletin/Newsletter Article and Story

Back to School Month

School is right around the corner! This time of year can be exciting and stressful for many of us, but adjusting back into a classroom routine can be especially difficult for kids and teens with emotional or behavioral disorders.

Lutheran Services in Iowa (LSI) provides mental and behavioral health services for children and families across the state. Our therapists provide virtual and in-person therapy sessions with children, while our Behavioral Health Intervention Services (BHIS) team collaborates with families in their home to help them develop skills like anger management and healthy decision making. LSI also provides 24-hour mental health care at our Bremwood Residential Treatment Center in Waverly to empower Iowa 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.

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 LSI (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 LSIowa.org and [Facebook.com/LSI.iowa](https://www.facebook.com/LSI.iowa).

Support for the Long Run

Part of LSI's mission is to ensure hundreds of Iowa children and families have access to quality mental health care, parenting education, and crisis services.

On our Bremwood Residential Treatment Center campus in Waverly, staff are able to provide 24/7 behavioral health care and encouragement for children and teens like N. During her time on campus, N. and her team of therapists and professionals worked on developing coping skills that could help her manage her anger on the difficult days and take space for herself when she felt overwhelmed.

She was able to participate in Spiritual Life, a voluntary faith-based program offered on campus. N. says the program helped her learn important lessons about forgiveness and trust through reading passages of scripture. She says the biggest lesson she has learned is that "when you make a mistake, there are ways to fix it."

N. is now looking ahead and has goals for her future. She is working on graduating high school, and she is excited to get her driver's license. She wants to become a special education teacher and empower the next generation, and she wants her story to inspire other kids who could benefit from the same care she received through LSI.

**LSI does not identify the people we serve, except in well-vetted circumstances. The names and some personal details we use in this story have been changed.*