

## **March 2019, LSI Bulletin/Newsletter Article and Story**

### **March is National Professional Social Work Month**

March is National Professional Social Work Month, a time to recognize social workers and thank them for all they do. At Lutheran Services in Iowa (LSI), we're grateful for the many social workers who have dedicated their lives to serving our community!

Maybe you've never had a social worker involved in your life. Yet, whether you realize it or not, you've had the benefit of their behind-the-scenes work in your community. Social workers help people help themselves in overcoming life's most difficult circumstances or managing challenges of everyday living: poverty, abuse, mental illness, depression, addiction, disability, and many other situations.

Iowa wouldn't be the same without the patience, guidance, and empowerment that social workers provide. Happy National Professional Social Work Month!

*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).*

### **Finding a Support System**

Aubreigh knew something needed to change.

She was struggling with substance use and alcohol. She couldn't find a way to take care of her mental health. She was unable to provide a safe home for her son, who needed to move in with his dad. When she finally took a step in the right direction and found a home, all her belongings were stolen.

Through LSI's Family Safety, Risk, and Permanency Services, Aubreigh connected with her worker, Kelsy. Together, the duo is working on budgeting Aubreigh's money, finding a good job, and building a safe home environment for her son.

"I was in a bad situation, and I'm really thankful for LSI," she says. "Without them, who knows where I'd be."

Aubreigh now meets with Kelsy once a week and feels like she is finally on the right path after plenty of hard work. She is working with her son and his father to build a healthy co-parenting relationship, and she knows Kelsy will always be in her corner, ready to cheer her on.

"Kelsy has been an awesome resource. She helps if we have issues co-parenting, and we do a lot better now as a family," Aubreigh says. "If I have any problems, Kelsy is there."