



## Fall Newsletter 2010

### A message from the Director...

#### **Lutheran Agencies Expand Partnership**

I am pleased to announce that The Board of Directors of Lutheran Family Services and Lutheran Social Services of Northwest Ohio have signed a new affiliation agreement effective July 1, 2010. The revised agreement sets up a mutually beneficial and cost effective arrangement that supports and expands the ministry of both agencies.

The new role of the LFS Board will be to oversee the budget and to manage investments and capital expenditures. LSSNWO will assume full responsibility for managing the daily operation and providing all services. The new business arrangement eliminates costly duplication of effort regarding accreditation, certification, billing and other administrative affairs.

In other news, Linda Jungeberg completed her term as Board President and is being replaced by Sandra Kubit. Linda first started on the Board in 1998 and served as President for three (3) consecutive terms starting in 2004. Her current term ended and she was no longer eligible to continue on the Board. She has volunteered to serve as an ex-officio member of the Board and plans to stay involved with supporting our ministry. At her last official meeting she remarked: "I feel blessed to have been a part of all of the positive improvements that have taken place over the last few years. At this point, we need to continue reaching out to children and families in need of our services."

Sandra Kubit started on the Board in 2007 and is looking forward to her first term as Board President. She adopted her son from the agency 20 years ago and currently works as a gift planning manager for KeyBank in Cleveland, Ohio.

As a special note, I would like to thank Linda Jungeberg for her leadership and vision for the future of Lutheran Family Services. She started every meeting with a special request to the Lord for guidance. Her prayers were answered as she successfully guided the agency through some difficult times while always keeping her focus on the needs of God's children.

Yours in Christ,

Donald W. Thernes Jr.

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## New! Trauma Intervention Services

LFS continues to pursue its vision to better serve children and adolescents who have been victimized by violence and other tragedies. The purpose of trauma intervention is to provide the help and support children need to overcome horrific past experiences such as assault and rape.

The goal of the program is to reduce the adolescent's traumatic reactions, restore a sense of

safety and power and, thereby, improve the adolescent's behavior and ability to learn and be productive both within his family and community environments.

Lutheran Family Services is dedicated to providing this support with our new trauma intervention program. The program consists of 10-11 weekly sessions and provides an effective trauma-specific intervention

that supports the needs of children and adolescents, ages 7 to 17 who have been exposed to various traumatic incidents. Not only will the young people benefit from the program, but their families will benefit as well. Lutheran Family Services is committed to identifying the role and strategies parents can take to help meet their child's needs.

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## Immersed in Service: Project Affinity Makes a Difference

Author: Jessica Esch

Walking into Lutheran Family Services on June 3<sup>rd</sup>, I was filled with a variety of emotions. I was nervous to start working, yet when I met the staff and learned about the projects I would be doing, my fears were relieved and I was eager to start. For eight weeks, I am participating in a group with nine other students, called Project Affinity, organized by the Community Outreach Office at Baldwin-Wallace College. We live in a house together and have one goal in mind; service. Each participant volunteers at two non-profit organizations in Cleveland, where we help out with a variety of projects. I have had the privilege to work at the organizations, Esperanza, where I serve as a summer camp counselor for a high school students, and Lutheran Family Services. While at LFS, I have been able to see all the behind the scenes work involved with running a non-profit. I have a new understanding and great appreciation for all the hard work and dedication involved with establishing and maintaining a non-profit. The staff has welcomed me to the office and made me feel like a valuable member of the team. Before working at LFS, I was set on a teaching career, but now my eyes have been opened to working for a non-profit organization. I see the determination the staff has to reach out and help better the lives of people in the community. I want to make an impact and live a life dedicated to helping others, ultimately working hard to be the hands and feet of Christ. We are called to love one another as He first loved us, and this is best done through serving others. I hope one day to work for a school or organization like LFS, where I work with others who have recognized this calling of service.



## Services We Offer

### Counseling Services

LFS therapists are licensed professionals who are trained and experienced in treating a variety of emotional and psychological disorders. We offer individual, couple, family, and group therapy, as well as pregnancy counseling. LFS also has two trained trauma specialists on staff.

### Spanish Speaking Services

LFS now has a bi-lingual Spanish speaking Licensed Professional Counselor available by appointment for mental health assessment and counseling.

**Outreach Programs** School and community outreach programs consist of counseling,, resiliency groups, a clothing drive and much more!

### Adoption Services

LFS helps bring together families and children in need of a loving, nurturing family. Adoption services include Home Studies and post-placement services for domestic and international adoptions.

## LFS and St. Malachi Center Partner to Build Resiliency in Youth

During the last year, Lutheran Family Services has been working with the St. Malachi Center to better meet the educational and behavioral healthcare needs of the children participating in the St. Malachi after school program. Our shared goal is to provide more structured educational programming and improve access to behavioral healthcare. By working together and sharing resources, both agencies are able to operate more efficiently and effectively and can avoid unnecessary duplication of effort.

During the summer of 2010, both agencies continued this shared approach by augmenting the St. Malachi summer camp program with **new resiliency groups** for boys and girls. The groups taught important life skills to the 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade girls and boys. The experience provided the youth with opportunities for group participation and positive social involvement. Activities were designed to foster and promote new skills, attitudes and competency.



During the last year, LFS established several cooperative inter-agency relationships in an effort to better serve the needs of children and families. LFS has partnered with existing area programs including the Youth Employment Program and Next Step. These programs are operated by Support To At Risk Teens (S.T.A.R.T) in association with Lutheran Metropolitan Ministry. By working together and sharing resources with these existing agencies, we are able to operate more efficiently and build a better future for young people and their families.

*Left: New Resiliency Group in cooperation with the St. Malachi Center.*

## Thank You !!

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Lutheran Family Services, an extended arm of the Lutheran Congregations, exists to serve all families and build communities by providing Christian based services to adults and children to enhance the quality of their lives.

## Opportunities to Get Involved ...

### **Become a Board Member**

Join the Lutheran Family Services Board of Directors and see the world through the eyes of a child who is in need of our services. Be an important part of their future. We are seeking men and women interested in serving on our Board of Directors .

### **Donate**

It is through the support of those who believe in our mission that we are able to continue to provide services to those in need.

### **Volunteer for Service**

We are seeking Christian men and women who want to serve the Lord by volunteering with our community outreach projects.

### **New Clothing Project!**

LFS is recruiting for volunteers to help with its new clothing ministry. The goal of the project is to provide for the clothing needs of young people including children living in residential facilities and foster care. We are accepting all clothing donations with an emphasis on disposable diapers, new and used clothing for infants, toddlers and youth.