



If your child, or a child you know, is struggling at home, school or in social situations, we can help. Our licensed and certified counselors and therapists are available to address the particular concerns that today's youth and adolescents face.

Students may express mental health or behavioral issues in a variety of ways, and occasional outbursts are normal to growing up. However, if a pattern emerges and begins to affect the student's schoolwork, peer relationships or family dynamics, it may be time for a discreet and professional evaluation. Some areas of concern include:

- Depression lasting more than a week
- Anxiety and anxious behaviors
- Attention deficit
- Displaced anger and defiance
- Eating disorders
- Becoming extremely withdrawn
- Escapism and refusing to participate

Our expertise and caring perspective can help students and families navigate through even the most difficult or stressful childhood and adolescent concerns.

Lutheran Counseling and Family Services of Wisconsin is a non-profit social ministry organization. We rely heavily on the generation and support of others. Any donations, gifts, bequests or volunteer assistance would be greatly appreciated and will help us to continue our mission and ministry to serve all who seek our assistance.



**Lutheran Counseling
& Family Services**

LCFS accepts most insurances and offers a sliding scale to benefit the uninsured or underinsured.

Lutheran Counseling and Family Services
3800 W. Mayfair Road • Wauwatosa, WI 53222

www.lcfswi.org

In-school Counseling Services for Students At Risk or In Need



**Lutheran Counseling
& Family Services**



Free In-school Counseling Program

We offer personalized and confidential in-school counseling, led by licensed and certified mental health counselors and therapists who can assist children who have been identified by teachers, principals, family members, pastors or others as exhibiting potential at risk behaviors. These are behaviors and actions that are interfering with a student's ability to do things that are appropriate for his or her age, are beginning to damage relationships, or are impacting learning and development.

Once a student is identified, written permission is obtained from parents allowing us to meet with the child during the school day to provide an evaluation and possible counseling. We work closely with teachers to ensure the timing is coordinated and in the best interest of the student. If counseling sessions are recommended, each student on average will be seen for up to 10 thirty minute sessions. Please note, our in-school services are offered at no charge to students or schools and are made available through generous donations and grants from community partners.

If you are considering counseling outside of the school setting, sessions can also be arranged for students at our facility or affiliated local church offices for convenience and accessibility. Additionally, we can include parents and siblings to address affiliated mental health issues including stress management, coping and anger management skills, relaxation therapy and more. Most insurance plans are accepted for these counseling sessions and we offer a sliding scale for uninsured or underinsured situations.

When children have been identified as having emotional, learning or behavioral problems, the earlier they can be counseled, the easier it is to resolve and help put them back on track for a successful future.

Heroin and Other Opioid Awareness Education

Addressing the growing concern of heroin and opioid abuse in our communities, Lutheran Counseling and Family Services is well positioned to offer strong and poignant education regarding the dangers of drug abuse and addiction. Our therapists, specially trained in dealing with substance abuse issues, are available to conduct faculty training, middle and high school assemblies, or classroom visits to explain the dangers and realities surrounding opioid addiction.

Middle and high school students can easily fall into the trap of peer pressure, escapism and risk-taking behaviors. Now is the time to weave in aspects of education and intervention to prevent usage and abuse.

Faculty/adult education includes:

- the harmful/health effects of drug use
- what signs and symptoms to look for in students
- awareness regarding side effects and withdrawals
- how to acquire treatment for drug addiction from outside referrals
- recognizing signs of an overdose
- synergistic effects – the lethal combination of combining different drugs

In assemblies or classroom talks, students will be taught:

- addiction can happen to anyone and it can have deadly consequences
- what starts as a small choice to drink alcohol, smoke cigarettes or pot can lead to a path where small choices lead to more dangerous ones
- one pill combined with alcohol can be fatal, even with the first 'experiment' in middle school
- the addiction process in clear, understandable facts, including the cycle of how opioids affect the brain, how they can lead to addiction, and how abuse of prescription medicines leads to heroin, an often fatal option
- their choices matter and can affect themselves and their families

Our speaking engagements on opioid abuse will provide facts, awareness and early intervention skills to help students become best equipped to make strong and educated decisions in their future.

If you are interested in LCFS's in-school counseling services or would like to schedule an educational speaking engagement, please contact us at 414-536-8333 or via email at lcfs@lcfswi.org. Learn more at www.lcfswi.org.