



Lutheran Counseling
& Family Services

TEMPO

Summer
2018

Lutheran Counseling and Family Services of Wisconsin
...where Christian caring makes the difference!

Strengthening the Community - One Child at a Time

There is a mental health crisis growing in our country. According to Mental Health America, over 40 million Americans have a mental health condition. More concerning, the mental health of our youth is worsening. The Center for Mental Health in Schools estimates 20% of school-aged children currently have a diagnosable mental health disorder and up to 50% of these are acute enough to impair their ability to function each day. Studies show that nearly 50% of chronic mental illness starts around age 14. Shockingly, suicide is the third leading cause of death for 10-24 year olds.

What is being done to help these children? Experts agree that identifying children at risk, having access to professional care and early intervention are the keys to helping children overcome mental health issues and set them on paths to healthy and productive futures.



For over 20 years, Lutheran Counseling and Family Services of Wisconsin has been providing an In School Counseling program to local schools for children who are at risk for - or experiencing - a mental health issue or behavioral problem.

Through this program, LCFS provides state licensed counselors with extensive background in child, adolescent and family counseling. Each possesses deep rooted Christian values and approach their work not to label a child as having a mental health issue, but to provide nurturing, professional counseling with the belief that healing, health and recovery need to occur at all levels: mind, body and spirit.

Counselors see students in participating schools for anxiety, displaced anger, Attention Deficit Disorder, stress, inappropriate social behavior and other issues that are affecting the child's development. If a child is struggling in the classroom, they may be on a pathway for

lifelong issues. Teachers are acknowledging that what was once deemed as "bad behavior" could be an underlying mental health issue and addressing it quickly is key. Studies show that the sooner a child is identified and professionally counseled through a problematic period, the stronger their odds are for a positive and productive future.

With parental permission, LCFS counselors work with school administrators, teachers and parents to encourage early intervention and treatment and to ensure the child's care is confidential and effective. Each student is evaluated and a personal plan of goals and progress points is established. Students are seen regularly with sessions discreetly woven into the child's school day until individualized goals are met. Parents, teachers and administrators are kept apprised to ensure all understand the reasons behind the child's behavior and are on the same page in helping that student achieve success. Counselors also offer teachers techniques in dealing with specific students and situations. When requested, they work directly with parents to provide a stronger continuity of support between school and home life for that child.

For both schools and families that struggle with the financial aspects of professional counseling, LCFS helps to bridge that gap. There is no charge to schools for this program. If a family has insurance, copays will be collected but LCFS offers a generous sliding scale and will subsidize payments if finances are a concern.

Treatments for serious mental health issues are highly effective. With proper treatment, 70 – 90% of children have significant reduction of symptoms and lead happy, productive and successful lives, including academic success. (National Institute of Mental Health, 1999).

Improving the mental health of our communities is a long range endeavor and society is just now realizing the enormity of it. LCFS plans to be a part of the solution for many years to come. It is our mission and our purpose.

Thank you to the following foundations which generously help to support LCFS's In School Counseling Program: The Bader Foundation, The Batterman Family Foundation, The Brewers Community Fund, The Greater Milwaukee Association of Realtors Youth Foundation, The Lutheran Church—Missouri Synod and The Siebert Lutheran Foundation.

In School Counseling Success Stories

Ricky's story*

Ricky was disruptive and abusive to teachers, aides and other students. In hopes his behavior would improve, he was regularly suspended for 3-5 days at a time. The school turned to LCFS's In-School Counseling program for help.

Andrea Alfke, LPC, assessed Ricky. He was prone to anger outbursts, lacked socialization skills, was performing far below national education standards and had already been suspended 9 times. His parents, overwhelmed with his outbursts, no longer wanted him in their home and granted custody to his grandfather. Ricky felt distanced from his home and siblings.

Andrea began teaching Ricky to identify triggers to his anger and develop coping skills. She worked with him on anger management techniques, emotion control and proper socialization skills. She also provided counseling to his grandfather and mother, working on parenting skills and supporting Ricky in his home-life.



Ricky entered first grade with stronger coping skills. He was able to let teachers know when he needed time to be alone to control his emotions, was able to make better decisions and related well with his classmates.

After one semester, Ricky had zero suspensions and was performing above his grade level standards. He was seen as a happier, better adjusted student and continues to work on the personalized goals set for him.

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John's story*

John's teacher described him as out of control. He was constantly disrupting the classroom, leaving his seat and bothering others. While he had a sweet personality, administrators felt they had no choice but to recommend expulsion. John's parents enrolled him in LCFS's counseling program in an effort to keep him at that school.

Rory Gaouette, LPC, diagnosed John as displaying classic signs of ADHD. Counseling showed that he was motivated to be good and get good grades, but was overcome with urges to move around and an inability to focus. Rory worked with John on behavioral modification programs including establishing goals for good behavior and achievement, setting limits and consequences and practicing proper behavior. She also worked with his parents on incentivizing new behavior patterns.

John was able to remain in the school. During the year he continued his counseling sessions and made great strides. He moved up two reading levels. He was able to join a group setting of desks with his classmates (instead of being isolated alone at the edge of the classroom). And he knows his movement triggers and when to move to a safe zone in the classroom to "get his wiggles out". His teacher reports that he has been a good student with a positive attitude who is excited about his future.



**Names and photos do not depict actual clients.*

A Message from the CEO Deb Rayburn, MS, LPC, CSAC, CSIT

Hello Friends,

I am so proud of LCFS's In School Counseling program, a program that has been helping local kids for over 20 years! What greater accomplishment can be made than helping a child overcome a challenge and helping them to improve their lives and their futures? It's a blessing we can be a part of every day!

More schools are realizing the benefits of having professional counseling for their students. We are fortunate to have the generous support of several local foundations allowing us to offset costs for parents who desperately want the best for their children but may not be able to afford professional care. We are truly helping to strengthen our community—one child at a time. If you know of a school that may be interested in LCFS's In School Counseling program, please have them contact me.

Blessings to you!
Deb Rayburn, CEO



Contact LCFS at 414-536-8333, FAX—414-536-8348 or EMAIL at lcfs@lcfswi.org

A Tribute to Erv Yanke A Lifetime of Commitment and Love

Erv Yanke was a man of strong faith and commitment. Not only was he committed to serving the Lord steadfastly, he was also eternally committed to his family, to the students he taught and mentored for over 38 years, and to the work and mission of Lutheran Counseling and Family Services of Wisconsin (LCFS).

Erv passed away November 28, 2017 at the age of 90. He left a legacy of love and dedication to those who knew him, including his 3 children, 11 grandchildren, 2 great-grandchildren and his loving wife, Maxine. Erv was preceded in death by his first wife, Dorothy.

As an educator, Erv touched the lives of thousands of students as a teacher, principal and Assistant Superintendent of the West Allis/West Milwaukee School District. He found energy in the students and enjoyed teaching them not just out of a textbook, but also providing valuable lessons in living good, charitable lives. As a teacher in the late 1960's, he worried about his students who were having issues at home and sought out LCFS's counseling services. He was drawn to the agency's mission to assist the children of the community and formed an immediate connection. Seeing the profound changes LCFS counselors made working with troubled kids and families, he committed himself to helping LCFS expand and thrive.

Erv fully embraced LCFS. He became a resource for counselors, offering insight to adolescent behavior and developing new counseling programs. He volunteered his time, often bringing his children with him to assist at LCFS's residential facility in the 1970's. His son David recalls many a summer helping to set up for the annual fundraising picnic. Dorothy helped form and served on the LCFS Women's Auxiliary. After her passing, the Chapel at LCFS was named in her memory.

Erv became President of the LCFS Board of Directors in 1974 and helped the agency grow its services in adoptions as well as in mental health counseling, - adding addiction services for drug and alcohol abuse and developing the In School Counseling program – all programs which continue to flourish today.

“My dad felt an intense loyalty to LCFS,” says David. “He believed in what LCFS was doing and trying to accomplish. It's rewarding to see that his guidance and impact lives on through programs he helped to develop.”

When Maxine, a former teacher herself, met Erv on a Lutheran trip abroad in 2000, she knew he was very special. “He had such passion for helping others,” she says. “Especially children. I think that's why he felt so closely connected to LCFS.”

Erv stayed active with LCFS for nearly 50 years, many as a board member and always as a valuable resource and mentor. Even with his health failing in his sunset years, Maxine helped him to devotedly be in attendance at meetings and functions. He wanted to give as much as he could to the agency he loved.

The last words Erv spoke in his life were ‘I'm in the arms of my Lord.’ “That's just like Erv,” says Maxine. “I believe those words were his gift to me. He wanted me to rest assured he was on his way to heaven.”

“I've always called Erv my blessing,” says Maxine. “But now I can see what a blessing he has been for others. His family, his church - St. Paul's West Allis - and LCFS were truly the main aspects of his life. He was so devoted to each, and each is better because of him.”

The staff of LCFS is so thankful for the legacy that Erv Yanke instilled in this organization and are proud to carry on his work.



Maxine & Erv Yanke

Adoption Is All About Love



At LCFS, we know giving a child up for adoption takes courage, support, and a lot of love. If you are pregnant and not sure what to do, here's what we can promise you:

- ◆ To provide you with options that are best for you and your baby.
- ◆ To support you through your entire journey, without pressure or opinion.
- ◆ To provide loving, Christian families for your consideration.
- ◆ To make available any professional counseling you may need.
- ◆ To listen, to understand, to care.

Adoption is a life changing decision. Let us help and support you. Call us at 414-536-8333.

Congratulations to the following families on the completion of their adoptions:

- ♥ Dawn and Tom on the adoption of their son, Henry, 3/2/2018
- ♥ Stephanie and Al on the adoption of their daughter, Bernadette, 3/8/2018
- ♥ Tabitha and Paul on the adoption of their son, Grant. 3/20/2018
- ♥ Michael and Kimberly on his adoption of their daughter, Cora, 4/24/2018
- ♥ Mel and Tom on the adoption of their son, Ryken, 5/8/2018
- ♥ Justin and Angela on the adoption of their daughter, Samantha, 5/17/2018

Some of the most loving mothers in the world have never given birth.

PLEASE USE THESE FUNDS
TO FURTHER LCFS'S MISSION

Name: _____

Address: _____

Phone number: _____

Email: _____

Gift Amount: *(please check)*

\$25 \$50 \$100 \$200 \$500 Other

I would like to learn more about LCFS's free
Planned Giving Services.

I would like to be added to the LCFS quarterly
newsletter email list.

ONLINE: Donations can be made through
PayPal at www.lcfswi.org

CREDIT CARD. Please enter the following
information:

Credit Card Number: _____

Expiration Date: _____

CVV (card verification value): _____

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Signature _____

CHECKS Payable to: Lutheran Counseling
and Family Services of Wisconsin

LCFS Contact Information

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