

Your Faith In Action

Take a look at some of our most fundamental shared priorities

- Strong families are a powerful force for good
- Children who get involved with juvenile court in ND should have diversion as an option
- Preserving affordable housing keeps communities strong
- Incarceration should not be the only solution available to a person who needs mental health care or addiction treatment
- Restorative Practices can reduce the incidence of community violence including school- related violence
- Proactively addressing trauma and its effects on people will help prevent addiction
- It is possible for seniors to get the care they need in their home communities, if we work together
- Coordinated care systems support effective service delivery

Lutheran Day at the Capitol | April 4, 2019

A special thank you to everyone who came to the first-ever Lutheran Day at the Capitol in April. Watch for details for the next Lutheran Day event!



*Guided by God's love and grace,
Lutheran Social Services brings healing, help and hope.*



Your Social Ministry

LSSND across the Western ELCA Synod

Therapy Services

- LSS offers a network of **21 mental health counselors** who connect with people in-person and remotely. Many of our therapists specialize in working with children who have experienced trauma. **Eight** are or are in process of becoming nationally certified in **trauma-informed practices**. **Four** are **combat-deployed trauma-trained veterans**. We also have **four** new **Licensed Independent Clinical Social Workers**. (Visit www.lssnd.org/aboundcounseling to learn more about the team.)
- Demand for our mental health services continues to grow. In January '18, our therapists conducted just below **500 sessions**. In January '19, the number of sessions climbed to **700**.
- We now have a combination of tele-health sites and therapists deployed to in-community settings, like schools and county offices (including locations in **Williston, New Town, Dickinson**).
- We care about the hard-working North Dakotans who feed our world. We have established Farm-to-Farm Therapy – a tele-health option that easily and confidentially connects farmers and ranchers to a therapist with a farming background.
- Mental health services are insurance-eligible services for most people; LSSND bills for these services via Medicaid, Medicare, and most private insurance providers.

How you can help

Our **Abundant Care Fund** helps LSS provide charitable care to people who are in between insurance coverages, or who struggle to afford the co-pays and deductibles that apply to their insurance plans. If you are interested in donating to support charitable care, contact Bryan at **701-240-4505**.

Housing

LSS has developed 429 housing units across the Western ND ELCA synod since 2010.

- **Watford City** – Creekside Cottages (24),
Prairie Heights (124), Cherry Creek (77)
- **Williston** – Legacy at Central Place (44)
- **Tioga** – Nordic Hills (26), Juniper Ridge (10)
- **Belfield** – Greenfield Heights (12)
- **Hettinger** – Courtside Apartments (24)
- **Bowman** – The Landing (24)
- **Beulah** – New Energy (24)
- **Parshall** – Bayview Townhomes (12), Bayview
Apartments (8)
- **Stanley** – Linden Corners (17)
- **Ray** – 3 single family homes

And we also help other owners manage another **283 units** of housing in **Bismarck** (85), **Bottineau** (54), **Bowbells** (8), **Rugby** (20), **Watford City** (88), **Williston** (16), **Mandan** (12). All in all – LSS Housing provides housing to more than 1,400 people across the western ND synod every single day.

How you can help

We are in constant need of new washers and dryers, and occasional need for new dishwashers and stoves, paint, and other maintenance supplies as well as general apartment furnishings. Contact information for housing-related donations: **Bryan at 701-240-4505**.

Human Trafficking Survivors

We are dedicated to helping men, women and children who are victims of labor trafficking in ND communities. Call **701-271-1623** with trafficking-related concerns.

Disaster Relief

- In 2018-19, we handled **45 cases** involving North Dakotans affected by natural disaster in the communities of **Watford City** and **Ellendale**.

- In **Watford City**, we provided \$301,840 in financial assistance after a tornado. Other assistance included chairing the unmet needs committee, fundraising, distributing food bank items and providing emotional support through case management.
- In **Ellendale**, we provided \$42,347 in financial assistance, chaired the unmet needs committee, raised funds and provided case management.
- Due to the **Yellowstone River** flooding in March, we anticipate helping **20 clients** and estimate needing a minimum of \$250,000 for unmet needs/financial assistance. Nine homes were completely destroyed while 12 sustained major damage. If you would like to donate to help flood victims, please contact **shirleyd@lssnd.org**.

Senior Services

- LSS and local partners have Senior Companion volunteer stations at **48 sites** throughout North Dakota, serving **32 counties** as well as **Bismarck, Bottineau, Dickinson, Fort Yates, Harvey, Hazen, Minot, New Town, Steele, Towner, Trenton, Turtle Lake, Watford City, Williston, & Wishek**.
- Since re-starting in 2017, **RSVP (Retired Senior Volunteer Program)** has recruited **546 volunteers** statewide, including **334** in western ND. We have volunteer sites in **Dickinson, Bismarck, Minot and Williston**. Our senior volunteers continue to do worthwhile work in their communities, working with nonprofits like local/regional food pantries and with government agencies like the VA health system.
- **Aging Life Care** specialists help older adults and their families navigate the decisions that come with changing health needs. Staff are able to serve people living in most western ND communities and are certified as community transition specialists, helping people transition from institutional to community settings.

Safe Schools and Safe Communities

- Restorative Justice facilitators have worked with kids and families in: **Alexander, Beach, Bismarck, Bowman, Burlington, Dickinson, Gladstone, Grenora, Hazen, Hettinger, Killdeer, Mandan, Minot, Regent, Stanley, Taylor, Tioga, Watford City, Wilton and Williston**, helping people heal and move forward after a crime has occurred. To volunteer, please visit **www.lssnd.org/volunteer**.
- We've partnered with more than **16 school districts** across the state including **Bismarck, Dickinson, Minot, Mohall, Underwood and Wilton** to provide training and support for creating school environments where all students and staff can thrive. To learn more about Restorative Practices in Schools, please contact **Kelli Adams** at **kellia@lssnd.org** or **218-791-6380**.

Child Care

- **Child Care Aware** offers free start-up consultation to newly licensed child care programs. North Dakota added **187 programs** between May 2018 and April 2019.
- CCA supports communities that have a child care shortage by supplying child care data, facilitating community meetings and assessing possible locations. Communities that received support this past year to strengthen and grow the availability of high-quality child care include: **Carrington, Drake, Hankinson, Harvey, Hoople, LaMoure, Linton, Midway, Mohall, New Rockford, Rolette, Taylor, Velva, Walhalla and Williston**.
- **Bright & Early ND** is the state's Quality Rating & Improvement System (QRIS), and is part of a national movement to assess and improve the quality of ND child care and early education programs. Bright & Early professionals provide approximately **350 hours** of QRIS coaching each quarter. In the first quarter of this year, B&E worked with **157 quality-rated programs** that care for **7,778 preschool children**.

Violence Free

- This statewide program works to eliminate domestic violence by treating those who have committed a domestic violence offense against an intimate partner. Treatment groups are located in **Bismarck, Minot, Williston and Dickinson**.
- In the past year, staff and facilitators at those locations have treated **86 people** in group settings and conducted evaluations on **14**, including **14 women** who were found guilty of domestic violence charges.

And a few new projects you may have heard about:

Free Through Recovery

- **Free Through Recovery** began in February 2018 with one trained coordinator and has grown to **10 coordinators** across the state, serving western communities such as **Minot, Williston, Dickinson and Bismarck**. To date, we have served **141 clients** and have success stories in many areas: employment, stable living, no new involvement with the legal system and working on recovery from addictions.

Family Strengthening Hubs

- LSS has a new initiative to create “**family strengthening hubs**” - a new approach to ensuring that a group of highly effective services geared to serving the needs of families are available when and where people need them. We expect to start serving families in **June**.
- Hubs include access to **Healthy Families** home visiting, diversion services for kids in the juvenile justice system and family strength coaches to help families find resources they need.
- This effort will allow us to expand services to families in 5 western ND counties: **McKenzie, Dunn, Billings, Stark and Hettinger**.

Gambler Healing

- Our **Gamblers Choice** program launched an exciting new venture in fall 2018 with its innovative online gambling treatment program, “Gambler Healing.” This affordable curriculum makes it possible for people with gambling problems to get help from the privacy of their homes.

Imagine Thriving

- Reaching out to youth, families, schools and communities to help eliminate mental health stigma and provide mental health education and resources this newly expanded initiative offers conversation-starter moments through film screenings, youth-led in-community efforts and parent cafe-type conversations.
- Screened “**Not Alone**” in **Bottineau** this spring. Expect to see more about this effort in coming months.

³⁰ Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. ³¹ The second is this: **Love your neighbor as yourself.** “There is no commandment greater than these.”

Mark 12:30-31

Stay Connected

with Lutheran Social Services of North Dakota

- Check out our website for info you can use in your church bulletins, and much more: **www.lssnd.org/church-resources**
- Pick up a postcard with easy-to-reference contact info for some of our popular services.
- If you are interested in someone from LSS speaking at your church, or if you're looking for printed materials, contact: **Jean - 701-341-9026**
- For volunteer opportunities available near you, visit our website: **www.lssnd.org/volunteer**