Lutheran Counseling & Family Services

ADDRESS: 3800 N. Mayfair Road
Wauwatosa, WI 53222-2200
Phone: 414-536-8333
Fax: 414-536-8348
Email: lcfs@lcswi.org

SUPERVISOR/CONTACT PERSON: Chuck Meseck, PhD., CEO
drMeseck@lcswi.org

REQUIREMENTS: Pre-placement Interview and Acceptance

WEBSITE: www.lcswi.org

Updated: 2/20/14
WHO CAN ASSIST ME IN RECOVERY FROM DEPRESSION?

A psychiatrist or family doctor can prescribe medications that will help address the symptoms of depression if needed.

A psychologist or psychotherapist is specifically trained to help people assess your life and to work on new strategies that will help you recover from depression so that you have the best possible chance to avoid further depressive episodes. The best possible first step is to meet with a therapist who can listen to you and help you set goals. A mental health worker can also be instrumental in referring you for medications if they are needed.

If you have any questions regarding your depression, please feel free to call Lutheran Counseling and Family Services of Wisconsin at any time. South WI 1-800-291-4513 North WI 888-867-4840

You may also email us at lcfs@lcfswi.org if you have questions.

Lutheran Counseling & Family Services of Wisconsin

South WI 1-800-291-4513
North WI 1-888-867-4840

Website: www.lcfswi.org

The Staff is available for presentations.

If you are presently feeling suicidal or homicidal, the best thing for you to do is to go to the nearest hospital emergency room.

We take depression very seriously.
Please let us help you.

...where Christian caring makes the difference!
DEPRESSION

Major Depression takes a horrific toll on our society each and every year through death, disability, a lack of productivity, and as a causal factor in the disintegration of families. Depression often is part of a disabling process when trying to cope with many other illnesses such as heart attack, diabetes, cancer, or just simply aging.

MISUNDERSTANDINGS REGARDING DEPRESSION

If I pray about my depression it will go away.....

There is nothing wrong with prayer regarding any illness, but sometimes God’s answer to prayer could be “get to a therapist or take a medication or both.”

Taking a pill will rid me of depression......

This is a big maybe. While an antidepressant can help us feel fewer symptoms, they won’t assist us in realigning our behaviors or self-deprecating thoughts. If thoughts and behaviors don’t change further depressive episodes are likely to be in our futures.

I can’t get better from depression; this is my lot in life.....

People get better from depression all the time. The key element sometimes is that you need help, a guide that understands the disorder. Individuals who look at their lives with the help of a psychotherapist almost always feel relief from the depressive burdens that they’ve kept secret.

SYMPTOMS OF DEPRESSION

1 - Depressed mood many days of the month

2 – Loss of interest or pleasure in life

3 - Weight gain or loss

4 – Can’t sleep or sleep too much; frequent awakenings from sleep and also not waking up feeling refreshed

5 – Feeling as though your body has slowed down

6 – Fatigue or loss of energy

7 – Feeling worthless or excessively guilty

8 – Inability to concentrate or make decisions

9 – Thoughts of death, a suicide plan or attempt
The purpose of this group interaction is for personal growth, not as a critique of your organization.
THE ISSUES
- Do you or your colleagues feel stressed on a fairly consistent basis?
- Multi-tasking got you spread out?
- Everyday we are all bombarded by thousands of positive and negative stimuli.
- How does imbalance affect work environments, home environment or communications with others?

1-800-291-4513

THE GOALS
Research shows us more and more each year that maintaining balance in life makes us:

- Happier
- More productive and efficient
- Increases longevity
- Helps relationships grow
- Helps us cope with unexpected events effectively

THE APPROACH
Through our group talks we will discuss balance among the following areas:

- Emotional
- Social/Behavioral
- Spiritual
- Recreation/Leisure
- Physical (diet, sleep, etc.)
- Work/Education

Professional speakers from LCFS of WI are available statewide for single or multi-session events.
We also offer the following services:

- Adoption
- Family Life Education
- Mental Health Services
- Counseling for Individuals, Couples, and Families
- Substance Abuse Services
- Mediation Services
- hitter: LCF has offices throughout Wisconsin.

LCFS is committed to making a difference in the lives of those we serve. Contact us today to learn more about how we can help you or your loved ones.

Administrative Office
3800 North Mayfair Road
Wauwatosa, WI 53222-2213

Toll Free Numbers:
North Wisconsin—888-867-4840
South Wisconsin—800-291-4513

Email: lcfswisconsin.org

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Marital Therapy

MARITAL THERAPY

Reasons for being involved in marital counseling/therapy:

1 - You are not growing in a positive direction in your relationship. You're just staying together to raise the kids.

2 – There is an excessive amount of disagreement on important issues or simple daily day-to-day life.

3 – There is verbal, physical or sexual abuse in the relationship.

4 – There is a lack of forgiveness in the relationship.

5 – The same problems continue to resurface in your relationship with no resolution.

Questions that are commonly asked about marital therapy:

The premiere question that is asked by people calling in is, “What do I do if my mate refuses to come in with me?” The answer to this is, “Come in any way.” If one person in the relationship attends counseling the other person eventually gets involved just out of curiosity. The spouse that refused to come in initially usually decides to come in and tell their side of the story.

The most important question that is asked is, “Will counseling help?” The answer to this is, “Yes.” If you are willing to look at yourself in regard to the relationship it will help. Optimally the best outcome evolves when both individuals coming in are willing to look at themselves in the relationship.

If you have further questions please email Dr. Meseck at DrMeseck@lcfswi.org or call.

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Begun in 1997, the In-School Youth Counseling Program continues to help high risk students whose families are underinsured or noninsured.

Lutheran Counseling & Family Services of Wisconsin

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In-school youth counseling makes a positive difference in the lives of children and their families!

Please contact us for more information on the In-School Youth Counseling Program and other available programs for children, students, individuals, couples, families, seniors, organizations and businesses.

LCFS is grateful for your support. You are helping us help others.

LCFS is a non-profit Social Ministry Organization

...where Christian caring makes the difference!
BENEFITS

- Availability to professional outpatient therapy regardless of income or insurance coverage
- Referred students will exhibit an understanding and use of coping skills and adjustment strategies taught
- Counselors' work is designed to improve student stability and productivity in the classroom
- Reported reduction in disruptive behavior
- Improved classroom attendance and participation
- Enhanced academic performance
- Better self-esteem helping students realize their potential
- Sharing a faith-based approach to healing
- Helping a child become more productive and a positive, goal-oriented member of society

SERVICES WE OFFER

- Providing 30 to 45 minute counseling sessions during the school day with referred children as needed
- No direct cost to the school or the parents
- To work effectively with referred students, direct communication with parents, school principals, and teachers
- Professional assessments and counseling plans designed to contribute to measurable results
- Family life education information

COUNSELING ISSUES

- Behavioral issues that disrupt the class or school social environment
- Relationship and communication issues with peers, teachers, and family
- Stress and anger management
- Self-esteem issues
- Problem solving skills
- Teaching staff support and coordination
- Emotional struggles
- School phobia
How Long Does Therapy Last?

Each patient meets with a therapist for one-hour sessions. The number of sessions depends upon the treatment plan set up between therapist and patient and the progress made with each session.

How Much Will This Cost?

Many health insurance policies include outpatient mental health coverage. If you call us we will verify your benefits, so that you know what your benefits are.

Those without insurance coverage for mental health care pay on a sliding scale fee based on income and the number of people in their family. Donations from individuals, churches, grants and organizations which support Christian counseling help make up part of the difference.

A co-pay fee for each session is paid by the patient at the time of service. Special payment plans can be arranged to accommodate patients who have difficulty paying minimum fees.

Lutheran Counseling & Family Services of WI is certified by the State of Wisconsin to provide out-patient psychotherapy.
Where Do Therapists Meet With Patients?

Counseling services are provided at many sites throughout the state. For information about the site closest to you, call 1-800-291-4513. Our staff will schedule an appointment with you and will help you to coordinate the time and location of your visit.

The Adoption Program

LCFS offers a full array of adoption services, from domestic to international. Our staff will counsel birth parents who are struggling to decide whether to parent or place their newborn for adoption. This has been our history for over 114 years. Christian families are carefully screened so that each placement can be made with peace of mind for all involved. As a licensed adoption agency, we also help families complete independent, interstate, relative or step-parent adoptions.

Family Life Education

LCFS provides a proactive way for families to avoid problems through education programs. We believe that people want to learn how to improve their family and other relationships. Our professionals specialize in many areas and are available to talk to groups or organizations. Call 1-800-291-4513 to request a speaker for your next meeting or educational program.

Christian Psychotherapy

Our therapists are licensed psychologists, licensed professional counselors, marriage and family therapists, certified alcohol and other drug counselors and social workers trained to provide Christian counseling for individuals, families and children. We deal with a wide range of problems that arise in areas of emotions, social/behavioral, spiritual, recreation/leisure, physical and work/education. This list gives an overview of the types of problems dealt with in therapy:

- Alcohol/Drug Abuse
- Children/Teen Issues
- Oppositional Behavior
- ADHD Assessments
- Marital Problems
- Eating Disorders
- Domestic Abuse
- Academic or Social Difficulties
- Grief
- Spiritual Concerns
- Birthparent Counseling
- Small Business Consultation
- Family Conflicts
- Blended Family
- Child Abuse/Neglect
- Marital Problems
- Domestic Abuse
- Personal Development
- Post Traumatic Stress
- Stress and Anxiety
- Suicide Thoughts
- Post Traumatic Stress

Responding To People's Needs

Today's emphasis on Christian counseling services is a response to the needs of people living in an increasingly complex society, which seems to be growing away from Biblical principles of valuing the individual as a special creation of God. The goal of Christian counseling is to strengthen individuals, families and the people in their lives, as well as their relationship with God.

At LCFS, patients are valued and assisted with problems that are difficult for them to handle. Therapy teaches patients skills to cope with problems.

LCFS is a faith-based organization that serves the community at large. We strive to provide psychotherapy, education, consultation, drug/alcohol and adoption services in a responsive and holistic manner.