Fees

There is a fee for counseling services. Insurance coverage may pay part or all of the cost, and some services are covered by the client’s employee assistance program or managed care arrangements at work. As needed, LCFS will work closely with the client to achieve a fee structure that is within the client’s ability to pay. For information about insurance and fee issues, please call LCFS toll-free at 1-800-363-LCFS (5237).

Take the next step

To make a first-time appointment:
Anyone wishing to schedule an initial appointment with a LCFS counselor should call LCFS’ Central Intake toll-free at 1-800-363-LCFS (5237). A trained intake counselor will schedule your appointment with a counselor nearest you. This initial call is also an opportunity to discuss any questions you may have about insurance and fee arrangements. The privacy of all callers is respected.

LCFS is an officially recognized human care ministry of the Lutheran Church – Missouri Synod; licensed by the Illinois Department of Children and Family Services; accredited by the Council on Accreditation of Children and Family Services; and a member of the Child Care Association of Illinois, Alliance for Children and Families, Lutheran Services in America, LAN; A Lutheran Adoption and Foster Care Alliance and the American Association of Children’s Residential Centers.

To support the Counseling program at LCFS, call the Development Department at (708) 488-5557 or visit www.lcfs.org.

All images are used for illustrative purposes only and do not represent actual LCFS clients or staff.

For more information about the LCFS Counseling program:
Call: 1-800-363-LCFS (5237)
Email: lcfs_info@lcfs.org
From trauma to resilience

Who can benefit from trauma-informed therapy?
Trumatic experiences can occur to anyone at any stage in their lives. At times like these, professional counselors at Lutheran Child and Family Services of Illinois (LCFS) can help address those situations so that individuals can move forward with their lives. LCFS utilizes trauma-informed therapy processes that can help reduce the symptoms of trauma across all age levels.

Trauma-informed therapy is intended for individuals who have experienced a significant loss or traumatic incident such as:

- Violent incident
- History of physical or sexual abuse
- Accidental sudden death
- Critical sudden injury
- Terminal illness
- Military-related trauma
- Loss of home
- Natural disaster
- Divorce
- Separation from family

Trauma-informed therapy

What does trauma-informed mean?
LCFS looks at people’s lives in the context of their life experiences. We recognize that trauma may create a barrier to reaching full potential. We assist clients to cope with and recover from past traumas so that their functioning is enhanced and they can thrive.

Why is trauma-informed important?
Many children and adults have experienced trauma. Trauma is an emotional shock that creates significant and lasting damage to a person’s mental, physical and emotional growth. The primary goals of trauma-informed therapy are empowerment and recovery through a collaborative relationship.

According to the National Child Traumatic Stress Network, “exposure to complex trauma in children carries an enormous cost to society, both in lives impacted and dollars spent.” If the issues are not dealt with as a child, they may continue to be issues for adults.

Adults also are having more exposure to traumatic events. The report of the President’s New Freedom Commission on Mental Health discusses the importance of helping adults deal with trauma and acknowledges that the mental health field has not been addressing this aspect adequately.

What strategies are used?
LCFS focuses on helping people recover from trauma by using the client as a guide to determine what that means. In order to help the client reconnect to the community and reach their life goals, we focus on:

- Developing a sense of safety
- Coping with the effects of trauma
- Restructuring the client’s life

We utilize evidence-based practices focused on trauma as well as other treatment approaches to create solutions and to enhance recovery.

Why receive these services at LCFS?
LCFS counselors bring a wealth of professional experience, with many therapists trained in more than one model of trauma-informed therapy. They are state-licensed and hold degrees in counseling, psychology, social work or allied fields. Staff receive on-going training in trauma recovery. LCFS counseling makes a difference in people’s lives by helping them cope with trauma and re-start their lives in a new, productive way. With LCFS counseling services, clients thrive.