For children in foster care, trauma is pervasive, and its effects can be deep and life-shaping. Trauma reaches into adulthood; children who have experienced trauma often experience a wide range of serious mental and physical health disorders as adults.

A NEW APPROACH TO FOSTER CARE

At Lutheran Family Services of Virginia we interrupt this cycle by offering a full gamut of trauma-informed, wrap-around services to children in our foster care and adoption programs and the adults who have opened their homes to them. We offer services that recognize the profound consequences of trauma for children and offer interventions to help them heal and move on to experience healthy family, school and community relationships.

Lutheran Family Services treatment teams are attuned to best practices; we understand how trauma affects children and how it relates to their behavior. We offer our foster and adoptive parents a new framework for understanding their child’s behavior and offer foster and adoptive children the therapeutic services they need to heal and to fully connect with their family.

Our approach is strength-based and relational; it asks more of our workers and it delivers more for children and families. We use a clinical model that focuses on continuing supervision and training to build staff skills; it also supports staff members through casework decision-making and encourages therapeutic interventions in the home.

To support this high standard of care we are providing new and more focused services, including our own outpatient services and plans for a new telepsychiatry program. Our levels are

- Non-Therapeutic
- Level 1—Community-Based Treatment Foster Care, and
- Level 2—Intensive Community-Based Treatment Foster Care

We provide a significant number of respite days—12 days at Level 1 and 24 days at Level 2 —and include therapeutic mentoring and supervised visitation at no additional cost for children at Level 2.

At this highest level we coordinate or provide all essential clinical and support services, including, but not limited to, outpatient therapy, psychological assessments, psychiatric services, therapeutic mentoring, and other services and supports as necessary. These services are also part of our package and are provided at no additional cost to the locality. And, because of our relational model, we also provide more face-to-face contact on all service levels than required by the state.

To learn more about our treatment program, our rates, or to refer a child, please call 1.800.359.3834 or email info@lfsva.org.