



LUK Services

Summer/Fall 2023

Counseling Services

The goal of LUK's Counseling Services is to meet you where you're at and help get you where you want to go!

We offer both individual and family counseling, and have the flexibility to provide these services in one of our clinics, at your home, in the community, and through telehealth. Our skilled staff is trained in many research-based and nationally recognized approaches.

Counseling Services Fast Facts

1300+	Individuals served in Counseling Services
19	Average age of individual served
98.2%	Rate their quality of Counseling Services as good or excellent

Our Counseling Services:

- **Trauma Treatment**

- LUK offers Trauma Treatment Services through the Central Massachusetts Child Trauma Center (CMCTC), a division of LUK's Behavioral Health Services, to assist youth and families on their journey towards trauma recovery.

CMCTC provides individualized trauma treatment services for youth and their families within Central Massachusetts. Services are tailored to meet the needs of the family.

CMCTC is a Category III National Child Traumatic Stress Center (NCTSN) Trauma Center. For more information visit traumaservices.luk.org

- **Mental Health Treatment**

- **Standard Outpatient Counseling**
 - Available to individuals, couples, and families. This type of counseling is led by a Masters' Level Clinician at one of our clinics in Fitchburg, Worcester, or Webster.
- **Intensive Family Intervention**
 - Available to youth and families by referral from the Department of Children and Families.
- **Support & Advocacy for Victims' Empowerment (SAVE)**
 - Provides services to victims of Under the Influence (OUI) crashes, free of charge. Services are individualized and may include case management and/or counseling.

- **Addiction Treatment**

- Addictions can make it hard for us to reach our full potential. LUK offers substance and gambling addiction services for youth and adults such as screenings, assessments, early intervention, treatment, and recovery support.

Services are covered by most insurance plans. Services are also available for uninsured individuals at a reduced fee or at no cost.

- **Psychiatry**

- LUK provides psychiatric services in our Fitchburg and Worcester offices for LUK clients. Initial evaluations and ongoing medication management are available from our Psychiatrists and Nurse Practitioners.

Referrals for LUK's Psychiatry Services can be made through your LUK service provider.

- **Assessments**

- In order to know the best course of action, we need to understand each unique individual, family, and situation. We can complete a variety of research-based tools to help us help you!

Here at LUK, we believe everyone has strengths and our assessments help us identify yours as well as areas where you might need additional support. Some assessments help us understand how you process information or whether someone is on track with developmental milestones. Some assessments are comprehensive and include measures of psychological, social, and emotional functioning.

Testing helps us figure out the best next step for you and your family!

- **Cognitive**
 - Used to identify how a consumer takes in, stores, and utilizes information in their daily lives.
- **Developmental**
 - Used to identify and/or track developmental milestones to determine if additional intervention or supports are necessary; also used to identify developmental delays, potential causes and recommendations for the future.
- **Neuropsychological Screening**
 - Used to understand how consumers cope and navigate their emotional world.
- **Psycho-social/Emotional**
 - Used to understand how consumers copy and navigate their emotional world.
- **Risk Assessments**
 - Used to understand how consumers rationalize risky behaviors and indicates whether a higher level of intervention is warranted.
- **Substance Abuse Evaluations**
 - Used to identify history of and current level of use as well as triggers and causes of use.
- **Trauma Evaluations**
 - Used to identify the impact that trauma may have on daily functioning and emotional state.

Health Promotion Services

Our commitment to creating communities where people are safe, healthy, and resilient, extends beyond just your mental health. The health and safety of you, your children, and our communities in Central Massachusetts is a top priority for LUK.

We provide a variety of services to develop assets and skills of young people in order to increase healthy choices and decrease risky behaviors. Nationally recognized, proven models are offered locally to individuals and groups. Services are offered at schools and in the community throughout the year.

Health Promotion Services Fast Facts

245	Individuals served annually in school-based services
144	Individuals served annually in adventure-based programming
56	Communities served by Prevention & Intervention Services

Our Health Promotion Services:

- **Intervention Services**

- LUK's Intervention Services provide individualized support to youth who need a little extra support to identify and build their strengths. We provide outreach to young people who are on the street and also work within schools to connect youth and families to resources to help them thrive!
 - **School-Community Partnerships**
 - LUK partners with schools in Worcester County to provide extra support to youth who are at high risk of developing a substance addiction.
 - **Street Outreach**
 - Street Outreach workers can be found throughout Worcester County wherever youth congregate. We work to reduce risks of being on the street, develop trust, and work to move homeless youth to safe shelter.

- **Prevention**

- LUK's Prevention Services build individual and community strengths to decrease the changes of negative or risky behaviors. Strategies include nationally-recognized and research-based approaches, training models, and community organizing.
 - **Substance Abuse Prevention**
 - LUK's substance abuse prevention focuses on regional substance abuse prevention efforts, including community education.
 - **Suicide Prevention**
 - LUK offers a number of suicide prevention trainings, including QPR (Question, Persuade, Refer) and LivingWORKS safeTALK. We also partner with local suicide prevention coalitions to sponsor events and activities to raise awareness and prevent suicide.
 - **Violence Prevention (Bullying, Dating Violence)**
 - LUK's Violence Prevention programs provide youth with constructive skills to solve conflicts. Healthy relationship and bullying prevention training and activities reach hundreds of youth throughout the North Central Region. Check our events page for more information on our Youth Empowerment Summit held each April and Common Ground Violence Prevention Basketball Tournament held each August.

- **Youth Development Services**

- LUK has embraced Positive Youth Development (PYD), an approach that supports youth to develop skills and positive behaviors to achieve their fullest potential. We believe that all youth have strengths and contribute creative solutions to community challenges.
 - **Mentoring**
 - The LUK Mentoring Program pairs caring, concerned role models with youth who will benefit from additional support. The LUK Mentoring Program serves the cities and towns in Worcester County.
 - **TREK – Teaching, Reaching, and Experiencing with Kids**
 - TREK is an adventure-based/experiential learning program where kids and adults learn by doing. Groups participate in new activities like rock climbing, ropes courses, hiking, boating, skiing, and more! Participants learn life skills and support each other through challenges.
 - **Peer Leadership**
 - Peer Leadership brings LUK's Positive Youth Development Philosophy to life! With the support of staff, youth in Peers for Prevention work to prevent risky behaviors among their peers. With presentations and activities, youth leaders model healthy choices and encourage their peers to do the same.

Out of Home Services

LUK offers a variety of out of home placement services to meet the needs of youth and young adults. These services are offered through foster care, residential group care, and young adult apartment programming.

Out of Home Services Fast Facts

350+	Youth and young adults served in placement services
93	Foster Homes supported annually
14	Average age of consumers served by foster care and residential services

Our Out of Home Services

• Young Adult Services

- LUK's Transition to Independent Living (TIL) services offers placement services for young people who are homeless, including pregnant and parenting young people. Young adults in need of housing are provided case management services to meet their unique needs, including help finding a job, applying for services, and parenting support.

Young people in need of housing may qualify for LUK's apartment programming, located in both Fitchburg & Worcester.

• Residential/Congregate Care

- LUK provides residential placement services for youth and young adults involved with the Department of Children & Families (DCF). Youth placed in our residential services are provided with individualized case management and counseling services while staying in a home-like setting. Youth in LUK's residential services may have access to other supportive services, such as occupational therapy, psychiatry, peer mentoring, and educational services, as needed. We offer both emergency residential services and treatment residential services.

• Community Placement/Foster Care

- LUK provides foster care services for children and youth throughout Central Massachusetts. These services are provided to youth involved with the Department of Children & Families (DCF), Department of Youth Services (DYS), Department of Mental Health (DMH), and the Department of Developmental Services (DDS).

We offer several types of community placements, depending on the individual needs of the young person. These individualized services range from long-term foster care, to kinship placements with an extended family member, to teen parent foster care placements, and alternative to lock-up for youth involved with DYS.

Support Services

LUK offers a wide array of Support Services to meet the unique needs of families and individuals. Some services are holistic or intense and some are very focused and brief. We get to know the person or family we're working with and adjust our approach to meet their needs. Some services have strict eligibility rules, but others are open to anyone in the community.

Support Services Fast Facts

254	Individuals served annually in individual support services
93	Individuals served annually in case management services
91%	Rate their quality of Support Services as good or excellent

Our Support Services:

- **Intervention Services**
 - LUK's Intervention Services provide individualized support to youth who need a little extra support to identify and build their strengths. We provide outreach to young people who are on the street and also work within schools to connect youth and families to resources to help them thrive!
 - **School-Community Partnerships**
 - LUK partners with schools in Worcester County to provide extra support to youth who are at high risk of developing a substance addiction.
 - **Street Outreach**
 - Street Outreach workers can be found throughout Worcester County wherever youth congregate. We work to reduce risks of being on the street, develop trust, and work to move homeless youth to safe shelter.
- **Individual Support Services**
 - LUK provides individualized services for youth who need extra support and adults with developmental delays. We provide support services for families with a child who has a developmental delay so that they can be successful in school. We also facilitate time together for families who have been separated.
- **Resource Centers & Family Development**
 - LUK also hosts two resource centers – Families Connected, a Cultural/Linguistic Family Support Center in the North Central Region for families who are affected by developmental delays – and the Transition to Independent Living Resource Center in Fitchburg for youth and young adults.
- **Case Management**
 - Sometimes people don't know exactly what they need, what resources are available in the community, or where to turn for help. LUK's Case Management services help people connect with local resources to get extra support while they develop the skills to thrive. Case Managers are specially trained to work with young adults, including young parents, families where a child has a severe emotional disturbance, as well as people of all ages who have been impacted by a crash caused by someone operating a vehicle while under the influence of a substance that causes impairment.
- **Care Coordination**
 - Our Care Coordination services are provided by LUK's Family Networks Lead Agency of the North Central Department of Children and Families (DCF). These services are available for specific populations and help individuals and families find services and resources that address a particular need.

Training Services

LUK offers a wide variety of learning opportunities for youth, students, new and seasoned professionals, as well as general audiences.

Training Services Fast Facts

52	Internships & apprenticeships supported annually
465	Community trainings provided annually

Our Training Services:

- **Professional Development**
 - LUK's Professional Development offerings support the continuing education of mental health professionals. Opportunities include hands-on learning opportunities for students in Bachelor's and Master's degree programs as well as Doctoral Internships for students working toward becoming a licensed psychologist. Our Trauma Center facilitates Intensive Learning Communities for professionals and paraprofessionals in evidence-based trauma treatments. LUK has also partnered with a sister agencies and a local college to provide continuing education for our staff to remain current in the field and maintain licensure.

- **Community Education**

- LUK's Community Education trainings teach the general public about the impact of childhood trauma, how to prevent suicide, and what to do if someone is experiencing a mental health crisis.

Trainings we offer:

- **QPR (Question, Persuade, Refer)**

- QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

- **SafeTALK**

- SafeTALK is a half-day suicide prevention training. Participants learn to recognize thoughts of suicide, how to engage someone with thoughts of suicide, and how to connect them to resources for further support while applying the TALK steps: Tell, Ask, Listen, KeepSafe.

- **Youth Mental Health First Aid**

- Youth Mental Health First Aid is designed for people who interact with adolescents (ages 12-18) who may be experiencing a mental health or addictions challenge or is in crisis. Participants will learn common mental health challenges for youth and a five-step action plan. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including ADHD), and eating disorders.

- **Adult Mental Health First Aid**

- Adult Mental Health First Aid teaches individuals how to recognize signs of mental health or substance use challenges in adults 18 and older. This training gives you the skills you need to reach out and provide initial support and help connect a person with appropriate care. Topics covered include anxiety, depression, psychosis, and addictions. Specialty Modules – Mental Health First Aid for Higher Education and Mental Health First Aid for Public Safety – are also available.

- **Career Exploration**

- Our Career Exploration services allow young people to “try on” careers, including human services which is near and dear to our heart! These services include peer leadership opportunities for teens as well as employability skill development and paid internships for young adults. LUK believes in supporting young people as they begin exploring their vocational identity through their education and hands-on experience, particularly for young people from under-resourced communities.