

LSS CORE

SUPPORTING MINNESOTA VETERANS AND THEIR FAMILIES.



Military service can have a long-range impact on service members and their families. From managing financial concerns to maintaining healthy relationships or caring for loved ones with a disability — active service, deployment and returning to civilian life each have their own challenges.

Lutheran Social Service of Minnesota (LSS) recognizes the impact of military service and is committed to supporting veterans and their families through a range of high-quality, supportive services. We have long-standing partnerships with the Minnesota Department of Veterans Affairs (MDVA), Minnesota Assistance Council for Veterans (MACV) and County Veterans Service Officers (CVSOs).

The CORE (casework, outreach, referral and education) service was established in 2008 in partnership with the MDVA and has successfully served thousands of veterans to help improve quality of life. CORE services include casework, caregiver support & respite, financial counseling, housing assistance, nutritious meals and mental health counseling.

Casework includes assessment of individual needs and personalized support. Individualized plans are created through a strengths-based lens.

In recent years, 100% of survey respondents using CORE services said they:

- Were treated with respect.
- Found the services helpful.
- Would use CORE services again.
- Would recommend CORE services to other veterans.

All CORE services are free and confidential for qualifying veterans and their immediate family members.

“The support I found in LSS services brought me from hopeless to hopeful.”

~ Bea, widow of a U.S. Army Intelligence Officer, served through LSS Financial Counseling.

LSS CORE Services for Veterans and Military Families

Caregiver Support & Respite

We offer classes, coaching, emergency care planning, resources, respite care, support groups, and workshops to help caregivers develop their caregiving skills and maintain a healthy, balanced lifestyle.

Housing Services

We work with veterans to secure housing and achieve their personal goals. We offer supportive housing in the Twin Cities metro area that includes a rent subsidy and case management services.

Financial Counseling

We provide nonjudgmental, confidential support and guidance to help individuals and families achieve financial wellness. We offer financial counseling for budgeting, credit improvement, debt management (including Debt Management Plans), foreclosure prevention, homeownership, reverse mortgage, and student loan debt.

Meals

We offer nutritious, homestyle meals through LSS Meals to Go – a convenient frozen meal shipment service. Our meals are designed by a registered dietitian to provide variety, balanced nutrition, and to meet dietary needs.

Mental Health Services

We provide support for improved quality of life, including assessment and evaluation, trauma therapy, deployment and reintegration support, and counseling for individuals, couples and families. We offer compassionate, effective support to deal with family relationships, grief, PTSD, substance use, military sexual trauma and more.

[“There was empathy and caring in my treatment with LSS. I know how difficult it is to be incapacitated by depression because of trauma. Now I'm thriving in every way.”]

~ Jolene, U.S. Army Veteran, served through LSS Behavioral Health services.

This list includes services specifically covered by CORE. LSS offers a wide variety of additional services that are open to veterans, military members and their families. Visit lssmn.org/services to learn more.

For more information:

Call us at [844.LSS.CORE \(844.577.2673\)](tel:844.LSS.CORE) or visit lssmn.org/core.



PsychArmor Certified

LSS is a PsychArmor Institute Certified Veteran Ready Organization, committed to supporting those who have served in the military and their families.

PsychArmor is a nonprofit organization dedicated to educating civilians and organizations serving veterans to better understand military culture and veteran experiences.