“Like good stewards of the manifold grace of God, serve one another with whatever gift each of you has received.” — 1 PETER 4:10

Providing Support for Adults with Mental Illness

Marty Senica has a passion for his work as a Certified Recovery Support Specialist because he has been in his clients’ shoes. As a young adult, Senica was diagnosed with paranoia and schizophrenia.

“Marty is admired and respected by all of his colleagues,” said Meredith Lee, MSW, LCSW, Director, Adult Outpatient Case Management Services for Lutheran Social Services of Illinois (LSSI). “He can relate to the clients in ways many of us cannot.”

“50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.”

To combat his illness when first diagnosed, Senica started group therapy sessions and began to get out of the house more. Encouraged by his mother, he returned to college and earned degrees in math and physics. Unsure of his career path, he enrolled in graduate school. The book What Color Is Your Parachute? made him realize he wanted to help those with mental health issues like his own.

Senica is the Certified Recovery Support Specialist on

(CONTINUED ON PAGE 4)
Since 1978, Joshua Arms of LSSI has served as the heart of the Joliet community, providing comfortable, affordable housing for seniors and individuals with disabilities.

Two years ago, Joe Rowell, a Vietnam veteran, found himself among the dispossessed when his apartment building was sold. Rowell was bewildered, lost, and fearful—until he found Joshua Arms.

When Rowell moved into his apartment at The Oaks Supportive Living of Joshua Arms, he was exhausted from the stress of living on the edge. After realizing that he had found a place to call home, he relaxed. Today, his life includes peace, comfort, and friendship.

“The apartment is great, but it’s the people who make this place,” he said. “There are a lot of other veterans in the building. Staff is good to me. I can relax and enjoy life.”

The Census Bureau estimates there are more than 1,200 homeless veterans in Illinois—the majority of them from the Vietnam era. Joshua Arms works with the Hines Veterans Administration and the local Veterans Assistance Commission to alleviate homelessness.

LSSI’s Joshua Arms provides not only a home, it also offers hope for a future where no veteran—or older adult—is forced to endure homelessness.
Dear Friends,

As a result of 151 years of experience, Lutheran Social Services of Illinois (LSSI) has learned we are far more successful when we provide our services in a proactive, preventative approach, a method that is often referred to as “moving upstream.” In this manner, our focus is on “whole person care,” examining not just a single service we offer to an individual, but a person’s comprehensive needs and connecting them, or even their family members and friends, to essential resources. Ultimately, this helps each individual achieve their own personal success so that they can pursue their hopes and dreams. By doing so, they contribute back to their community.

Several articles in this newsletter illustrate the impact of whole person care. One of our 20 affordable senior housing sites helped a Vietnam veteran find not only a place to live, but a new group of friends and staff that support his health needs. A Certified Recovery Support Specialist working as part of our Community Support Team was diagnosed with schizophrenia as a young adult. Because he received help for his mental illness, he was successful in pursuing his dreams—graduate school. At LSSI, he now helps people with mental health issues like his own.

LSSI is privileged to share in life in this way. We recognize the role—and the value—friends like you play in these transitions and transformations. We remain grateful for your ongoing support.

In Faith,

Mark A. Stutrud
President and Chief Executive Officer
LSSI Achieves Four-Year Reaccreditation

LSSI has achieved national reaccreditation through the New York-based Council on Accreditation (COA). Organizations pursue accreditation to demonstrate the implementation of best practices standards in the field of human services. COA evaluated all aspects of LSSI’s programs, services, management, and administration. LSSI was evaluated on more than 1,300 standards codes with COA surveyors interviewing staff at program sites across Illinois. The reaccreditation for LSSI is approved through February 28, 2022.

“Reaccreditation upholds LSSI’s continuing efforts to always improve how we deliver services to the people with whom we share in life,” said Mark Stutrud, LSSI’s President and CEO. “This achievement reflects the strength and quality of LSSI’s programs, and the expertise of the outstanding, compassionate professionals who make up our staff.”

Events

Saturday, October 6, 2018
37th Annual Amicus Certus Celebration
Union League Club, Chicago
Join us for our annual fundraising gala honoring ABC Chief Meteorologist Ginger Zee with the “True Friend” Award. Tickets are $250 each and sponsorships are available.

Thursday, October 25, 2018
3rd Annual Day of Giving
Join us for a “Day in the Life of LSSI” during our 24-hour “give-a-thon” celebrating the 151st anniversary of LSSI’s founding.

For more information about either event, contact Mariah.Heinz@LSSI.org, call 847.635.4656 or visit LSSI.org.

Ginger Zee Headlines LSSI’s 37th Amicus Certus Celebration

LSSI will honor ABC Chief Meteorologist Ginger Zee with the True Friend Award at its 37th Annual Amicus Certus Celebration on Saturday, Oct. 6, 2018 at the Union League Club of Chicago. In her recently published memoir, Natural Disaster: I cover them, I am one, Zee details her struggle with clinical depression and in doing so, offers hope for people living with mental illness and those who love them. Zee is being honored by LSSI for recognition of her desire to demystify depression and dispel the stigma of mental illness. For more information, contact Mariah.Heinz@LSSI.org or 847.635.4656.

Lutheran Social Services of Illinois does not discriminate in admission to programs or employment in compliance with the law.