LSI
LUTHERAN SERVICES IN IOWA

Resource Family Supports

Phone Numbers

Your Support Caseworkers for LSI Foster Care and Adoption services are there to help support and provide you with help in navigating the resources that are available in your community.

Below are hotline numbers that may be useful to you during your journey as a foster or adoptive parent.

LSI Foster Care and Adoption
Business hours only: 866.409.2351
On-Call: 844.LSI.RRTS

Dial: 211
Line for health and human services

Child Abuse Hotline
800.362.2178

Iowa Concern Hotline
800.447.1985

Suicide Hotline
800.332.4224

Alcohol/Drug Addiction
800.443.8336

Eating Disorders Helpline
800.872.0088

Parental Stress Helpline
800.367.2543

Youth Law Hotline
800.728.1172

Teen Line
800.443.8336

National Human Trafficking
888.373-.888
TEXT: Help or Info to 233-733

Healthy Families
800.443.8336
www.womenshealthiowa.info

Lifelong Links
800.779.8707

Material Item Supports

Mattress Program
johanna.seiber@mfrm.com
346.718.5618

Shoe Voucher Program
Link

Foster Closets

Kaden's Kloset
811 5th Ave., Sheldon, IA 51201
Maggie Lloyd at 712.301.0047

Kaden's Kloset
1010 Julia St., Okoboji, IA 51355
Tina Vande Hoef at 319.429.3400

Siouxland Foster Closet
1551 Indian Hills Drive, Suite. 1
Sioux City, IA 51104
Rochelle Pfeifer at 712.624.4543

Jane's Closet
620 Grand Ave., Storm Lake, IA 50588
BVU's Swope Hall
712.749.1547

Shelby Co. Foster Closet
1700 19th St., Harlan, IA 51537
Immanuel Lutheran Church
Lindsey Vorm at 712.304.0806

The Nest
205 E. 8th St., Logan, IA 51546
Carley Cohn at 813.833.9271

Closet 14:29
1001 N. 29th St., Council Bluff, IA 51503
712.308.1408

Hope Closet
2208 Chestnut St., Atlantic, IA 50022
Sarah Akman at 712.308.1408

Crawford County Resource Closet
Westside, IA
Available for Delivery through your
Support Caseworker
Stephanie Hinners at 712.790.0111

LSI
LUTHERAN SERVICES IN IOWA

Resources

Books We Recommend

From Fear to Love by B. Bryan Post

The Great Behavior Breakdown by B. Bryan Post

The Whole-Brain Child by Daniel J. Siegel and Tina Payne Bryson

The Yes Brain by Daniel J. Siegel and Tina Payne Bryson

The Connected Child by Karyn B. Purvis, David R. Cross, et al

The Body Keeps Score by Bessel van der Kolk M.D

The Child with Special Needs by Stanley I. Greenspan, Serena Wieder, et al.

The Hidden Brain by Shankar Vedantam

From Emotions to Advocacy by Peter W. D. Wright and Pamela Darr Wright

All about IEPs by Peter W. D. Wright and Pamela Darr Wright and Sandra Webb O'Connor

Don't Touch My Heart by Lynda Gianforte Mansfield and Christopher H. Waldmann

Born For Love by Bruce D. Perry and Maia Szalavitz

Transforming the Difficult Child by Howard Glasser and Jennifer Easley

When Love is Not Enough by Nancy Thomas

The Out-Of-Sync Child: Recognizing and Coping with Sensory Processing Disorder
        by Carol Kranowitz and Lucy Jane Miller

Keeping the Adoptive Family Strong by Gregory C. Keck and L. Gianforte

Toddler Adoption by Mary Hopkins-Best

Beneath the Mask by Center for Adoption Support and Education

It Didn't Start With You by Mark Wolynn

Parenting Adolescents by Kevin Huggins

Building Bridges of Hope by Sue and Chelsea Badeau

Transforming the Intense Child by Howard Glasser

The Primal Wound by Nancy Newton Verrier

Hurt 2.0 by Chap Clark

I Hate You. Don't Leave Me. by Jerold J. Kreisman and Hal Straus

Why Can't My Child Behave by Amber Elliott

Building the Bonds of Attachment by Daniel A. Hughes, Kirby Heyborne, et al.

Resources

Podcasts We Recommend

Child Welfare Information Gateway Podcast Series

Videos

Strength-based parent training

Trust Based Relational Interventions – Karyn Purvis

Why brain scans are important

Beauty Amidst the Ashes

Trainings

IDD—Intellectual and Developmental Disabilities Training

Helpful Websites

Attachment Trauma Network

Post Institute

Psychology Today

Child Mind

Misc.

Employment Resource

Educational Resource

Iowa Child Care Resource & Referral

    Parent Services: 855.CHILD.01 (855.244.5301)

Kinship Fundz Grant and Foster Funds Grant

Karli's Coloring Quilt (help kids address their own needs)

Supports by Topic

A

Abandonment Issues
Addressing Fears of Abandonment
Codependency and Abandonment Fears

ACEs
Ending the Cycle of Blaming Adoptive Parents: the Adverse Childhood Experience Study

Addiction
Video

Anger Management
Video

Attachment
Nurture: The Ring that Holds all the Keys
DO NOT recommend the Peek A Boo song by Devo

Attention Deficit Disorder
ADHD vs PTSD
ADHD

Autism
What is Autism Spectrum Disorder?
High Functioning Autism or Asperger's
Autism and Neurofeedback
"The Autistic Brain" by Temple Grandin

B

Bipolar Disorder

NAMI Overview

Practical Advice

C

Crisis

Crisis Planning and Children's Challenging Behaviors

Talking to Youth Under Stress

How to Write a Crisis Plan

Navigating a Mental Health Crisis

Being Prepared for a Crisis

Cognitive Behavioral Therapy

What is Cognitive Behavioral Therapy?

Mayo Clinic

About CBT

Why CBT Doesn't Always Work

Complex Post Traumatic Stress Disorder

What is CPTSD?

Complex PTSD Symptoms

Complex Trauma in Children

Conduct Disorder

Conduct Disorder Symptoms

Cutting

Cutting: what and why

D

De-escalation

How to de-escalate with anxious or defiant students

Depression

Teen Depression

Disability

For adoptive parents of children with disabilities

Dissociative Disorder

Dissociative Disorder Overview

E

Eating Disorders

PICA

Binge Eating

Family Support – Food Hoarding

Empathy

An Interpersonal Neurobiology Approach to Resilience and the Development of Empathy

Teaching with Empathy

Why Empathy is Essential and Endangered

Encopresis (soiling)

What is it?

Pee and Poop Issues in Adoptive Families

Executive Function Skills

Enhancing Executive Function Skills

Helping Students Develop Executive Functioning Skills

F

Fetal Alcohol Syndrome

What the Foster Care System Should Know About

Behavioral Interventions for Children and Adolescents With Fetal Alcohol Spectrum Disorders

Family Support

What Can Be Expected By Age

A Silent Crisis

Fetal Alcohol Spectrum Disorder

G

Grief

Bargaining as an Expression of Grief

H

I

J

K

L

Lawyer tips for preparing youth with trauma for court

Article

LGTBQIA+

Video

Lying

Article

M

Mental Health Guide
Article

Mindfulness
7 things Mindful Families Do Differently
5 Minute Breathing Exercise
How to Chill
Mindfulness Exercises
Mindfulness in Education

Music Therapy
Video

N

Neglect
Video

O

Obsessive Compulsive Disorder
Article

Opiates
Video

P

Post Traumatic Stress Disorder
Article

Psychotropic Medications
Article

Q

R

(Reactive) Attachment Disorder

Parenting: Attachment Issues and Reactive Attachment Disorders

Symptoms of teens with RAD

An open letter to educators

Attachment Disorder Resources

Video with tips

Resilience

Science of Resilience

Runaways

Prevention Curriculum

Why Kids Run Away

S

Self Care

Article

Self Esteem

Video

Sleep Disorders/Issues

NAMI on sleep disorders

Method for helping kids fall asleep

T

Therapeutic Parenting

Understanding difficult behavior

AttachmentTrauma

Toxic Stress

Article

Trauma

List of books for Trauma and Mental Health

Dealing with childhood trauma in adult therapy Trauma informed approach

Discipline strategies: a focus on children with trauma

ChildTrauma.org

Trauma systems therapy

Book: The Body Keeps the Score by Bessel van der Kolk

Video to help teach kids what trauma did to their brain

Trauma Informed Care

Developmental PTSD

Dr. Bruce Perry video

U
V
W

Working with Schools

Tips to help kids in school

Planning for a School Meeting

XYZ