



MINNESOTA C.O.R.E.

Services to Minnesota's Veterans and their families

Minnesota C.O.R.E. counselors provide individuals and families access to a broad range of wellness services:

For individuals:

We help individuals draw upon their own strengths to deal with situations of all kinds: anger and stress management, addictions, feelings of guilt, sadness, depression, fear or anxiety, financial struggles, and more.

For couples:

Supportive counseling services are available for couples dealing with stress, anxiety, parenting, intimacy issues, or communication challenges within their relationships

For children:

Specialized "strength-based" counseling, including play therapy, helps children, their parents, and caregivers identify and improve the child's or adolescent's well-being.

For families:

Families can benefit from deployment and reintegration support, debt management counseling, family counseling, and more.

For more information call:

1-888-881-8261

www.lssmn.org/veterans

Minnesota C.O.R.E. is a partnership between the Minnesota Department of Veterans Affairs (MDVA) and Lutheran Social Service of MN (LSS). It is the first service of its kind in the nation, and with the fifth highest deployment rate of any state in the country, Minnesota has prepared itself to be a leader in meeting the demand and need for services by those men and women returning home.

The C.O.R.E program provides Veterans and their families with: mental health, behavioral, employment and financial counseling services throughout the state of Minnesota. C.O.R.E. counselors work with men, women, adolescents, and children experiencing issues related to their well-being, including depression and anxiety disorders, PTSD, marital and family problems, divorce, addiction, unemployment and financial issues, as well as overall life stressors. C.O.R.E. counselors can also help clients enroll in schools and universities, volunteer, gain employment and financial security, and find permanent housing. These services are offered in-home, at local offices, or by telephone. Additionally, several C.O.R.E counseling groups provide treatment and support for a specific Veteran population, such as women, family violence, addictions and suicidality. Crisis services are available as needed at any time. And of course our services are always confidential.

Minnesota C.O.R.E. is credited for saving many lives in the short time it has been in place.

Why LSS? LSS is the largest and oldest human service organization in Minnesota, annually serving over 100,000 individuals in 300 communities statewide. This extensive presence allows us to reach a maximum clientele, all with the same excellence of care that has come to be a hallmark of our work. We are widely respected for the quality and administration of our services and programs, offering at least one service in each of Minnesota's 87 counties. We provide care that reflects compassion, integrity, and respect for all individuals and cultures regardless of race, creed, religion, national origin, sex, sexual orientation, disability, or age. The LSS vision is that "all people have the opportunity to live and work in community with dignity, safety, and hope."

It is our goal at LSS to help our Veterans and their families in times of need so they can navigate and engage community, county, and federal resources to support their needs and goals. We strive to remove all barriers, and encourage the connections that lead to accomplishment.

In partnership with MDVA, the work of C.O.R.E has already helped numerous Veterans come home and achieve or maintain well-being. Because we owe so much to those who served and sacrificed, Minnesota C.O.R.E. is committed to serve and guide Veterans in their reintegration back into our lives.

Minnesota C.O.R.E. - Case Management, Outreach, Referral and Education



“Two years ago, I pretty much thought I was going nowhere. Now, I can do anything.

Nothing can hold me back.”

— Jason Christiansen

Jason Christiansen, of St. Paul, Minnesota is an eight-year Veteran who served in the Marines, patrolling the Pacific Rim.

When he returned to civilian life, he found life at home more frightening than serving on the front lines. The Marines provided structure and purpose. Back home, when he was laid off, he was lost.

Believing in working and taking care of himself, he quickly found another job but it wasn't enough to cover the bills. His finances spiraled out of control. He became depressed and anxious.

“I felt like I was a drain on everyone around me,” he said. “I didn't answer the phone and wouldn't take out the trash. One day, I thought I could solve this whole thing with a shotgun.”

As he sat in front of his computer with a gun in his mouth, an instant message from a friend popped up. His friend was working hard to come back from a life-threatening illness and was reporting on his progress.

“I thought if he can go through all of that and still stay so positive, who am I?” he said. “I need to stop feeling sorry for myself. But, I really didn't know what to do. I knew I was in a lot of distress. At that point, somebody needed to step in and help me.”

Ruthie, his fiancée, encouraged him to get professional help.

“I came to LSS and the help was instantaneous,” he said.

He felt even more certain of the direction he was headed when the counselor at Lutheran Social Service of Minnesota turned out to be a Veteran.

“She holds me accountable,” he said. “I never leave without information about other community contacts that can help me on my journey. I don't know where I will be in the future, but I won't ever be where I was.”

He and his fiancée plan to marry soon. Jason is very close to completing his bachelor's degree. His dream is to enter law enforcement. And, he is sorting out his finances.

“Two years ago, I pretty much thought I was going nowhere,” he said. “Now, I can do anything. Nothing can hold me back.”

In partnership with the Minnesota Department of Veterans Affairs, LSS works with Veterans of all ages and their families.