A picture containing drawing, food

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For immediate release: 7/17/2020

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Heartland Counseling Services

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**Heartland Counseling Services Hires Summer Intern Thanks to Investment by Tyson Foods**

Thanks to the coordinated effort of Tyson Foods and Iowa Campus Compact, Heartland Counseling Services was able to host a paid Social Media and Marketing Intern, Tessa Renze. This program, now in its 3rd year, is funded by Tyson and allows nonprofits to host paid interns who are interested in the nonprofit sector. It benefits the intern who gets a chance to learn and it benefits the nonprofits who get a helping hand during the summer.

Tessa, a Morningside College incoming senior majoring in Counseling Psychology and Social & Behavioral Science, began her position on June 1st and will continue working for Heartland remotely until July 26th. Throughout the course of the internship, Tessa was able to draft a social media procedures manual, plan content for Heartland’s social media pages, launch a YouTube channel, assist with Heartland’s 7th Annual Golf Scramble Fundraiser, and create a new e-newsletter. Although she worked remotely for most of the internship, Tessa did have the privilege of working onsite at The Life Center, Heartland’s day rehabilitation program, to prep lunches for the members and learn more about the program from staff.

“We truly enjoyed having Tessa as part of our team for the past two months and are thankful for all she has done to assist us raising awareness and funds for mental health and substance abuse,” stated Director of Development Jennifer Hart. “We are also extremely grateful to Tyson Foods for investing in this program and the community, to Iowa Campus Compact for implementing the program, and to Morningside College for their help in interviewing candidates.”

Heartland Counseling Services provides quality mental health and substance abuse services to the Siouxland community. A nonprofit 501(c)3 organization, Heartland’s motto is: “Changing lives. Healing hearts. One day at a time!” Visit [www.heartlandcounselingservices.org](http://www.heartlandcounselingservices.org) to learn more about the many services and programs provided by Heartland Counseling Services. To find out how you can help change lives and heal hearts, email Director of Development Jennifer Hart at [hart@heartlandcounselingservices.com](mailto:hart@heartlandcounselingservices.com) or call the office at 402-494-3337.

About Tyson Foods: Tyson Foods Inc. (NYSE: TSN) is one of the world’s largest food companies and a recognized leader in protein. Founded in 1935 by John W. Tyson and grown under three generations of family leadership, the company has a broad portfolio of products and brands like Tyson®, Jimmy Dean®, Hillshire Farm®, Ball Park®, Wright®, Aidells®, ibp® and State Fair®. Tyson Foods innovates continually to make protein more sustainable, tailor food for everywhere it’s available and raise the world’s expectations for how much good food can do. Headquartered in Springdale, Arkansas, the company had 121,000 team members at September 2, 2018. Through its Core Values, Tyson Foods strives to operate with integrity, create value for its shareholders, customers, communities and team members and serve as a steward of the animals, land and environment entrusted to it. Visit [www.tysonfoods.com](http://www.tysonfoods.com).

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“Changing lives. Healing hearts. One day at a time!”