The Community & Children's Resource Board of St. Charles County

2019

Annual Report

CCRB
the community and children's resource board of st. charles county

www.stcharlescountykids.org ◊ 636.939.6200

Letter from the Executive Director

Dear St. Charles County Residents:

2019 was a year of challenges and successes. Our school district partners continue to be challenged to expand suicide assessments and child abuse prevention without additional funding. Agency partners have been working diligently to help them develop curriculum and to be a resource for youth in need of help. The opioid-heroin epidemic continues to ravage families, and their children are impacted by the loss of their parents to drug-related imprisonment and overdose-related deaths. As our county's youth population grows, and our kids and teens deal with an increasingly stressful world, these needs continue to increase.

In the face of these challenges, our partner agencies continue to shine; providing caring and effective treatment to our most vulnerable citizens. We are proud to announce CCRB-funded programs achieved 92% of their Clinical Outcomes goals and 95% of funded line items achieved 100% compliance in billing, residency, and age requirements.

Additionally, the CCRB provided trauma-informed training to 120 early childhood educators and staff. Our Shower of Love baby care drive surpassed $1 million in total donations of diaper, formula, and baby care-related items; providing a steady supply of items for ten local non-profit partners.

2020 brings an updated needs assessment and impact report to assist the Board with strategic planning, so as to best use and invest in the highest priority areas with limited extra funding and an ever-growing youth population. The Board is committed, as always, to wise stewardship of County tax dollars in serving the most needs of your children.

Nancy Schneider
Board Chair

Bruce Sowatsky
Executive Director

2019 Board of Directors

Executive Committee

Ms. Nancy Schneider	Board Chair
Ms. Molly Dempsey	Vice-Chair
Ms. Cory Elliott	Treasurer

Board Members

Dr. Ron Berrey, E.D.
Mr. Ken Dobbins
Pastor Raymond Horry
Mr. Larry Marty
Ms. Allison Onder
Ms. Catherine Williams

CCRB Staff

Bruce Sowatsky	Executive Director
Michelle McElfresh	Grants Administrator
Jeanne Spencer	Administrative Assistant Coordinator, Shower of Love

The Community & Children's Resource Board
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Dr. Ron Berrey retired from the Board of Directors in December, following 15 years of dedicated service to the children and youth of St. Charles County. The CCRB honored him with a retirement party and Board Emeritus status. Dr. Berrey was elected Board Chair from 2009-2012 and 2017-2019.

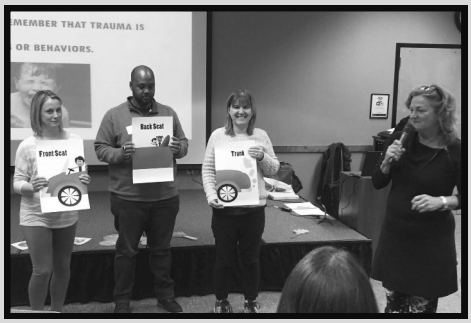
2019 Highlights

2019 Children's Trust Fund Grant recipients

The Brown School at Washington University in St. Louis honored Bruce Sowatsky as a 2019 Distinguished Alumni Award. Bruce earned his Masters of Social Work in 1983.

Below, Karl Wilson and Bruce.

CCRB staff provided resources at local community wellness and mental health fairs, including the Community Services Summit in October.



In November, 120 early childhood educators and child care staff completed a 4 hour Trauma-Informed Training workshop led by Karen Thomson and Mari Doyle from the St. Louis Learning Disabilities Association.

About the Community & Children's Resource Board

The Community and Children's Resource Board (CCRB) partners with non-profit agencies to provide mental health and substance use treatment services which improve the quality of life for children, youth, and families in St. Charles County.

For every dollar spent in St. Charles County, 1/8 of a cent is dedicated to services for resident children and youth up to 19 years of age. The CCRB oversees the administration, allocation and distribution of funds from this local sales tax.

Funding Categories:

- Counseling services
- Crisis intervention
- Home and community-based services
- Outpatient psychiatric services
- Outpatient substance use treatment
- Respite services
- School-based mental health prevention services
- Services to teen parents
- Temporary shelter for runaway youth
- Transitional living services

Mission

Maximizing community resources to build and sustain a comprehensive system of services for children and families in need.

Vision

Preparing all youth and families to realize a brighter tomorrow.

Values

- Encouraging collaboration and integration of mental health services and public funds to deliver services that are effective, efficient, and continually improved.
- Making sure that children and families in need of services are partners in the planning, development, and delivery of those services.
- Developing accountable service delivery systems that are responsive to the community as well as public health and welfare authorities.
- Working to strengthen children and families.

Financials

Statement of Revenues and Expenditures

Year End 2019

Revenues	Amount
Taxes	$7,589,289.39
Investment Income	$43,098.09
Fundraising	$7,880.37
Miscellaneous	$462.00
(Refund of Taxes—TIF)	($88,616.06)
Total Revenues	**$7,552,113.79**

Expenses	Amount
Administration	368,756.79
Accounting Services	$13,200.00
Shower of Love Disbursements to Agencies	$7,860.00
Service Contracts	$7,130,589.07
Total Expenses	**$7,520,405.86**
Excess of Revenues (Over)/Under Expenditures	$31,707.93

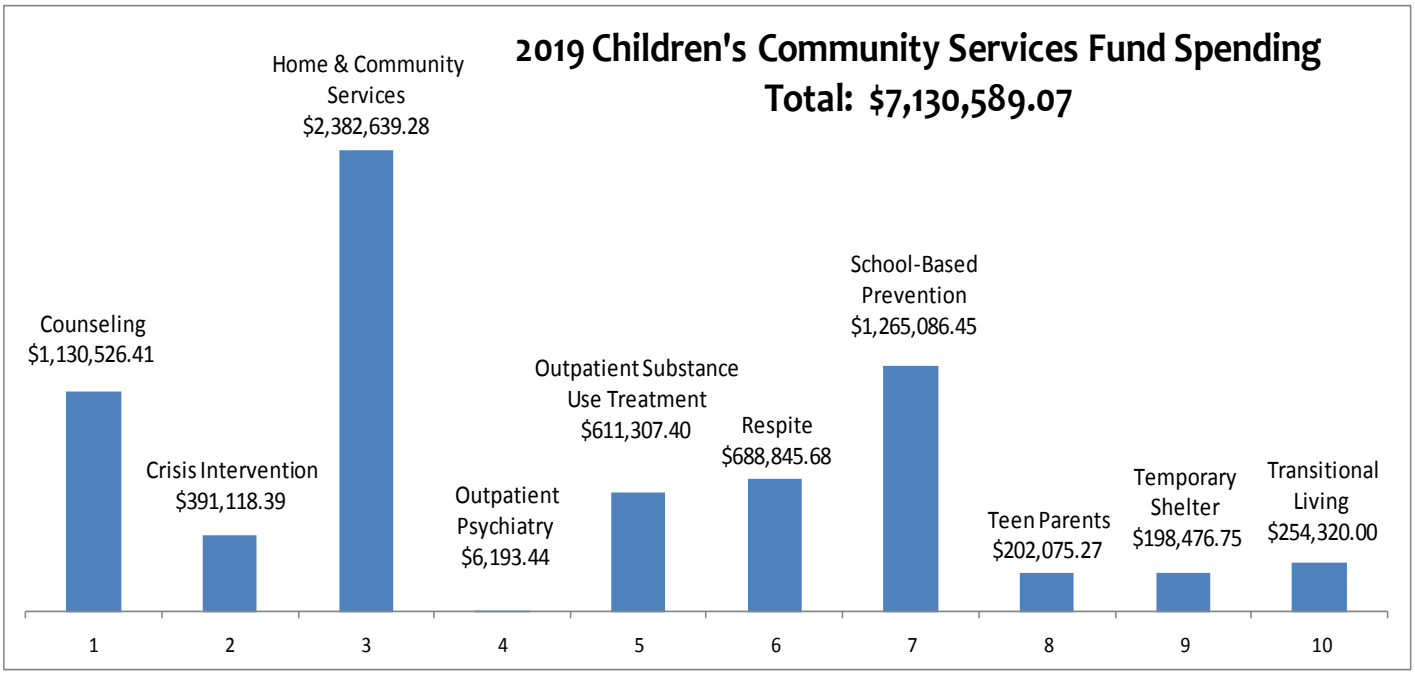
Statement of Net Assets Balance Sheet

Year End 2019

Assets	Amount
Checking Account	$105,692.74
Services Fund	$1,055,210.10
Sales Tax Receivable	$1,116,365.45
Capital Assets, net of depreciation	$113.15
Deposit	$1,385.00
Total Assets	**$2,278,766.44**

Liabilities	Amount
Accounts Payable	$330,197.60
FED/FICA Payable	$3,168.32
Total Liabilities	**$333,365.92**
NET Position	
Investment in Capital Assets	$113.15
Unrestricted	$1,945,287.37
Total Net Position	**$1,945,400.52**

Numbers at a Glance



2019 Total Served*

80,665 Children

4,314 Caregivers

4,073 Professionals

*Numbers may be duplicated as children and their families may receive multiple services across programs.

Shower of Love

The 13th annual Shower of Love, held on May 2, generated **$64,000** in donations of diapers, formula, and baby supplies; for a grand total of **$1,031,000** since 2006.
Ten St. Charles County non-profit partners benefitted from the donations, and hundreds of volunteers and community supporters worked hard to make the event a success. Donations will serve hundreds of moms, babies, and caregivers who are in crisis or experiencing financial difficulty; lowering the risk for child neglect or abuse.

Trauma-Informed Training for Early Childhood Educators

In keeping with the 2018-2020 strategic plan, CCRB offered St. Charles County Pre-K educators and staff a free, four-hour workshop focused on trauma and it's affect on young learners. Presented by St. Louis Learning Disabilities Association staff, Karen Thomson and Mari Doyle, the session included practical strategies for immediate use within the classroom.

Programs and Funding Partners

Youth Connection Helpline

A 24/7 access point for youth, ages 18 and under, and their families to access crisis intervention and other behavioral health services. Youth can call, text, webchat, or meet face-to-face. Licensed mental health professionals and specialists provide assessments and follow-up case management to clients.

Amount Spent: $108,105.84

Clients Served: 529 Youth & Caregivers

Outcome: *96% of people accessing the Youth Connection Helpline gained knowledge of local sources and referral information.*

Safe Families for Children

Safe Families for Children extends community support by hosting vulnerable children and strengthening their families in crisis through a network of volunteers motivated by compassion.

Amount Spent: $8,046.00

Clients Served: 3 Youth & Parents

Outcome: *100% of children in Safe Families program remained free from child abuse and neglect following their return home.*

Mentoring

Young people, ages 5-17, are served in various mentoring programs designed to:
1. Pair children and teens in 1:1 relationships with adult mentors.
2. Bring together other supporting adults to provide any additional support and assistance.
3. Develop positive relationships with parents and peers.

Amount Spent: $18,265.00

Clients Served: 233 Youth & Caregivers

Outcome: *95% of mentored youth developed positive relationships with parents and peers.*

The Formula for Impact: Project Learn

Project Learn is a primary prevention strategy for mentoring youth ages 6-18 years, helping them stay on track in school and make healthy choices to set them up for success in life. Available to youth outside of school hours.

Amount Spent: $82,560.00

Clients Served: 906 Youth

Outcome: *96% of students participating in Triple Play: Soul, Junior Staff or Career Launch followed school rules and remained in school.*

Signs of Suicide
School-based suicide prevention and mental health literacy presentations.

Family Support
School-based counseling for youth with suicide ideation and/or mental health conditions.

Amount Spent: $81,363.21

Clients Served: 6,679 Youth

Outcome: *90% of students who showed little to no confidence in knowing the warning signs of depression and suicide showed confidence after the presentation.*

Outcome: *85% of youth with suicidal ideation will report a reduction in suicidal ideation.*

Forensics Services
Interview and advocacy services for children who have experienced sexual abuse or violence.

Body Safety Prevention
Educates children about appropriate boundaries and empower victims to disclose abuse.

Amount Spent: $468,979.23

Clients Served: 21,014 Youth & Adults

Outcome: *82% of the children interviewed were able to report who the perpetrator of the abuse is and what abuse occurred.*

Outcome: *96% of Pre-K through 4th grade students demonstrated they learned their "Body Safety Steps."*

Programs and Funding Partners

Coordinated Entry

Centralized, single phone call access to housing assistance for families who are homeless, or at risk for homelessness. Families with housing stability have improved health and behavior for children and decreased risk for abuse or neglect.

Amount Spent:
$5,584.00

Clients Served:
809 Youth & Caregivers

Outcome: *88% of families with children found permanent housing within 3 months of their initial assessment.*

Respite Center

Periodic weekend relief for families whose child has significant behavioral challenges. Providing weekend respite results in reducing the intense amount of stress families cope with daily, thus reducing the risk for abuse and neglect.

Amount Spent:
$53,155.34

Clients Served:
12 Youth & Caregivers

Outcome: *100% of families utilizing the respite program maintained or improved their ability to cope with behavioral issues of their children.*

Amount Spent:
$1,723,712.73

Clients Served:
36,012 Youth

1. Partnership With Families
A "system of care" built to serve children who are diagnosed with a Serious Emotional Disturbance.

2. Pinocchio Program
Early identification and intervention for grade K-3rd students who are have school adjustment concerns.

3. School-Based Mental Health Specialists
Offers in-school mental health services, direct therapeutic intervention, and supports to children diagnosed with a serious emotional disorder.

4. School-Based Violence Prevention
Programming educates, heighten awareness, and teaches anger management, conflict resolution, and critical thinking skills to students in grades K-8.

1. **Outcome:** *96% of youth were free from critical incident events, such as violence to others or suicide attempts.*

2. **Outcome:** *100% of families reported an improvement in their child's behavior at home within one school year.*

3. **Outcome:** *99% of youth were free from law enforcement and juvenile justice referrals.*

4. **Outcome:** *96% of youth reported being able to recognize at least 2 signs of inappropriate responses to anger in themselves.*

Family Empowerment
Trauma-informed crisis intervention programs for children and families.

Respite
Offers 24/7 emergency care for children and mitigates immediate concerns to help families move toward safety and stability.

Amount Spent:
$653,701.15

Clients Served:
1,363 Youth & Caregivers

Outcome: *100% of children served continued to reside in their natural family home.*

Outcome: *91% of children's parents reported reduced stress levels when discharging their child from respite care.*

Eleventh Circuit Family Court: Therapeutic Supervised Visitation

A co-joint parent-child therapy conducted by a licensed mental health professional that enhances parenting knowledge and skills in order to "normalize" the parent-child relationship. The goal is a relationship without restriction or limits. Services are contracted to Youth In Need.

Amount Spent:
$47,700.00

Clients Served:
74 Youth & Parents

Outcome: *100% of parents increased normalcy of their relationship with their child.*

Programs and Funding Partners

Amount Spent:
$56,910.90

Clients Served:
152 Youth & Caregivers

Family Support Network
Weekly, home-based family counseling for children up to age 13.

Psychological Services
Outpatient psychological services including comprehensive psychological evaluations and follow-up case management services.

Outcome: *100% of families increased their family strengths that promote resilience against child abuse and neglect.*

Outcome: *100% of clients/families followed through with at least one recommendation within 3 months of feedback.*

Amount Spent:
$344,181.78

Clients Served:
1,760 Youth & Caregivers

Parent Partner

As part of Compass Health Network's *Partnership with Families* program, F.A.C.T.'s Parent Support Partners uses a peer-to-peer model to help families who have a child diagnosed with a mental health condition, find local resources and navigate social support and education systems.

Outcome: *96% of children at risk of out-of-home placement remained with their families after six months of service.*

Amount Spent:
$160,483.99

Clients Served:
151 Youth & Caregivers

Counseling
Provides office and home-based counseling & assessment for children with mental and behavioral health issues as a result of prior abuse or trauma.

Respite Care
Respite services for at-risk children who have significant, multiple developmental disabilities and health problems.

Outcome: *82% of children demonstrated an improved level of functioning with family members/caregivers.*

Outcome: *100% of parents and/or guardians were able to respond to a stressful situation without abusive behaviors.*

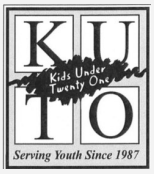
Amount Spent:
$29,635.94

Clients Served:
51 Youth & Caregivers

Family Works

FamilyWorks offers 24/7 support to foster/adopt/guardianship families to increase parent capacity and placement stability for foster/adopted youth. Families receive psychoeducation about complex trauma, parenting education, and connect with long -term supports.

Outcome: *100% of youth remained in their foster/ adoptive home or moved to a more stable living situation.*



Amount Spent:
$68,878.00

Clients Served:
6,295 Youth & Professionals

Suicide Safety

The program includes awareness, prevention and intervention presentations for middle and high school students; parent and teacher education; and suicide intervention trainings to prevent loss of life to suicide.

Outcome: *83% of students reported being more likely to ask about concerns, thoughts, or feelings of suicide if/ when suicidal warning signs were present.*

LINC
St. Charles County

Amount Spent:
$42,980.00

Clients Served:
851 Youth & Caregivers

Crisis Intervention

Emphasizes developing and strengthening youth to promote a brighter future and reduce the risk of abuse and neglect. Services include individual counseling, group therapy, case management, and wraparound services for parents/caregivers and their children in crisis.

Outcome: *85% of youth with anger management problems reported a reduction in angry outbursts and fewer conflicts with parents.*

Programs and Funding Partners

Counseling

Provides individual and family therapy to children ages 5 to 19, experiencing emotional, behavioral, or mental health concerns. Services are office-based and school-based.

Amount Spent:
$132,927.13

Clients Served:
255 Youth & Caregivers

Outcome: *93% of children who presented behavioral problems showed improvement in behavior at home or school.*

Resource Center Counseling

Promotes resiliency and recovery among youth and their families who are negatively affected by bullying and cyberbullying by establishing a network of support, mental health counseling, and mentorships. Methods are short-term, solution-focused, and strength-based.

Amount Spent:
$25,445.42

Clients Served:
27 Youth

Outcome: *96% of children and youth served experienced an improved level of functioning in the home and/or school, within 6-10 weeks of services.*

Basics Classes
Psychoeducation for parents and caregivers of children and adolescents living with mental illnesses.

Crisis Intervention Training
Training for law enforcement officers to recognize and respond effectively to individuals experiencing a mental health crisis.

Amount Spent:
$30,442.08

Clients Served:
267 Individuals

Outcome: *100% of the participants attending the Basics Class gained at least one new coping skill.*

Outcome: *95% of officers gained skills in crisis de-escalation related to their responses to individuals experiencing a mental health crisis.*

Nurse Home Visits

Provides in-home nursing visits to infants, prenatal women and families. Clients are case managed by a Registered Nurse with a minimum of 5 years of experience in care of women and infants. Community Health workers serve as language interpreters and peer support for mothers or caregivers.

Amount Spent:
$92,866.13

Clients Served:
220 Infants & Caregivers

Outcome: *100% of families had no substantiated report or hotline call for child abuse or neglect during the first two years of the child's life.*

Family Strengths

A long-term residential program for women who are pregnant and homeless, along with their children. Services include child developmental assessments, parent mentoring, advocacy, and wellness programs. Promotes and secures the mental, emotional, physical, social, and educational well-being of the children and mothers.

Amount Spent:
$128,074.02

Clients Served:
45 Youth & Caregivers

Outcome: *100% of mothers showed progress in parenting and life skills after 60 days of residency.*

Sts. Joachim & Ann Care Service: Children & Family Development

Provides wraparound services aimed at addressing the immediate and long term needs of children who are homeless, on the verge of homelessness, or in crisis. Basic and educational needs are assessed as are the physical and mental health needs of the child and family.

Amount Spent:
$209,352.00

Clients Served:
751 Youth & Caregivers

Outcome: *92% of children served showed improvement in one area of the physical and emotional well-being assessment within 12 months.*

Programs and Funding Partners

Amount Spent:
$1,126,530.17

Clients Served:
2,714 Youth & Caregivers

Team of Concern
A school-based, multi-tiered continuum of substance use prevention program designed to increase a youth's ability to avoid behaviors associated with alcohol and drug use.

Outpatient Substance Use Treatment
A client-centered and strengths-based approach to substance use treatment incorporating various therapies and relapse prevention programs. Services include counseling, psychiatry, and case management.

Outcome: *88% of youth receiving services had improved school engagement and performance.*

Outcome: *99% of youth had no further drug-related involvement with the legal system.*

Amount Spent:
$113,695.58

Clients Served:
434 Youth & Parents

1. **Counseling**
Office-based individual, group, and family counseling services, as well as Love and Logic parenting skills classes.

2. **Crisis Interventions**
School-based counseling to children and their families when a crisis interferes with their academic process.

3. **Outpatient Psychiatric**
Psychiatric evaluation, consultation and ongoing medication management for children, in collaboration with therapeutic treatments.

1. **Outcome:** *97% of youth served demonstrated progress on treatment goals.*

2. **Outcome:** *83% of clients demonstrated an improved level of functioning.*

3. **Outcome:** *72% of clients demonstrated improved functioning as evidenced by medication compliance.*

Amount Spent:
$43,735.00

Clients Served:
7 Children & Parents

Children & Family Development

A long-term housing option for pregnant teens, offering wraparound services that empowers young moms and their children to realize their full potential. Services include counseling, case management, and education and parenting support.

Outcome: *100% of mothers reported and demonstrated an increase in mental and emotional well-being after 30 days of residency.*

Amount Spent:
$113,241.85

Clients Served:
5,505 Youth

Best Choice Program

Provides Missouri statute - compliant, medically accurate, culturally sensitive information and activities to encourage youth ages 12-18 to eliminate risk through practicing sexual abstinence/delay until marriage or a long-term, committed, monogamous relationship.

Outcome: *4.4% increased behavioral intention regarding the delay of sexual activity until marriage or a long-term, committed monogamous relationship.*

Amount Spent:
$89,433.42

Clients Served:
114 Youth & Caregivers

Psychological Assessments

Provides a full range of psychological evaluation services to children aged 3 to 18 who are in need of an psychological evaluation due to a suspected or previously diagnosed mental health disorder.

Outcome: *100% of youth or their caregivers will understand how their child's condition affects their child's daily life.*

Programs and Funding Partners

Amount Spent:
$940,564.90

Clients Served:
1,836 Youth, Caregivers, & Professionals

1. Counseling
Comprehensive individual, family, and group counseling, support groups, and in-school services to at-risk children, youth, and families

2. Crisis Intervention (Safe Place)
Immediate access to services for youth who are experiencing, or at risk of homelessness, abuse or neglect, or other crisis.

3. Teen Parent Program
Services to pregnant and/or parenting teens including counseling, support groups, and education.

4. Temporary Shelter
Therapeutic services and emergency housing for youth 10-19 years of age. The shelter is a 12-bed facility providing counseling, life skills, crisis intervention and other support services.

5. Transitional Living
Assist youth in the development of the skills they need to live independently and maintain employment as they transition from the program to long-term housing in the community.

1. Outcome: *74% of children and youth showed an increase in well-being and a decrease in emotional and physical symptoms of distress.*

2. Outcome: *97% of youth and families who requested services via Safe Place or the Youth Connection Helpline participated in service linkage, safety planning, or receiving referrals to address their crisis issue.*

3. Outcome: *91% of clients progressed toward completing an education degree or program as evidenced by regular participation and attendance.*

4. Outcome: *81% of youth clients showed increased functioning in coping and problem-solving skills and a reduction in destructive, aggressive, and/or illegal behavior.*

5. Outcome: *93% of clients increased life skills, including budgeting and money management, self-care, housekeeping, nutrition, transportation and use of community resources in order to live independently.*

2019 Services Spotlight

Clients receiving CCRB-funded services.

Photos courtesy of Big Brothers Big Sisters

Community Living, Inc. and Boys & Girls Clubs of St. Charles County

Amount Spent:
$130,038.26

Clients Served:
46 Children

Building Blocks—Intensive Behavioral Intervention Classrooms

Provides educational, therapeutic, and behavioral supports to children ages 18 months to 3 years who have been diagnosed with a developmental delay, disability or behavior disorder; many of whom also have Autism Spectrum Disorder.

Outcome: *97% of children participated in 75% of group activities with prompting as needed, after 3 months of services.*

Therapeutic Art by CCRB-funded Youth

Artwork courtesy of clients at Preferred Family Healthcare, Boys & Girls Club Of St. Charles County, Lutheran Family & Children's Services, and Saint Louis Crisis Nursery

If you are a child or family in need of services, call the Behavioral Health Response
24/7 Youth Connection Helpline at
1-844-985-8282
to connect mental health resources available in St. Charles County.

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