

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

2020

# Annual Report

To the St. Charles County Community



[www.stcharlescountykids.org](http://www.stcharlescountykids.org) ♦ 636.939.6200

Dear St. Charles County Residents:

To say 2020 was an extremely challenging year would be an understatement! In the face of a global pandemic that caused the closure of in-person learning and services in March, our partner agencies met the challenge with innovation and courage without the use of any existing guidebook. We are truly grateful to all of our frontline workers who have been safely providing mental health services to our most vulnerable children and youth.

It remains too early to understand the impact of this pandemic on our youth and families, and whether or not there will be long term effects from the trauma and losses. In spite of the unknown, the CCRB is positioned to respond with expanded funding for programs. Due to revenues increasing in 2020, the CCRB will be able to provide supplemental funding in 2021 and beyond.

While the start of 2021 did not magically bring relief, the broader distribution of vaccines brings hope the COVID-19 pandemic will come to a close. It is unclear what the “new” normal will be for mental health services, but we stand ready to compassionately be there for our families as we move forward.

Nancy Schneider  
Board Chair

Bruce Sowatsky  
Executive Director

**The Community & Children’s Resource Board**  
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## 2020 Board of Directors

### Executive Committee

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

### Board Members

Mr. Paul Boschert  
Dr. 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 & Grants Assistant  
Coordinator, Shower of Love



CCRB Staff, Jeanne Spencer, Bruce Sowatsky, and Michelle McElfresh

## 2020 Staff Highlights



The CCRB staff with Mark Hollander at La Belle Vie, a new café in St. Charles. Mark is the Executive Director of Vision Leadership St. Charles and owner of La Belle Vie.



To strengthen community relationships, the CCRB began attending meetings for three St. Charles County Chamber of Commerce organizations. Bruce is pictured at the Greater St. Charles County Chamber of Commerce monthly members meeting.



Wishing everyone a Merry Christmas and a Happy New Year from the CCRB staff. Jeanne, Bruce, and Michelle celebrated by wearing ugly Christmas sweaters.

## 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.

# 2020 Financials



## REVENUES

Sales Tax	\$8,093,884.59
Investment	\$31,638.27
Fundraising	\$4,285.00
Miscellaneous Revenue	\$7,423.36
Refund of Taxes for TIF	(\$38,118.74)

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**Total Revenue** **\$8,099,112.48**

## EXPENSES

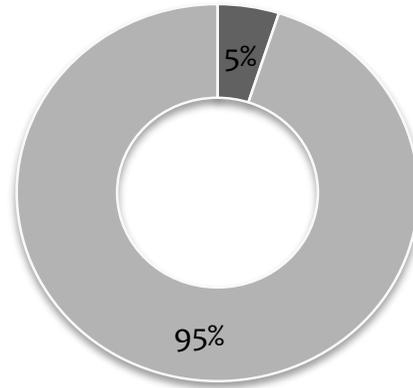
Accounting Services	\$13,200.00
Administration	\$357,197.43
Showers of Love Disbursements	\$4,290.00
Emergency Funding	\$67,277.83
Service Contracts	\$6,400,133.32

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**Total Expenses** **\$6,842,098.58**

Excess of Revenues **\$1,324,291.73**

## 2020 Expenses



- Administration
- Service Contracts

## ASSETS

Checking Account	\$108,325.94
Services Fund	\$2,442,173.67
Sales Tax Receivable	\$1,116,365.45
Capital Assets	\$113.15
Deposit	\$1,385.00

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**Total Assets** **\$3,668,363.21**

## LIABILITIES

Accounts Payable	\$393,282.52
FED/FICA Payable	\$5,388.94

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**Total Liabilities** **\$398,671.46**

## NET POSITION

Investment in Capital Assets	\$113.15
Unrestricted	\$3,269,578.60

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**Total Net Position** **\$3,269,691.75**



**2020 Service Expenditures**



\$954,953.94  
Counseling



\$493,086.83  
Respite Care



\$421,598.27  
Crisis Intervention



\$1,046,741.95  
School-Based  
Prevention



\$2,578,822.85  
Home & Community



\$180,289.92  
Teen Parents



\$4,155.73  
Outpatient Psychiatry



\$129,421.25  
Temporary Youth  
Shelter



\$383,602.58  
Substance Use  
Treatment



\$207,460.00  
Transitional Living

**2020 Populations Served\***



64,091 Children



4,091 Caregivers



2,508 Professionals



**Total Served: 70,690**

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

# Awards and News

## The CCRB Awards 2020 Children’s Trust Fund Grants

The CCRB Board of Directors held a check presentation ceremony for the Children’s Trust Fund License Plate Partner grants. Agency representatives were invited to attend to receive the checks. The 2020 Children’s Trust Fund grants were awarded to:

Community Living, Inc. (sensory equipment for respite center)	\$1,673.08
Crisis Nursery (car seats, transportation, and prevention groups)	\$3,780.00
Epworth Children & Family Services (client support/wraparound)	\$1,200.00
Our Lady’s Inn (food expenses)	\$4,000.00
Youth In Need (Emergency Shelter supplies)	\$2,346.92
<b>Total</b>	<b>\$13,000.00</b>

Funds distributed through the Children’s Trust Fund License Plate Partner grants must be used to support, develop, implement and/or evaluate child abuse and neglect prevention programs and services in St. Charles County. Child abuse and neglect prevention programs are defined as any community-based educational, family support or resource program designated to prevent, alleviate, or reduce the risk of child abuse or neglect. St. Charles County is one of 29 license plates partners with the Children’s Trust Fund of Missouri.



2020 Children’s Trust Fund grant recipients and CCRB Board Members. L to R: Larry Marty and Nancy Schneider, CCRB; Amy Rager, Our Lady’s Inn; Catherine Williams, CCRB; Heather Bell, Community Living; Paul Boschert, CCRB; DiAnne Mueller, Saint Louis Crisis Nursery; and Pastor Raymond Horry, CCRB.



## Paul Boschert Joins the CCRB Board of Directors

The newest Board member, Paul Boschert was welcomed in January 2020. A lifelong St. Charles County resident, Boschert is the Activities Director for Duchesne High School and has been an educator for 40 years. He retired as Athletic/Activities Director for Fort Zumwalt West High School. Paul is honored to serve the County youth in this capacity and is appreciative of the critical services the agency partners provide for County youth.



## 2020 Shower of Love

The 14th annual Shower of Love looked much different due to the onset of the COVID-19 pandemic. The Shower of Love was scaled back to a virtual event in which donors shopped from Target and Amazon wish lists. A total of \$10,000 was raised in donations of diapers, formula, and baby supplies. Generous donations from the **St. Charles Lions Club**, the **Bank of Old Monroe**, and the **St. Charles County Treatment Court**, plus many individual donations made the drive a success. Seven non-profit partners benefitted from the donations, which provides moms, babies, and caregivers who are in crisis with basic baby supplies; lowering the risk for child neglect or abuse. Shower of Love benefitting partners were Birthright St. Charles, Saint Louis Crisis Nursery, Nurses for Newborns, Our Lady's Inn, Saints Joachim & Ann Care Service, Thrive Women's Express Clinic, and Youth In Need.

Pictured: St. Charles Lions Club and Bank of Old Monroe, Wentzville.

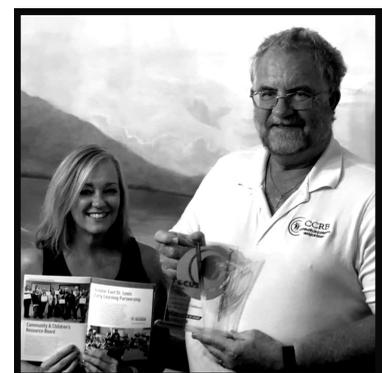


## The CCRB is Recognized by FOCUS St. Louis

The CCRB received the *What's Right with the Region* award for Promoting Strong Communities from FOCUS St. Louis at their 23rd celebration held virtually on September 3, 2020.

The Promoting Strong Communities honor is awarded to agencies working to address problems, develop initiatives, and make lasting improvements that result in a stronger, more stable community. The CCRB was one of four honorees in this category.

The CCRB was recognized for its ability to work collaboratively with other child serving entities resulting in significant improvements in child well-being. Since 2005, St. Charles County has witnessed substantial reductions in infant mortality, violent deaths to teens, teenage pregnancy, homelessness, and juvenile justice involvement. Currently, the CCRB funds 49 programs provided by 32 non-profit partners, serving approximately 75,000 children, caregivers, and professionals annually.



Pictured is Molly Dempsey, Board Vice Chair, and Bruce Sowatsky at the virtual award ceremony.

# 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:**  
\$87,657.57

**Clients Served:**  
591 Individuals

**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:**  
\$13,375.50

**Clients Served:**  
16 Youth & Parents

**Outcome:** 95% 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:

- Pair children and teens in 1:1 relationships with adult mentors.
- Bring together other supporting adults to provide any additional support and assistance.
- Develop positive relationships with parents and peers.

**Amount Spent:**  
\$25,533.88

**Clients Served:**  
186 Youth & Caregivers

**Outcome:** 99% of mentored youth avoided other risky behaviors (skipping school, aggression toward others, etc.).



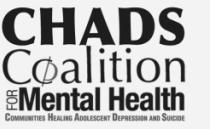
**The Formula for Impact: Project Learn**

A comprehensive structure of programming aimed at serving the holistic well-being of our youth. Services are provided through a mentorship lens and focus in three priority areas: Academic Success, Character Development, and Healthy Habits. Services are offered afterschool and during the summer.

**Amount Spent:**  
\$110,080.00

**Clients Served:**  
596 Youth

**Outcome:** 100% 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 individual counseling for youth with suicide ideation and/or mental health conditions.

**Amount Spent:**  
\$80,168.19

**Clients Served:**  
6,409 Youth

**Outcome:** 82% of students who showed little to no confidence in knowing the warning signs of depression and suicide showed confidence after the presentation.

**Outcome:** 83% of youth reported a reduction in symptoms of depression and anxiety.



**Forensic Services**

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

**School-Based Prevention**

Education programs designed to teach children about appropriate boundaries and empower victims to disclose abuse.

**Amount Spent:**  
\$509,381.79

**Clients Served:**  
17,617 Youth & Adults

**Outcome:** 99% of the children interviewed displayed a reduction in anxiety and/or fear by the end of their sessions.

**Outcome:** 96% of Pre-K - 4<sup>th</sup> grade students demonstrated they learned their "Body Safety Steps" after participating in the Body Safety program.

## Programs and Funding Partners



### Coordinated Entry

Assessment, crisis counseling, linkage with resources, and case coordination for persons experiencing a housing crisis in St. Charles County. Staff will assist with finding safe sleep/shelter for children in the household; reducing parent stress, and stabilizing in permanent housing.

**Amount Spent:**

\$13,122.40

**Clients Served:**

776 Youth & Caregivers

**Outcome:** 89% 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:**

\$60,654.64

**Clients Served:**

11 Youth & Caregivers

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



### 1. Partnership With Families

A "system of care" built to serve children who are diagnosed with a Serious Emotional Disturbance. The program coordinates services from all agencies involved in treatment of the child.

### 2. Pinocchio Program

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

**Amount Spent:**

\$1,589,299.64

**Clients Served:**

25,949 Youth

### 3. School-Based Mental Health Specialists

In-school mental health services, direct therapeutic intervention, and supports for children diagnosed with a serious emotional disorder.

### 4. School-Based Violence Prevention

Interactive programming that educates, heightens awareness, and teaches anger management, conflict resolution, bullying, internet safety, and critical thinking skills to students in grades K-8.

**1. Outcome:** 97% 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:** 96% of all youth served remained in their own home or community setting.

**4. Outcome:** 97% of youth reported being able to recognize at least 2 signs of inappropriate responses to anger in themselves.



### Family Empowerment

Individualized support to help families move beyond crisis to stability.

### Respite

A 24/7 short-term, safe haven for children birth through age 12, whose families face an emergency caused by illness, homelessness, domestic violence or overwhelming parental stress.

**Amount Spent:**

\$505,192.50

**Clients Served:**

2,000 Youth & Caregivers

**Outcome:** 98% of parents reported using one or more new coping strategies after receiving services.

**Outcome:** 100% of children avoided out-of-home placement when discharged from respite care.



### Eleventh Circuit Family Court: Therapeutic Supervised Visitation

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:**

\$44,727.75

**Clients Served:**

79 Youth & Parents

**Outcome:** 100% of parents increased the normalcy of the relationship between the parent and the child(ren) as evidenced by a lack of awkwardness, anxiety and fearfulness in both parties.

# Programs and Funding Partners



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

**Amount Spent:**  
\$68,882.79

**Clients Served:**  
82 Youth & Caregivers

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

**Outcome:** 90% of families increased their family strengths that promote resilience against child abuse and neglect.

**Outcome:** 100% of clients and/or caregivers gained knowledge about effective treatment options.



## Parent Partner

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

**Amount Spent:**  
\$446,742.34

**Clients Served:**  
1,574 Youth & Caregivers

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



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

**Amount Spent:**  
\$142,921.64

**Clients Served:**  
110 Youth & Caregivers

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

**Outcome:** 90% of children/youth participating in services had no out-of-home stays for 90 days after treatment.

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



## 1. 30 Days to Family

A short-term intervention to diligently search for a child's relatives and kin in order to identify potential placement options and supports.

**Amount Spent:**  
\$67,254.54

**Clients Served:**  
50 Youth & Caregivers

## 2. Educational Advocacy

Serving students impacted by foster care who have mental, emotional, or behavioral health concerns. Education advocacy assists with special education plans, enrollment, and/or suspensions.

## 3. Family Works

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

**1. Outcome:** 100% of youth remained in a stable familial situation 30 days post conclusion of services.

**2. Outcome:** 50% of children and youth served reported achieving at least one of their educational goals.

**3. Outcome:** 100% of families had improved relationships with family members and caregivers at case closure.



## Trafficking Prevention

Breaking the Chains of Human Trafficking raises awareness about human trafficking through information, networking, and community resources. The program prepares and empowers the community to better understand human trafficking and how to report a potential situation.

**Amount Spent:**  
\$20,658.00

**Clients Served:**  
851 Caregivers & Professionals

**Outcome:** 92% of parents increased their knowledge of child trafficking and how to report to local authorities.

## Programs and Funding Partners



### Suicide Safety

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

**Amount Spent:**  
\$45,631.00

**Clients Served:**  
3,142 Youth & Professionals

**Outcome:** 82% of students completing pre/post surveys reported greater recognition of warning signs of emotional distress and/or suicide.



### LINC St. Charles County

### Crisis Intervention

Services that address the needs of at-risk youth and the needs of the family as a whole. Supports include individual counseling, music therapy, case management, and wraparound services for parents/caregivers and their children in crisis.

**Amount Spent:**  
\$44,890.00

**Clients Served:**  
579 Youth & Caregivers

**Outcome:** 100% of the families receiving wraparound services remained in their home for at least 30 days.



### Counseling

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

**Amount Spent:**  
\$160,809.96

**Clients Served:**  
234 Youth & Caregivers

**Outcome:** 90% 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:**  
\$36,707.06

**Clients Served:**  
36 Youth

**Outcome:** 91% 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 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:**  
\$15,910.04

**Clients Served:**  
122 Individuals

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

**Outcome:** 100% of officers gained skills in crisis de-escalation related to their responses to individuals experiencing a mental health crisis.



nurses for newborns

### Nurse Home Visits

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:**  
\$89,290.99

**Clients Served:**  
213 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.

# Programs and Funding Partners



**Amount Spent:**  
\$786,079.22

**Clients Served:**  
710 Youth & Caregivers

### Team of Concern

School and community-based substance use prevention programming, which includes professional development, individual services, and linkage to referrals.

### Outpatient Substance Use Treatment

A client-centered & strengths-based approach which includes therapies and relapse prevention programs, such as counseling, psychiatry, and case management.

**Outcome:** 93% of youth receiving services had improved school engagement and performance.

**Outcome:** 96% of youth had no further drug-related involvement with the legal system.



**Amount Spent:**  
\$124,596.96

**Clients Served:**  
450 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:** After three counseling sessions, 81% of children & youth participants demonstrated stability or a reduction in mental health symptoms.

**2. Outcome:** After three counseling sessions, 79% of children & youth participants developed a positive relationships with caring adults in the therapeutic process

**3. Outcome:** 88% of clients demonstrated improved functioning as evidenced by medication compliance.



**Amount Spent:**  
\$126,957.42

**Clients Served:**  
27 Children & Caregivers

### 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 which secure the mental, emotional, physical, social, and educational well-being of the children and mothers.

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



**Amount Spent:**  
\$96,276.18

**Clients Served:**  
601 Youth & Caregivers

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

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.

**Outcome:** 89% of children served showed improvement in one area of the physical and emotional well-being assessment within 12 months.



**Amount Spent:**  
\$41,975.00

**Clients Served:**  
8 Infants & Caregivers

### 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 parents demonstrated knowledge of developmentally appropriate discipline methods after four (4) classes.

## Programs and Funding Partners



### 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.

**Amount Spent:**  
\$88,006.69

**Clients Served:**  
4,729 Youth

**Outcome:** *Students reported a 10% increase in behavioral intention regarding the delay of sexual activity until marriage or a long-term, committed monogamous relationship.*



### Equine-Assisted Therapy

Equine-assisted activities and therapy are used in conjunction with evidence-based counseling practices in order to serve children and families seeking mental health services.

**Amount Spent:**  
\$1,100.00

**Clients Served:**  
2 Youth

**Outcome:** *100% of youth reported a reduction in psychological symptoms.*



### 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.

**Amount Spent:**  
\$128,545.14

**Clients Served:**  
136 Youth & Caregivers

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



### 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.

**Amount Spent:**  
\$134,962.36

**Clients Served:**  
53 Children

**Outcome:** *87% of children participated in 75% of group activities with prompting as needed, after 3 months of services.*

Continued on the next page.

In 2020, the CCRB funding included:

- ◆ 49 service programs
- ◆ 32 agency partners
- ◆ 70,690 youth, caregivers, and professionals served

A total of \$6,400,133.32 was distributed for services.

# Programs and Funding



**Amount Spent:**  
\$692,248.91

**Clients Served:**  
2,751 Youth,  
Caregivers, &  
Professionals

## 1. Counseling

Comprehensive individual, family, and group counseling, support groups, and in-school services.

## 2. Crisis Intervention

Immediate access to services for youth who are experiencing homelessness, abuse, or neglect.

## 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, including counseling, life skills, crisis intervention, and other support services.

## 5. Transitional Living

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

**1. Outcome:** 76% of children and youth showed an increase in well-being and a decrease in emotional and physical symptoms of distress.

**2. Outcome:** 96% of youth and families who requested services via Safe Place or the Youth Connection Helpline participated in service linkage, safety planning, or received referrals to address their crisis issue.

**3. Outcome:** 95% of clients progressed toward completing an education degree or program as evidenced by regular participation and attendance.

**4. Outcome:** 90% of youth clients returned to a safe, stable living situation with family or an alternative solution in the community, subsequent to receiving services.

**5. Outcome:** 94% 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.



Big Sister Renee and Little Sister Johnna have maintained regular contact during the COVID-19 pandemic thanks to virtual technology, phone calls, and videos. Despite the boundaries imposed by COVID-19, **Big Brothers Big Sisters of Southeastern Missouri** remains committed to serving St. Charles County youth and families.

## Teen on a Path to Success

Meet Naomi. She is a brilliant, resourceful, and hilarious teen, and is also the mother of a one-year-old daughter, Nora. Naomi's family has been torn apart by abuse and trauma. As a result, she has been living on her own and with various family members and foster parents for several years. Naomi and her daughter moved into **The Sparrow's Nest Maternity Home** just after Nora's 1st birthday.

Naomi was hired for her first job and then returned to school in August. For the staff at The Nest, their primary goal is to help Naomi develop healthy relationships with trusted adults. While her journey hasn't been easy, Naomi has been active partner in building the life she wants for herself and her daughter.

## The Child Center, Inc.

expanded their workspace with the addition of new office space to their existing building. The new space improves their therapists' abilities to meet the growing need for forensic interviews, counseling, and advocacy services for children who have been the victims of abuse. The space also allows the children to heal in a place separate from where they disclosed their trauma.



## News from the Field



Leslie C. Tucker, Director of Therapy Services at **United Services for Children (USC)** conducts a virtual therapy session for a client. USC was able to quickly pivot their service model to accommodate for COVID-19 restrictions. The CCRB funds services for children 18 months to 3 years old.



Mariah was honored as the 2020 **Boys & Girls Clubs of St. Charles County Junior Youth of the Year**, an award which recognizes junior leaders ages 10-13 for their emerging leadership abilities. Mariah is pictured with BGCSTC Executive Director, Karen Englert.



In December, Santa Frank made a stop at the **Saint Louis Crisis Nursery's** Wentzville center to visit the children. The kids were full of holiday joy as Santa gave high fives and fist bumps through the front door and windows. Pictured is Santa Frank and Nursery staff.

### CCRB Partners Keep Serving Families during a Pandemic

“Providing therapeutic services by phone or in a virtual meeting platform has allowed me to continue to implement effective and relevant interventions with children and families during the COVID-19 pandemic. I have continued to work with my clients on gross motor regulatory strategies, sensory processing, grounding and mindfulness techniques, as well as some child-centered play. Offering flexible scheduling for parent support and psychoeducation sessions via telehealth has also been successful. Many of the St. Charles families I serve have been able to further strengthen child and caregiver relationships and their attachment during quarantine, while really progressing toward their treatment goals. Overall, there are still effective therapeutic interventions that can be utilized via telehealth and accessibility to services is easier on many levels.”



– Alexandra Cogdill, MSW, LMSW, *FamilyForward Developmental Trauma Center Therapist*, on CCRB-funded counseling services



## County Youth Win Community Art Contest



The CCRB announced the selection of Minnie Adams, a senior at Francis Howell North High School and Sebastian Bierhals, a freshman at Lutheran High School as co-winners of an art contest for St. Charles County high school students. As winners, both students will re-create their concepts on canvas and the finished artwork will be installed at the CCRB office in May 2021. The art contest was sponsored by the CCRB as a creative way to bring in youth voice to the CCRB office and to recognize talented young artists in our county. The CCRB was inspired by the service providers who use art therapy and other art-based programs to help youth living with mental health conditions.

In October 2020, the CCRB invited students from all area high schools, alternative programs, and homeschool students to submit a conceptual piece to be considered for display in their office. The contest theme was “Youth & Community,” intended to reflect youth perception of St. Charles County or issues relevant to their lives. Collaborative projects were encouraged and local art teachers were asked to act as a point of contact for students participating in the contest. Adams was mentored by art teacher, Courtney Flamm (top), and art teacher Carla Krazl mentored Bierhals (bottom). The CCRB was impressed by the level of talent shown in all submissions, making it difficult to narrow down the selection.

Adams and Bierhals were chosen for their skill in interpreting the theme, as well as their artistic vision. Adams’ work titled “Sushi in St. Charles” features a diverse group of teens sitting together at a local restaurant. Bierhals’ work, “Masking our Feelings” reflects feelings of anxiety, depression, and pain youth feel because of bullying and cyberbullying. Both were excited to have been chosen and look forward to seeing their work installed.



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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