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

ANNUAL REPORT 2023

to the St. Charles community

stcharlescountykids.org

LETTER FROM THE EXECUTIVE DIRECTOR

Dear St. Charles County Residents:

I think the best way to describe 2023 is a return to normalcy. Having weathered a global pandemic for three years and then struggling with labor shortages, we are now better equipped to address the mental health and substance use treatment needs of our children, youth, and families.

In response to community needs, the CCRB developed MINDREACH, a mental health emergency app for youth to connect to local behavioral health services. We also introduced on-line risk assessment and referral tools through ASPEN in two of our public school districts. We continue to add service partners to address areas of need and our partner agencies continue to provide excellent care as demonstrated in their outcomes.

As we move into 2024, the CCRB will start its next chapter under new leadership. After almost 25 years at the helm, I am excited to announce the Board has selected Melinda McAliney as my successor.

Melinda brings over 30 years of grant management experience to our organization, and I leave knowing that the CCRB is in very capable hands moving forward. It has been an honor collaborating with our staff, our Board, and our agency partners and for the young people of our community. Together, by putting kids first, we have had a significant impact in their lives, and I am extremely proud of what we have accomplished.

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CCRB
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Our Vision

Preparing all youth and families to realize a brighter tomorrow.

Our Mission

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

About

The Community and Children's Resource Board (CCRB) collaborates with and funds nonprofit 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, one-eighth 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 this local sales tax fund.

Funding Categories

- Crisis Intervention
- Home and Community-Based Intervention
- Individual, Group, and Family Counseling
- Outpatient Psychiatry
- Outpatient Substance Use Treatment
- Respite Care
- Prevention
- Services to Teen Parents
- Temporary Shelter
- Transitional Living

CCRB Launches MINDREACH

The CCRB created MINDREACH, a mobile phone app that combines local mental health resources into a single location.

The app was developed in partnership with high school students in the St. Charles County CAPS (Center for Advanced Professional Studies) program. The target audience is middle and high school youth living in St. Charles County with the purpose of bridging the gap between technology and existing mental health resources.

MINDREACH also offers caregivers and parents a variety of resources and supports for their children and connects them directly to local and national resources. Youth and caregivers across the St. Charles County and the St. Louis Metro can access dozens of local resources from one location, empowering them to connect to professionals with their mobile devices. The app is free and compatible with Apple and Android devices.

With MINDREACH youth and caregivers can

- Contact 24/7 Mental Health support via call, text, or chat
- Connect to a Peer Helpline
- Find a Safe Place to stay
- Fill out self-assessments to learn their risk of anxiety, depression, and more
- Report cases of bullying, abuse, and trafficking
- Take fun quizzes and share the results with friends.

Use your camera app to scan the QR code to download MINDREACH and connect your family to mental health resources.

FINANCIALS

REVENUE

Sales Tax	$9,770,969.00
ARPA	$1,160,817.00
Investment	$98,307.00
Miscellaneous Revenue	$2,546.00
Refund of TIF Taxes	(40,641.00)
Total Revenue	**$10,991,998.00**

EXPENSES

Accounting Services	$15,480.00
Administration	$537,359.00
Service Contracts	$9,137,020.00
ARPA Contracts	$1,160,817.00
Total Expenses	**$10,850,676.00**

ASSETS

Checking Account	$92,548.00
Services Fund	$5,899,662.00
Sales Tax Receivable	$1,116,366.00
Capital Assets	$113.00
Deposit	$1,385.00
Total Assets	**$7,110,074.00**

LIABILITIES

Accounts Payable	$591,901.00
FED/FICA Payable	$4,229.00
Total Liabilities	**$596,130.00**

NET POSITION

Investment in Capital Assets	$113.00
Unrestricted	$6,513,830.00
Total Net Position	**$6,513,943.00**

EXPENDITURES

Crisis Intervention
$467,681.97

Home & Community-Based
$3,764,110.03

Individual, Group, & Family Counseling $1,848,215.68

Outpatient Psychiatry
$15,739.05

Outpatient Substance Use Treatment $358,560.00

Prevention
$1,354,963.37

Respite Care
$648,462.56

Services to Teen Parents
$282,692.54

Temporary Youth Shelter
$101,717.40

Transitional Living
$294,877.33

TOTAL $9,137,019.93

POPULATIONS SERVED

101,950 Children*

3,677 caregivers

2,056 professionals

**youth may have received services in multiple programs*

Funded Agencies and Programs

Youth Connection Helpline

Amount Spent
$45,618.84

Clients Served
856

A 24/7 access point for youth and their families to access crisis intervention and other behavioral health services. Licensed mental health professionals and specialists provide assessments and follow-up case management to clients. Staff also provide community presentations on mental health topics.

Impact: 73% of youth with suicidal or homicidal ideation who participated in the follow-up program obtained a safety plan.

Safe Families for Children

Amount Spent
$12,133.40

Clients Served
11

Extends community support by hosting vulnerable children and strengthening their families through a network of volunteers motivated by compassion.

Impact: 100% of parents improved their parenting skills during a 12-month period.

Mentoring

Amount Spent
$20,378.33

Clients Served
81

Young people, aged 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.

Impact: 78% of mentored youth developed positive relationships with parents and peers.

THROUGH A PROVIDER'S EYES

Epworth Psychological Services worked with a child of recently divorced parents going through a highly contentious divorce. The primary parent had unaddressed mental health issues which were interfering in their ability to effectively manage the child's strong emotional reactions and behaviors. The parent also had a ruptured relationship with the child's school and was untrusting of professionals.

However, through the evaluation process and supportive parental interviews, the parent began to open up to the EPS psychologist and talk about their history. By the end of the testing process, the parent was able to reflect on how their prior experiences were impacting their parenting strategies, and they were receptive to trying new approaches. At the three month follow up, the parent had followed through with all of EPS' recommendations, which increased the child's social and emotional well-being.

The Formula for Impact: Project Learn

Amount Spent
$222,490.71

Clients Served
392

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

Impact: 94% of Club members developed teamwork, cooperation, and connection through social recreational activities.

Coordinated Entry

Amount Spent
$32,961.17

Clients Served
4,050

Assessment, linkage with resources, and case coordination services for families experiencing a housing crisis. Staff assist with finding safe shelter for children in the household, reducing parent stress, and stabilizing housing for the family.

Impact: 94% of families with children increased their knowledge and options for safe sleep or shelter within 24 hours of a crisis assessment.

Amount Spent
$432,409.35

Clients Served
14,404

1. Family Support
School-based program that prevents suicide and reduces symptoms of mental illness by providing individual, intensive, and short-term counseling.

Impact: 74% of youth presenting with depression reported a reduction in symptoms.

2. Signs of Suicide
School-based program that addresses signs and symptoms of depression and suicide, and provides a safe opportunity for those in need of support to receive help.

Impact: 85% of students who showed little to no confidence in knowing the warning signs of depression and suicide showed confidence after the presentation.

3. Social Emotional Well-Being
Students from grades K-12 are matched with a Social Emotional Mentor who provides a structured, evidence-based curriculum of one-on-one 30 minute sessions to teach social and emotional skills.

Impact: 87% of youth gained improvement in understanding of self-management, increased in stress management, and improved their coping skills.

Funded Agencies and Programs

Community Living, Inc.

Amount Spent
$32,961.17

Clients Served
8

Respite Center

Periodic weekend relief for families whose child displays significant challenges due to mental health conditions and developmental disabilities.

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

Compass Health Network

Amount Spent
$2,070,413.90

Clients Served
26,210

1. Autism & Neurodiversity Services
Assessment and intervention/clinical supports for children referred because of social, emotional, or behavioral health concerns.

Impact: 91% of caregivers accessed at least one recommendation for treatment or began using recommended strategies to help support their child's challenges at home.

2. 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.

Impact: 91% of all youth served remained in their own home or community, out of residential placement, psychiatric hospitalization, juvenile detention, or Division of Youth placement.

3. Pinocchio Program
Early identification/intervention services for students K-3rd grade who are screened as having mild to moderate school adjustment concerns.

Impact: 98% of families reported an improvement in their child's behavior at home within one school year.

4. School-Based Mental Health Specialists
In-school and home-based mental health services, direct therapeutic intervention, and supports for children diagnosed with a serious emotional disorder. The program allows for easy access and timely interventions for the child and family.

Impact: 98% of youth were free from a critical incident event such as violence toward others or suicide attempts.

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

Impact: 100% of youth reported being better prepared to seek adult support when faced with a potentially violent situation.

Amount Spent
$65,550.00

Clients Served
61

Eleventh Circuit Family Court - Therapeutic Supervised Visitation

Co-joint parent-child therapy conducted by Youth In Need's licensed mental health professionals that enhances parenting knowledge and skills in order to "normalize" the parent-child relationship.

Impact: 100% of parents demonstrated improvement in meeting the emotional needs of their child(ren).

Epworth

Amount Spent
$60,514.02

Clients Served
35

Family Support Network
Weekly, intensive home-based family counseling and psychoeducation for children in order to reduce child abuse and neglect.

No impact data to report.

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

Impact: 100% of clients and/or caregivers gained knowledge about their mental health conditions.

FACT
FAMILY ADVOCACY & COMMUNITY TRAINING

Amount Spent
$581,969.42

Clients Served
1,572

Family Advocacy and Community Training

Educational Advocacy
Advocates work to support families in accomplishing goals for their child in the school setting.

Impact: 89% of families resolved their priority issue within 6 months of their first strategy meeting, resulting in a new or updated IEP.

Parent Support Partner
As part of Compass Health Network's Partnership with Families program, F.A.C.T.'s Parent Support Partners (PSP) use a peer-to-peer model to support families who have a child diagnosed with a mental health condition.

Impact: 84% of children requiring "Positive Behavior Support Plans" at school had them.

THROUGH A PROVIDER'S EYES

Compass Health Network's Autism & Neurodivergent Services received this letter of support from a client.

Having someone to help me figure out what is available has been so helpful. I didn't know there were so many options and services available, and I didn't know that I should contact the Department of Mental Health. Having a case manager to direct me to what the best steps were to make sure my daughter gets what she needs has been so amazing. It is overwhelming enough to have so many resources with help, I cannot imagine what I would do if I did not have someone who knew the process to guide me.

THROUGH A PROVIDER'S EYES

A **F.A.C.T. Parent Support Partner** in the Partnership With Families program received a letter from a client.

"Thank You" does not seem adequate to express our gratitude for your support this last year. You have encouraged us to nurture our marriage and ourselves, given us tools and strategies to help our kids be more successful at home, shared your wisdom and experience, and validated and listened to our concerns, worries, and challenges. After all the years of interventions and therapies for our children, it has been a healing experience having you there to support us as parents. We are better and stronger because of you. Thank you for sharing your hard-earned compassion, skills, and experience with us.

FAMILY FORWARD

Amount Spent
$254,777.13

Clients Served
166

1. Counseling
Counseling as well as psychological evaluations for children with foster/adoption histories who are experiencing emotional, behavioral, and relational issues.

Impact: 87% of children demonstrated an improved level of functioning evidenced by improved relationships with family members and/or caregivers.

2. Early Childhood Education
Trauma-sensitive day treatment for children aged 3-6, using the Attachment, Self-Regulation, and Competency (ARC) model. Children have significant histories of developmental trauma.

Impact: 100% of children demonstrated a reduction or elimination of emotional and behavioral symptoms.

3. Occupational Therapy
Services for children and families living with the impacts of early adversity and developmental trauma, includes assessment and intervention services.

Impact: 100% of children demonstrated improved relationships with parents and caregivers.

gateway HUMAN TRAFFICKING

Amount Spent
$50,643.07

Clients Served
305

Trafficking Prevention & Video Project

Breaking the Chains of Human Trafficking raises awareness about human trafficking through information, networking, and community resources. The video project program engages the community through educational video modules and Public Service Announcements.

Impact: 60% of participants increased their knowledge of how to report trafficking situations to local authorities.

FOSTER & ADOPTIVE CARE COALITION
FOR EVERY CHILD... A PLACE TO CALL HOME

Amount Spent
$158,160.12

Clients Served
84

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 for children in foster care.

Impact: 88% of youth remained in a stable familial situation 30 days post conclusion of services.

2. Educational Advocacy
Serves students impacted by foster care who have mental, emotional, or behavioral health concerns by assisting with special education plans, enrollment, and/or suspensions.

Impact: 100% of children and youth served reported achieving at least one of their educational goals.

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

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

KUTO

Amount Spent
$62,355.56

Clients Served
5,195

Suicide Prevention

School-based prevention program that delivers emotional wellness and suicide prevention education to students, school staff, and community service providers to help prevent loss of life to suicide.

Impact: 80% of students reported greater recognition of warning signs of emotional distress and/or suicide.

LINC St Charles County

Amount Spent
$67,095.12

Clients Served
1,229

Crisis Intervention

Services address the needs of at-risk youth and their families with an emphasis on developing and strengthening youth and reducing the risk of abuse, neglect, and homelessness. Supports include individual counseling, music therapy, case management, and wraparound services for caregivers and children.

Impact: 100% of youth with anger management problems reported a reduction in angry outbursts and fewer conflicts with parents.

THROUGH A PROVIDER'S EYES

Community Council's Coordinated Entry program supports families experiencing a housing crisis. They are pleased to report ***less than 2% of the families*** who achieve housing stability become homeless again within 2 years. Through the program's coordinated efforts, they prevented 2,308 families from becoming homeless.

Funded Agencies and Programs

Counseling

Amount Spent
$226,213.75

Clients Served
139

Serves children aged 5-19 years who exhibit serious mental, emotional, and/or behavioral health symptoms that impact their functioning, relationships, or school performance. Services are office and school-based.

Impact: 89% of children who present with behavioral problems showed improvement in behavior at home or school.

Resource Center Counseling

Amount Spent
$152,183.56

Clients Served
129

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.

Impact: 100% of children and youth served experienced an improved level of functioning in the home and/or school, within 6-10 weeks of services.

PEACE Clinical Program

Amount Spent
$12,133.40

Clients Served
4

An early intervention program designed to strengthen the parent-child relationship to prevent the development of toxic stress on young children who are at-risk due to trauma.

No impact data to report.

Eating Disorder Prevention

Amount Spent
$12,133.40

Clients Served
2,057

Interactive and evidence-based eating disorder prevention presentations for middle and high schools students.

Impact: 92% of students were able to identify the signs and symptoms of an eating disorder.

Nurse Home Visits

Amount Spent
$45,511.93

Clients Served
119

In-home nurse services, including physical and mental health assessments, for women who are pregnant and families with infants up to 2 years.

Impact: 100% of caregivers with children demonstrating developmental delays used and demonstrated methods to increase developmental skills.

1. Crisis Intervention Training

Amount Spent
$37,888.65

Clients Served
1,596

Training for law enforcement officers and first responders to recognize and respond effectively to youth experiencing a mental health crisis.

Impact: 96% of officers who attended courses gained skills in crisis de-escalation related to their responses to individuals experiencing a mental health crisis.

2. Ending the Silence

Mental-health-focused presentations for students in grades 6-12, professionals, and caregivers that includes warning signs, facts and statistics, and how to get help for themselves or a friend.

Impact: 87% of student participants indicated they knew the early warning signs of mental illness at the conclusion of the presentation.

3. Presentations

Presentations are provided to youth, professionals, and the community to help participants better understand mental health conditions and fight stigma.

Impact: 100% of participants attending presentations reported a less judgmental view of people with mental illness.

THROUGH A PROVIDER'S EYES

A preschooler in **FamilyForward**'s Early Childhood Center struggled with the endurance, self-regulation, and confidence to stay engaged in classroom activities for even a few minutes at a time. Following several weeks of working with the child, staff created a social story book titled 'You Can Do Hard Things', guiding the child through different ideas of how to use sensory breaks and regulation strategies to support her when activities became so challenging she wanted to quit.

The student read the personalized book multiple times a day, both at home and in school, resulting in an increase in her endurance for challenging/dysregulating tasks. Within a month, the child had substantially improved her ability to participate in challenging activities and was able to learn to write her name.

NAMI St. Louis' Crisis Intervention Team (CIT) staff witnessed funding impact firsthand. Multiple CIT officers from the O'Fallon Police Department were working with a youth who experienced strong impulsive behavior and incidents with family members in their home life. The CIT officers and BHR's Youth Behavioral Health Liasion met with the guardian to coordinate care and support for the youth and family, connecting the family to additional community resources.

Because of the training and services provided by CCRB funding, the officers were able to effectively advocate for the family and help the youth remain safely in their home.

Family Strengths

Amount Spent
$282,692.54

Clients Served
416

A long-term residential program for women who are pregnant and homeless, along with their children. Services promote and secure the mental, emotional, physical, social, and educational well-being of the children and women residing at the facility.

Impact: 92% of mothers showed progress in parenting and life skills after 60 days of residency.

Amount Spent
$775,331.33

Clients Served
416

1. Outpatient Substance Use Treatment
A client-centered and strengths-based approach which includes therapies and relapse-prevention programs, such as counseling, psychiatry, and case management.

Impact: 98% of youth had no further drug-related involvement with the legal system.

2. Team of Concern
School and community-based substance use prevention programing, which includes professional development training, presentations, small groups, crisis intervention, individual services, and linkage to referrals.

Impact: 92% of youth had improved school engagement and performance.

Substance Use Prevention

Amount Spent
$12,133.40

Clients Served
1,847

K-12 school-based education programming designed to build resiliency skills and drug specific knowledge to produce positive changes in children's knowledge, attitudes, and behaviors.

Impact: 79% of students reported a gain in substance use knowledge.

Children & Family Development

Amount Spent
$94,456.55

Clients Served
687

Wraparound services aimed at addressing the immediate and long-term needs of families with children who are homeless, on the verge of homelessness, or in crisis. Mental health, physical, basic, and educational needs of the child and family are assessed.

Impact: 94% of children served showed improvement in one area of the physical and emotional well-being assessment within 12 months.

Amount Spent
$150,974.96

Clients Served
532

1. Counseling
Office-based counseling services for children and their families.

Impact: After three counseling sessions, 61% of children and youth participants demonstrated stability or a reduction in mental health symptoms.

2. Crisis Interventions
School-based, short-term counseling for children and their families when a crisis interferes with their academic process.

Impact: After three counseling sessions, 73% of youth demonstrated stability or improved functioning.

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

Impact: 81% of youth participants demonstrated a reduction in mental health symptoms.

Amount Spent
$676,733.02

Clients Served
1,507

1. Healing Hearts
Through art and play therapy, children build positive coping skills, positive self-esteem, and positive relaxation techniques and learn to identify, express and regulate feelings.

Impact: 100% of children demonstrated the use of new coping skills.

2. Family Empowerment
Evidence-based and therapeutic interventions using a trauma-informed framework to help families move beyond crisis to stability.

Impact: 99% of families served did not have a substantiated child abuse/neglect hotline report while receiving services.

3. Respite
A 24/7 short-term, safe haven for children birth through age 12, whose families are in crisis caused by mental health concerns, substance use, domestic violence, poverty, or lack of social supports.

Impact: 94% of parents identified a parenting stress trigger and coping mechanism at respite care discharge that will reduce their potential for child maltreatment.

THROUGH A PROVIDER'S EYES

A therapist with **11th Circuit Family Court** and **Youth In Needs'**s Therapeutic Supervised Visitation program worked with a client who came into services with trauma and refused to have a relationship with their father. After 4 months of therapy, they were willing to meet with the father and build that relationship. This was incredible to witness.

Funded Agencies and Programs

THE CHILD ADVOCACY CENTER OF NORTHEAST MISSOURI

Amount Spent
$848,404.00

Clients Served
37,816

1. Counseling
Evidence-based, trauma-informed counseling services to support healing in children who have experienced abuse.

Impact: 93% of children receiving counseling understood the abuse was not their fault.

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

Impact: 74% of children interviewed who are of average development were able to report who the perpetrator of the abuse was and what abuse occurred.

3. School-Based Prevention
Child abuse prevention education programs designed to teach children about appropriate boundaries and empower victims to disclose abuse to trusted adults. Mandated Reporter training and caregiver education programs are also provided.

Impact: 91% of 6th-12th grade students reported understanding how to recognize potential dangers, online and offline, of sexual abuse.

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the sparrowsnest SERVING YOUNG FAMILIES

Amount Spent
$4,469.49

Clients Served
4

Child Cooperative and Parent Support

Early childhood education for children 0-3 years, parent education, and case management services to support families living in poverty and address the need for high-quality, affordable childcare.

Impact: 100% of parents demonstrated knowledge of developmentally appropriate parenting skills after 3 months in the program.

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st. louis thriVe

Amount Spent
$106,487.38

Clients Served
6,067

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 or delay until marriage or a long-term, committed, mutually monogamous relationship.

Impact: Students reported a 16.9% increased behavioral intention regarding the delay of sex activity until marriage or a long-term committed monogamous relationship.

Stay Safe Self Defense
An interactive program that equips and empowers youth 11-18 years to recognize, avoid, and defend themselves against assault and violence.

Impact: 97% of students learned at least one new useful skill that they can use if an assault happens.

FUNDING IMPACT

St. Louis Crisis Nursery is extremely proud of their impact during their first year piloting the Healing Hearts Program in childcare centers. In 2023, staff were able to provide 596 sessions of art and play therapy for 53 children who were struggling with significant socio-emotional challenges. Many of these children were at high risk of losing their childcare placement due to unsafe and/or disruptive behaviors in the classroom. With intervention and support through the Healing Hearts Program, none of these children lost their childcare placement and their parents and caregivers were able to maintain employment or other committments.

Preferred Family Healthcare wants to share the impact funding has had on their client, Samantha*, who came into residential treatment after she experienced a substance use-related emergency.

Samantha started outpatient treatment upon leaving residential treatment and she decided to utilize approved medication to prevent relapse. Once Samantha got to a place where she was more internally motivated and had the support she needed, she decided to stop the medication, stating she no longer wanted it to be the reason she stayed sober.

During treatment, Samantha and her mom committed to family therapy with the goal of helping mom understand addiction and warning signs, setting boundaries, and communicating effectively about triggers and support needed.

Samantha's commitment to treatment, therapy, and remaining sober helped her graduate high school early and explore higher education options. She works full time and lives with her family to save money, all while maintaining sobriety. This would not be possible without the generous funding of the CCRB.

**name changed for privacy*

UMSL Center for Behavioral Health has witnessed the impact of comprehensive, client-centered psychological assessment. A 9-year-old girl presented to their clinic with a notable history of outpatient services. She received psychiatric services and therapeutic interventions with a psychologist, as well as school supports. Despite these broad services, the family noted continued struggle and questioned if the clinicians were missing something.

Using a comprehensive, research-supported assessment battery and collecting information from various collateral sources, the psychological examiner determined the source of the girl's symptoms and noted the girl's neurodivergence was masked. The new diagnosis provided the family with a clear path forward. At the same time, the examiner offered ways in which the service providers and educators could make adjustments to account for the girl's neurodivergence. The family left the feedback session feeling understood and hopeful for the future.

Equine-Assisted Therapy

Amount Spent
$2,718.75

Clients Served
3

Equine-assisted activities and therapy focus on reducing mental health symptoms through interacting with horses in a variety of ways, ultimately helping clients develop positive patterns outside of the therapy session.

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

Psychological Assessments

Amount Spent
$297,031.30

Clients Served
163

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

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

Building Blocks—Intensive Behavioral Intervention Classrooms

Amount Spent
$235,143.24

Clients Served
62

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

Impact: 92% of children participated in 75% of group activities, after 3 months of services.

Amount Spent
$932,030.30

Clients Served
736

1. Counseling
Comprehensive school and office-based counseling for individual, family, and group counseling. Issues addressed include anxiety, depression, trauma, family violence, and school-related problems.

Impact: 78% of youth completed counseling services in the non-distressed range, indicating improvement in all major areas of functioning and overall well-being.

2. Crisis Intervention
In conjunction with the Youth Connection Helpline and Safe Place, crisis intervention services are available to youth and include access to emergency shelter, food, hygiene items, clothing, and mental health services.

Impact: 97% 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. Temporary Shelter
Therapeutic services and emergency housing shelter for youth aged 10-19 years. Services include counseling, education, life skills, crisis intervention, and other support services.

Impact: 74% of youth clients showed improved family relationships and functioning at home with decreased family conflicts.

4. 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.

Impact: 91% 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.

Community Engagement

The CCRB staff participated in many community events throughout the year, including the System of Care, Community Services Summit, Chamber of Commerce events, community resource fairs, and youth mental health focused events.

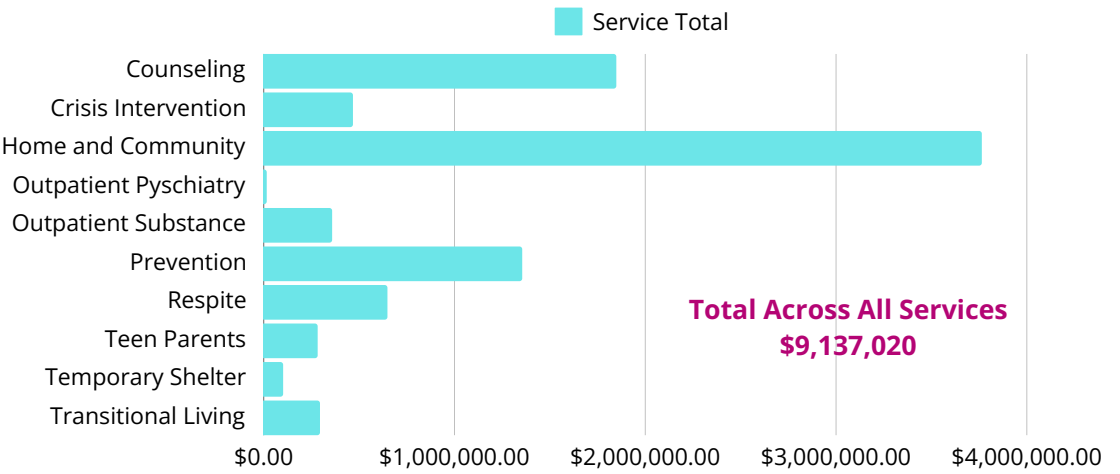
Dr. Jose Jones & Michelle

Michelle, Jeanne, Buddy the Elf, and Anna at an O'Fallon Chamber Meeting

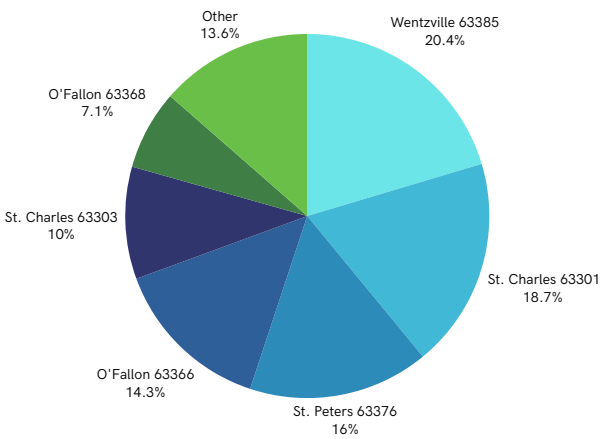
Mock District System of Care Presentation

Bruce and Anna at the Community Services Summit Michelle served on the planning committee

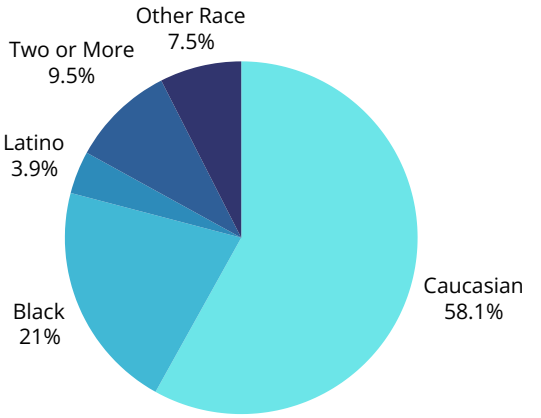
2023 at a Glance



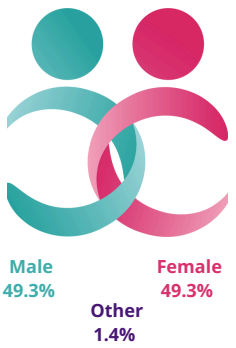
Service by Zip Code



by Population



by Gender



Community Trends

The CCRB contracted with Berry Organizational and Leadership Development (BOLD) to conduct an analysis of St. Charles County youth data from 2004-2021, utilizing key findings of the demographic data and the community indicators. Sources include the Missouri Student Survey and 2020 U.S. Census. This graphic represents some of the extracted data. The full report is available upon request.

- Infant mortality has decreased 25%
- Child deaths ages 1-14 decreased 41%
- The number of children with substantiated child abuse is down 6%

- Past month drug use and lifetime drug use have dropped for every type of drug

- Graduation rates across our five public school districts have risen 6.4%
- The number of high school dropouts has decreased 53%
- Disciplinary incidents in our public schools have dropped 41%

- Violent teen deaths has decreased 40%
- Juvenile law violation referrals have decreased 69% overall, including:
  - 53% decrease in violent offenses
  - 88% drop in alcohol offenses
  - 76% decrease in drug offenses