

CARING FOR KIDS - October 2020

Greetings!

Welcome to the October newsletter. October is Bullying Prevention and Substance Use Prevention Awareness month. We appreciate your support and time and hope the articles can be useful for you our a loved one.

The CCRB is funded by a dedicated fund for children's mental health services in St. Charles County. Through a local sales tax, over 70,000 children and youth receive prevention education and mental health supports annually. The CCRB is proud to administer these funds, ensuring our youth and their families have the resources they need to realize a brighter tomorrow. All funds stay in St. Charles County for County residents.



In This Issue

- Bullying Prevention for Youth
- When Your Child is Being Bullied
- Recognizing Substance Use in Youth
- De-Escalation Techniques
- Spotlight: Paul Boschert
- Community Services Summit
- Pooper Troopers Collect Diapers
- News from the Field

Learn more about our monthly Board meetings [here](#).

HELP! My Child is Being Bullied

Students who experience bullying are at increased risk for depression, anxiety, sleep difficulties, and poor school adjustment. In fact, students age 8-15, report teasing and bullying to be "big problems," more-so than drugs, alcohol, or the pressure to have sex. The suicide rate in Missouri is 31% higher than the national average.

At the Megan Meier Foundation, the most commonly requested resources are from parents who want to help a child being bullied or cyberbullied. These parents often have heightened emotions, have been struggling to get help, and are looking for any advice they can find. We offer parents and clients support and tips that are modified to their specific situation. The types of resources we share range from "Cyberbullying Response Tips for Teens" to "Parent Check-List", and anywhere in-between. Parents and clients are often searching for validation and for someone to guide them in the right direction regarding concrete steps they can take.



It is important that parents and children understand the definition of bullying, as it is not simply "teasing" or "being mean." Bullying is unwanted aggressive behavior, repeated over time, that involves a perceived or actual imbalance of power. Bullying can take many forms, such as hitting, punching, or shoving (physical bullying); teasing, taunting, name-calling, or sexual remarks (verbal bullying); intimidation using gestures, spreading rumors, or social exclusion (psychological or social bullying).

If the bullying situation continues and cannot be safely resolved by the child, then parents may need to talk to their child's school. Parents should be sure to include their child in this decision and discuss how much involvement they'd like to have. If your child attends a public school, parents should follow the chain of command, typically in this order:

1. Child's Teacher
2. Child's School Counselor
3. Assistant or Grade Level Principal
4. Superintendent
5. Board of Education

Private and parochial schools may have a different chain of command, so contact the school to find out how to proceed. If your child is experiencing harassment, you can get additional support through the U.S. Department of Education, Office for Civil Rights and U.S. Department of Justice, Civil Rights Division.

If you or someone you know is struggling with bullying, cyberbullying, or thoughts of suicide, the Megan Meier Foundation can help. Email us at info@meganmeierfoundation.org or call 636-757-3501.

The Megan Meier Foundation was founded by Tina Meier following the death of her teen daughter, Megan, who was lost to suicide following a cyberbullying attack perpetrated by an adult pretending to be a peer.

Recognizing Teen Substance Abuse



Substance use in teens is not always easy to see. If you suspect your child or loved one might be abusing drugs or alcohol, it is important to recognize some of the signs of substance abuse problems and how to best help the person in need.

Megan Payton, a program director with Preferred Family Healthcare, said some signs that could indicate a person is struggling with addiction include:

- Change in peer group. Do they have new friends that you do not know? Have they quit hanging out with friends they have in the past?
- Lack of interest in activities that they used to enjoy.
- Significant change in school performance.
- Changes in their behavior. For example are they being dishonest more often? Are they hiding things from you?
- Isolation. Instead of joining in family activities, are they spending more time alone in their rooms.

A child can exhibit these signs and not be abusing substances, Payton noted, but it is always a good idea to be aware of your child's behavior and be prepared to talk with your child to see if they might be using drugs or alcohol, or might be experiencing other problems, such as including anxiety or depression.

Some of the risk factors which may make a child more likely to abuse drugs or alcohol are a history of family substance use or mental health disorders, impulse control, negative thinking, sensation seeking, and anxiety sensitivity.

If you suspect your child may be using drugs, speak with them about your concerns. Make sure you come from a place of willingness to listen. Talk to your child's school counselor or pediatrician.

Preferred Family Healthcare offers a variety of services in St. Charles County that can assist you in addressing substance use disorder issues, including prevention services, and outpatient and residential services. Services are provide via telehealth group session or individual therapy sessions. For more information, email stctoc@pfh.org

Spotlight: Paul Boschert, Jr., Board Member



Paul joined the CCRB in 2020 and has a long history of involvement with the St. Charles County community. He appreciates the opportunity to work with local non-profits and is honored to serve youth in St. Charles County. Paul finds it rewarding to hear the positive stories from the agency providers and knows the CCRB plays a small role in those successes by providing financial assistance.

What do you count as your most lasting contribution to St. Charles County?

I have been fortunate and blessed to have worked in the educational field for the past 40 years. As a teacher, coach and athletic director I have been privileged to work with so many of our youth and to play a role in their development in their formative years. To witness their accomplishments in the classroom and athletic arena first hand was very rewarding; now I'm seeing many of my former student-athletes as parents, teachers, coaches, doctors and leaders in our community and this makes me very proud.

Paul is the current Athletic Director for Duchesne High School and was the Athletic/Activities Director for Ft. Zumwalt West High School for 16 years. He is an alumni of Duchesne and Lindenwood University.

The [Community Services Summit](#) is an annual collaborative training at which educators, social workers, first responders, health/mental health professionals, and others serving children and families attain information about issues affecting our community and the local resources available to help. Presentation topics include substance use, suicide prevention, human trafficking, homelessness, and more!



The 2020 CSS will be offered virtually beginning Monday, October 12. Participants will receive access to 16 speaker presentations, exhibitor resources, and a live collaborative workspace with speakers. [Registration](#) starts at just \$35 per participant. The **deadline to register is Wednesday, October 7, 2020.**

Pooper Troopers Collect Diapers for the St. Charles Crisis Nurseries



On September 18, 2020, volunteers from all around St. Charles County helped the [Pooper Troopers](#) load 90,000 diapers into the storage room on the third floor of the old St. Peters school in St. Charles. [The Crisis Nursery](#) will use many of the diapers at the Nursery locations in St. Charles County and will give

thousands of diapers away to St. Charles County families in need of support and supplies.

The Pooper Troopers Diaper drive took place in September throughout the St. Louis area; collecting over 300,000 diapers for the Crisis Nurseries which helps thousands of children annually!

News from the Field

The [Community Living](#) St. Charles Residential Team organized a drive-by parade with Community Living staff who wanted to show our Direct Support Professionals how much they appreciate what they do. The St. Charles County Police Department even led and ended the train of cars.



[F.A.C.T.](#) - Family Advocacy & Community Training offers Parent Support Group meetings for parents of children with disabilities. The meetings are held every other Tuesday evening at 6 p. m., beginning on September 8, via Zoom. <https://zoom.us/j/8831088892>.

[Safe Families for Children](#), a ministry of Bethany Christian Services is accepting applications for Host Families to open their hearts and homes to children in need of temporary care due to family crisis. Safe Families for Children provides much needed support for parents in



Board (CCRB) was recognized by FOCUS St. Louis on September 3, for "Promoting Stronger Communities," in which honorees have worked to address problems, develop initiatives, or make

lasting improvements that result in stronger, more stable communities. Executive Director, Bruce Sowatsky, Grants Administrator Michelle McElfresh, and Board members Molly Dempsey and Cory Elliott attended the virtual ceremony on behalf of the CCRB.

crisis, giving them time to get back on their feet while their children are cared for in a safe and loving environment. To learn more, visit www.stlouis.safe-families.org or call 314-452-6547.

[Foster & Adoptive Care Coalition](#) offers a Back to School Information page for families. Topics include a "Guide to Learning Platforms," District-by-District Reopening information, and links to supportive services available for foster and adoptive families. All are available at www.foster-adopt.org/backtoschool.

The [Boys & Girls Clubs of St. Charles County](#) recognizes

member, Mariah as their Junior Youth of the Year for 2020. Mariah will compete at the State level with other Junior Youth from across the state. Junior Youth of the Year seeks to develop junior leaders ages 10-13 within the Club environment. The program fosters Club members' emerging leadership abilities while preparing them for later participation in the Youth of the Year program.



[Sts. Joachim & Ann Care Service](#) is proud to be a new Safety Net Partner supported by the United Way. United Way supports 167 local nonprofits in the St. Louis region, which in turn supports hundreds of causes to help the community as a whole.

Each year, one million people in our area are helped by United Way supported agencies—that's 1 in 3 people in 16 counties through Missouri and Illinois. This partnership will allow our agency to serve even more families in crisis, and further prevent homelessness and hunger in St. Charles County.

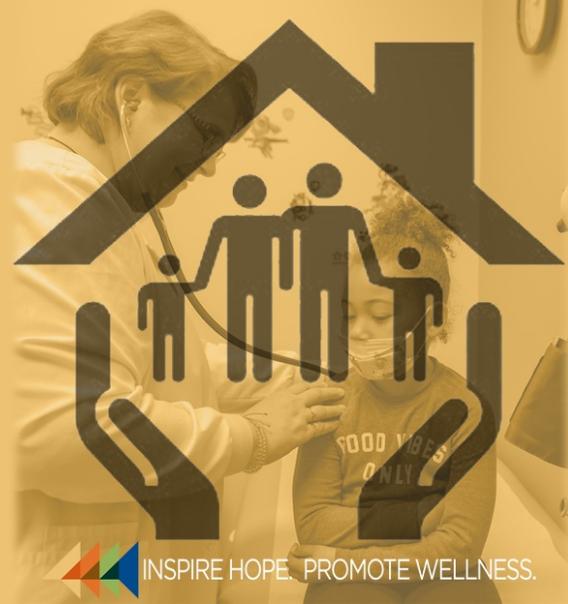


For 24/7 linkage to children's mental health resources, call the BHR Youth Connection Helpline at 314-819-8802 or text BHEARD to 31658



We're here for you!
As we Shelter in Place/Stay at Home,
medical care is an ESSENTIAL service.

Emergency Access
Disaster Hotline
888-237-4567



 INSPIRE HOPE. PROMOTE WELLNESS.

[Services](#)

[Funding](#)

[Meetings](#)

[Publications](#)

**Community and Children's Resource Board of
St. Charles County**

2440 Executive Dr, Ste 214
St. Charles, MO 63303
(636) 939-6200

Contact
Us

