

## CARING FOR KIDS - November 2020

Greetings!

Welcome to the November newsletter. November is Adoption Awareness month, as well as Hunger & Homeless Awareness week, Nov 8-14. The CCRB funding supports programs in both categories, with parent support, educational advocacy, and kinship placement for adoptive and foster families and programs for preventing child homelessness by connecting families to resources, providing emotional and practical support, and residential programs for women who are pregnant.

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.



**Board of  
Directors Meetings**

November 18, 2020  
8:00 a.m. to 5:00 p.m.  
Funding Applicant Hearings

November 19, 2020  
8:00 a.m. to 12:00 p.m.  
Monthly Board Meeting &  
Applicant Hearings

Both meetings open to the public  
via Zoom.

### In This Issue

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

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## Parenting Adopted and Foster Children Experiencing Complex Relational Trauma

*by Anne Zink, Director of Family Support, Foster & Adoptive Care Coalition.*



## Why do we need a different type of parenting when caring for adopted or foster children who have experienced complex, relational trauma?

It is not unusual that the experience of being parented in the present reminds children of the way they were parented in the past. Even though the children are no longer being hurt or neglected, they may feel (often unconsciously) as though they are, or might be once again, leaving them always on protective, defensive alert.

This means these children can really struggle with normal, healthy parenting strategies. Many children who have been in foster care or who are adopted learned early on to be afraid of parents. As a result, they had to develop a range of ways to manage these high levels of fear. Ways that look odd, frustrating and nonsensical to everyone around them. Sadly, these

behaviors make it harder for them to experience relationships with adoptive parents, who are actually trying to help them recover from the earlier trauma.

Parents find it very hard to understand, explain and manage the child's behavior. The parents also find it hard to connect emotionally to their children.

These difficulties are best understood as:

- **Difficulties in attachment**, ie the children find it hard to feel safe and secure with their parents, despite the parents providing safety and security.
- **Difficulties in intersubjectivity**, ie the children find it hard to give and take in relationships, often rejecting all offers of care or demanding high levels of care with no reciprocity of affection.

Much of *traditional* day-to-day parenting *assumes* that the child feels safe at home, trusts the parents and their motives when they discipline them. This *traditional* parenting also *assumes* that children learn from consequences, are able to function well with a good degree of independence, and have come to accept their parent's values, beliefs and goals.

When these methods don't seem to work for complexly traumatized children, different parenting strategies based on research on trauma, brain development and attachment, become vital to the healing of the child and the health and strengthening of the family.

There are a number of trauma-informed programs and interventions available in the community to help. [The Family Works](#) program from the [Foster & Adoptive Care Coalition](#) is has support programs for parents who are fostering or who have adopted (guardianship) from foster care. To learn more, call 314-367-8373 and ask for Family Works Intake. The Foster & Addoptive Care Coalition for strives to create permanency in foster children's lives by recruiting and supporting foster and adoptive families in the metropolitan St. Louis region. Services for St. Charles County youth and families are funded by the CCRB. Additional programs funded through the CCRB include educational advocacy and kinship placement services.



### ADOPTION FACTS:

- Children over the age of 9 are 50% less likely to be adopted than younger children.
- Over 500 kids age out of the foster care system in Missouri each year without a permanent, legal family.
- 1,800 adoptions were finalized in Missouri in 2019.
- Of those, 48 adoptions were finalized for St. Charles County children.

Source: Missouri Children's Division Annual Report, 2019

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## Fighting Homelessness & Hunger in St. Charles County



The Tri-County Continuum of Care homeless coalition addresses homelessness in our community. They collect information about the extent of homelessness in our community, inventory shelter and other homeless resources and identify gaps in services for the homeless. Coalition members work closely together to make efficient use of existing resources as well as to develop new homeless resources for the community. Participation in the Continuum of Care process allows agencies to apply for

competitive federal funding to provide homeless services in St. Charles County. The Continuum of Care meets the 3rd Friday of each month at 9:00 a.m.

The Continuum model of homeless services includes:

- Outreach/Intake & Assessment
- Emergency Shelter
- Transitional Housing and Supportive Services
- Permanent Supportive Housing and Permanent Housing
- Rapid Rehousing of homeless families as appropriate

St. Charles County is home to many food pantries and family assistance programs ready and able to support families in crisis or who are facing food insecurity. The CCRB supports programs at [Saints Joachim & Ann Care Service](#) and [LINC St. Charles County](#) and many of our other partners offer supplemental food and hygiene products support. The Community Council of St. Charles County offers a [Food Resource Guide](#) to help locate resources for St. Charles, Lincoln, and Warren counties. Taking care of our friends and neighbors is vital to a healthy community where children and adults can thrive, grow, and achieve their goals.

**NEED HELP?** 

**CALL** Simply Dial 211      **TEXT** Send you zipcode to 898-211      **CHAT** Visit [www.HFUW.org/Chat](http://www.HFUW.org/Chat)

## Spotlight: Dr. Ken Dobbins, Board Member

Ken joined the CCRB in 2018 and is the current Chancellor of Ponce Health Sciences University - St. Louis. Ken has a distinguished career in education, previously serving as President of Southeast Missouri State University from 1999-2015. He is a member of the Executive Board of the Greater St. Louis Council of the Boy Scouts of America and the American Association of State Colleges & Universities, and is active in the faith community.



Ken counts it a privilege to serve the CCRB and brings 50 years of experience in United States Air Force and higher education positions to the Board.

Ken sees the greatest impact the CCRB has as evidenced in the agencies using CCRB funding to provide a large range of services for St. Charles county families and youth. These services save lives; assist in addressing psychological and drug abuse issues; and provide needed counseling for our young people.

## CCRB Grants Additional Service Funds for 2020

The CCRB is pleased to announce the following agencies were granted Supplemental funding for 2020, which will allow each program to serve more St. Charles County youth. A total of \$105,247 has been allocated to the agencies.

- Bethany Christian Services for Respite
- Big Brothers Big Sisters for Mentoring
- The Child Center, Inc. for School-based Prevention
- Foster & Adoptive Care Coalition for 30 Days to Family
- Megan Meier Foundation for Counseling
- UMSL Center for Behavioral Health for Psychological Assessments
- United Services for Children for Behavioral Services

To learn more about the CCRB, visit [www.stcharlescountykids.org](http://www.stcharlescountykids.org). For service referrals, contact the BHR Youth Connection Helpline at 314-819-8802.

## Calling All High School Artists!



The CCRB is hosting an art contest for St. Charles County high school artists. Artists are asked to interpret the theme of St. Charles County youth and community in a single submission from each school. The art will be a large scale installation for the CCRB's office and will represent our youth and their vision. Notice was sent to County art teachers at all public and private high schools and teams of artists are encouraged to work on a conceptual submission. The winning artists will receive a gift card and recognition for their work.

To learn more about the contest download the [Call for Submissions](#) or

email the CCRB at [info@sckids.org](mailto:info@sckids.org).

## 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 the Counseling services provided through CCRB funding.

## News from the Field

Want to make a **BIG** impact on a **LITTLE** youth? [Big Brothers Big Sisters of Easter Missouri](#) needs **BIG** volunteers to mentor **LITTLE** youth, 5-17 years of age. BBBS matches adults, families, and couples

[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

with kids who need someone who can invest dedicated time to encourage them and introduce them to new possibilities and perspectives. To learn more, [schedule a time to chat with coordinator Ericka Sanders](#) and learn how you can make a difference for youth.

crisis. Safe Families for Children provides much needed support for parents in 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](http://www.stlouis.safe-families.org) or call 314-452-6547.

The [Child Center](#) has been very busy; they have received 75 referrals for forensic interviews since October 1st. To date, they have held 697 forensic interviews (open child abuse investigations) and are seeing a huge increase now that schools are in session.

The [Saint Louis Crisis Nursery](#) announces they are honored to be a recipient of the **2020 BBB TORCH Award**. The BBB TORCH Awards recognize companies and charities that are committed to exceptional standards for ethical business practices and service to their clients, employees, and communities. The Crisis Nursery has worked hard for over 34 years to build a reputation as an ethical, trustworthy, honest, and honorable agency.

The Child Center, Inc., is a Child Advocacy Center (CAC), serving child victims of sexual abuse, physical abuse, and children who witness violence. a child-focused place and comprehensive, coordinated approach is taken in response to allegations of child sexual and physical abuse occurring in their 14 county service area.

The [Saint Louis Crisis Nursery's Holiday Hearts for Families](#) has adapted their program due to COVID, but they are still in need of donations to support families. Financial gifts will be used in the following ways:

A “cops and clinicians” program with Behavioral Health Response has been approved by the city of St. Louis. The \$740,000 program is aimed at connecting people calling 911 with the services they need. Through a partnership with Behavioral Health Response, officers can respond to a call alongside a trained clinician or social worker. Dispatch officers will start training on Nov. 1 to learn how to identify which 911 calls deserve police, a clinician, or both.

1. Keep a Family Warm & Housed: Financial donations will be used to pay a portion of rent or utility bills directly to the landlord or company.
2. Feed a Hungry Family: Provide a gift card to a local grocery store.
3. Holiday Magic: Provide a gift card to Walmart, 5 Below, Target, or other store so parents can shop for their little ones.

To help, call 314-292-5770 or donate [here](#).

**Calling all Grandparents!** [LINC St. Charles](#) needs you for their Seeds of Hope - Foster Grandparent team. Now more than ever children need Foster Grandparents. Many have been home for months with no routine and getting back to learning in a new way may be difficult. Volunteers will give encouragement and support to the children in the community, school staff, and most importantly to take some of the weight off the parents; providing direct one-on-one support for children in the Wentzville community. A few of the tasks Foster Grandparents perform are supervising online learning, face-to-face tutoring, Pen Pals, Book Clubs and Life Skills. To volunteer, [email Rhonda](#) or call 636-696-3151

**What is Human Trafficking?** The Virtual Parent Academy by [Gateway Human Trafficking](#) helps parents learn more about trafficking and how to protect their children and loved ones from such a practice. Human trafficking is prevalent throughout the world and the community is seeing an increase in child vulnerability to traffickers. Free parent education classes are available on November 10 and November 17, from 7:00 to 8:00 p.m. To register, click [here](#).

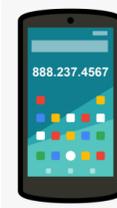
Each night, more than 1,500 youth are on the streets or without safe shelter in the St. Louis region.

Join Youth In Need for one night . . . one night to change your life . . . and theirs. **Step-Up and Sleep-Out with Youth In Need** on Saturday, Nov. 21. There are socially distanced options to participate at Youth In Need or at a location of your choosing. Register here. Together, we can make a difference.

Best Choice has made the pivot to add virtual learning to their dynamic, wildly popular in-class session and has been working hard to accommodate the unique needs of each school. Part of this pivot has been to focus on increasing engagement with youth through social media and to expand their messaging to tackle the difficult, but relevant topics of mental health and increased social media usage. Best Choice is intentional about taking a holistic approach to teen health, so concepts such as boundaries and healthy relationships are applied to the physical, emotional, and virtual spheres of a person's life. Although the "new normal" looks much different than it did at the beginning of 2020, the positive messages of making healthy, safe, strong choices continues to be relevant. Learn more here. *Pictured the 2020 Best Choice staff.*



## COVID STRESS LINE



Compass Health Network has a COVID Stress Line, in addition to our 24 hour crisis hotline.

**please call 888-237-4567**

Visit our website at  
<http://compasshealthnetwork.org>  
For more information



## **NAMI** St. Louis



Find out about current online programming by visiting our website at [www.namistl.org](http://www.namistl.org)



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

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Contact  
Us

