



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

CARING FOR KIDS – March 2021

Greetings!

March is here and so is a bit of warm weather we have awaited. March is Social Work Month, a profession which we love to celebrate. So many of the CCRB services are provided by social workers, licensed professional counselors, family support staff, case managers, and more. We are grateful for their talent, skill, and compassion in working with County youth and their families. We also have a series running on our Facebook page, so like and follow so you don't miss out.

At the CCRB, we are reviewing our service providers' year-end clinical outcome reports for 2020. We are impressed with the tremendous outcomes our agencies are seeing with their clients, in spite of the upheaval caused by COVID-19. Without the local sales taxes that fund the CCRB services, our youth would not have access to these vital mental health-related services. Look for the outcome results in the April newsletter.

To learn more about CCRB-funded services, follow us on [Facebook](#) or visit our [website](#).



BOARD OF DIRECTORS MEETING

Monday, March 22, 2021
8:00 a.m.

Board Meetings are open to the public via Zoom.
www.stcharlescountykids.org to view the agenda.



In This Issue

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- Spotlight: Bruce Sowatsky
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- Picasso's Hosts Art Show
- News from the Field

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

St. Charles County's Super Social Workers

This month we recognize the talented,

compassionate, and strong social workers who make St. Charles County a better place to live. The CCRB commends their commitment to our youth and their caregivers. Social workers are **ESSENTIAL!**

We asked counselors and social workers within our provider network to share some thoughts on being a social worker, what inspires them, and how do they handle the tough days?

The best part about being a social worker is having the opportunity to make a positive connection with someone and make a difference in their lives, big or small. **Erin Magee, CHAD Coalition For Mental Health, Family Support Counselor.**

I have to remind myself that taking care of myself is just as important as providing care to my clients, and that if I'm feeling burned out, I need to ramp up the self-care activities and try to stretch myself into new areas for personal growth. **David Chism, Compass Health Network, school-based Integrated Health Specialist.**

A professional goal I have as a social worker is to be considered an expert in some aspect of my field; somebody that others call to ask questions, give advice, or give training and skills. **Sts. Joachim & Ann Care Service staff.**

Marginalized communities inspire me to produce change and inspire hope. **Natalie Mozee, Compass Health Network, Partnership with Families Supervisor.**

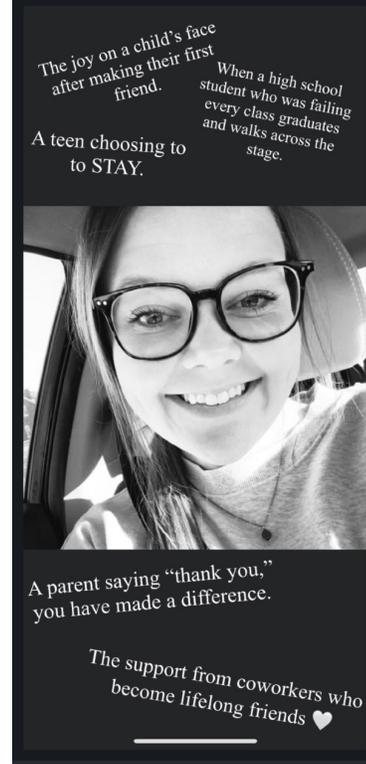
"The easiest question to answer is, 'Who inspires me to be the best social worker I can be,' is the kids! They are showing up every day in so many tough situations. They sometimes only find safety or feel counted when there is someone who 'sees' them. Kids are our future, and they don't get to decide where they are in the world and what they are exposed to. Helping to give them hope, confidence, someone who believes in them, hears them – that is what this is all about." **Judy Niehaus, LCSW Saint Louis Counseling**

A professional goal for me is that I really would like to establish an outpatient mental health system in China. I would like it to be like the Compass system and include the wraparound philosophy with a team approach to treatment. **Lingling Yan, Compass Health Network, Integrated Health Specialist.**

The injustices of the world break my heart. My initial reaction at the end of a tough day depends on how rough it was! But at the end of it all, I remind myself why I got into this profession - I am a helper. For me, nothing could be more fulfilling than social work! I try to look at the situation objectively and if I've made a mistake, own it and pray to learn from it. Otherwise, I remind myself that I am not in control of things, it is not about me and I can only give my best in the moment. I make a conscious choice to let it go (sometimes this is not easy). And then I get up in the morning and look forward to new opportunities to make a difference. **Sts. Joachim & Ann Care Service staff.**

Every person has a story, a voice to be heard, every life matters. That's what keeps me going when it gets tough. **Debi Bianchi, LCSW, Saint Louis Counseling**

The best part about being a social worker is that I have met people and learned things that I never would have in any other profession. I have seen firsthand how amazing the human spirit can be. I have also had the privilege to supervise and mentor social work students and new professionals. It is a true joy to watch them develop their skills. **Sts. Joachim & Ann Care Service staff.**



Look for more stories on our [Facebook](#) page this month!



Spotlight: Bruce Sowatsky, Executive Director

Bruce has served as the CCRB's Executive Director for the past 21 years. When he was first hired, he was responsible for the oversight of St. Charles County's System of Care federal grant. In order to sustain its programming, Bruce became part of the effort to pass a localized tax to expand mental health services for youth. Since its passage in 2004, Bruce supervises the day to day operations and drives the strategic direction of the CCRB.

Bruce has established close relationships with the CCRB's service agencies, who share in the CCRB's mission of providing compassionate and quality mental health services, and has built strong relationships with schools, hospitals, governmental leaders, and law enforcement so there is a unified understanding of the importance of getting youth the help and skills they need to succeed in school, at home, and in life.

As a result of expanded funding, greater access to help and the success of our partner agencies' front line staff, significant impacts are being made in reducing teenage pregnancy, child abuse, suicides, school suspensions, and juvenile justice involvement. "It has truly been a joy to work along side such caring people and witness the benefits our partnership has had on the lives of children, youth, and families of our County."



St. Charles County Student Voted to UMSL Homecoming Royalty

Please join Community Living in congratulating Tyler Haynes on being named University of Missouri-St. Louis Homecoming Royalty in

February 2021!



Tyler participated in [Community Living's SOAR](#) program at Francis Howell North before graduating and moving onto college. He's now in his second year of the UMSL Succeed Program and loves being a college student! Tyler said, "I love going to classes and participating in many activities. The professors, staff, and students are awesome. I have met so many great people and try to do as many activities as I can. I really wanted to come to college. I am so glad that UMSL has the SUCCEED Program! I can tell that UMSL works

hard to make everyone feel special."

Each year, UMSL invites alumni and friends to "come home" to celebrate the tradition of Homecoming and has continued to add and improve events to create the rich tradition of Homecoming activities. From alumni reunions to 5K races and community service projects, the face of UMSL Homecoming is a reflection of the strong and vibrant campus life that exists within the Triton community.

Community Living's Social Opportunities and Recreation (SOAR) program encourages children 12-21 with developmental disabilities to enhance their independence, as well as their communication, socialization, and job/life skills. SOAR not only provides children with a program that fosters relationship building, but also assists parents with maintaining employment while increasing family stability.

Source: Katie Amrhein, Community Living Marketing & Communications Specialist and the University of Missouri - St. Louis website.

Picasso's Coffee Shop Hosts Crisis Nursery Art Show



Healing Hearts: A Celebration of Staff featuring art created by the [Saint Louis Crisis Nursery](#) is on display at [Picasso's Coffee House](#) on Beale Street in St. Charles. Their walls are covered with artwork created by Nursery staff, expressing their healing experiences throughout the pandemic. Each and every day, Nursery staff continue to come to work to make sure that kids are taken care of and get so much love. Crisis Nursery operates 5 centers for emergency care and 12 outreach centers that provide multiple support services for families and caregivers.

The Nursery recognizes Art Therapist, Ann Wier and Play Therapist, Lisa Cholley for coordinating a truly amazing, wonderful, touching, Art Event at Picasso's in St. Charles.

News from the Field

The O'Fallon Unit of the [Boys & Girls Clubs of St. Charles County](#) celebrated Black History month with a reenactment of the Montgomery Bus Boycott of 1955. Rosa Parks' arrest on the Montgomery Bus system, in Montgomery, AL was the catalyst to the 381-day boycott. As part of our Youth for Unity programming (funded by CCRB), members had an opportunity to discuss the desegregation of public transportation and experience the tension and influence a community can have when they work together.



[Safe Families for Children](#) (SFFC) is a national movement of compassion that gives hope to families in crisis. Safe, loving homes are provided where parents may voluntarily have their children cared for while parents seek to restore stability in their lives. SFFC is a division of Bethany Christian Services.

MARCH INFO MEETINGS

Join a 1 hour Zoom call to learn how you can be part of the Safe Families ministry

Saturday, March 13th
1:00-2:00pm

Monday, March 29th
6:30-7:30pm

RSVP: afranz@bethany.org

To learn more, check out safe-families.org or call our staff at 314-452-6547



Do you know a youth (ages 11-20) or a family with a youth, who is experiencing homelessness? The Youth Emergency Services (YES) Shelter at [Epworth Children & Family Services](#) is here to help!

YES provides temporary housing, meals, hygiene items, activities, therapy, case management, and many other amenities. Our goal is to create a safe place for youth to reside while assisting them with obtaining their housing goals.

Eligibility:

- Youth experiencing homelessness, ages 11-20
- Youth in Children's Division custody, ages 11-20

Call 314-727-6294 for access to our 24/7 Shelter Helpline and to complete a phone screening.

Ready to renew your license plates?

Select a Missouri's Children's Trust Fund license plate for \$25 per year and the fee goes to prevent child abuse in the county you register in.



Coalition CareLine

Help for Foster, Adoptive, & Guardianship Families

Contact us at **800.FOSTER.3** or www.foster-adopt.org/careline

TREE HOUSE OF GREATER ST. LOUIS

therapy
recreation
education
exploration



Learn about on-site and virtual services
thstl.org
(636) 332-4940



About \$15,000 annually is generated for St. Charles County. Funds are granted annually to organizations working hard to keep children safe and healthy in Missouri. ctf4kids.org



Children's Trust Fund
License Plate Program

www.ctf4kids.org

Buy a plate; prevent child abuse



Find out about current online programming by visiting our website at www.namistl.org

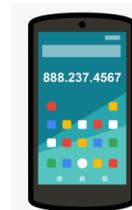


Save the Date

March 8-12, 2021 | Online

childadvocacyday.org

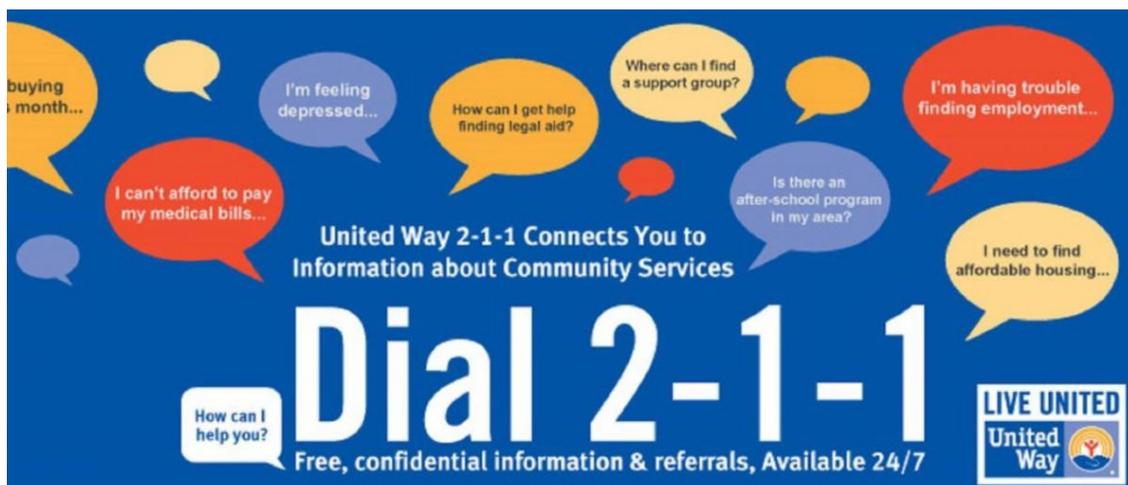
COVID STRESS LINE



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



United Way 2-1-1 Connects You to Information about Community Services

Dial 2-1-1

Free, confidential information & referrals, Available 24/7



[Services](#)

[Funding](#)

[Meetings](#)

[Publications](#)

The CCRB receives money from 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 provide services for St. Charles County residents.

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

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

[Contact Us](#)

