



CARING FOR KIDS – July 2021

Greetings!

The CCRB is dedicated to increasing awareness and access to mental health services for children in St. Charles County. Keep reading to learn what's happening in our county.

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

Board of Directors Meeting

Monday, July 26, 2021
8:00 a.m.

Meeting Location:
Community Commons, Spencer Road Library
427 Spencer Road, St. Peters, MO 63376
All CCRB meetings are open to the public.

www.stcharlescountykids.org to view the agenda.

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



Get a head start on back-to-school prep by attending the [Boys & Girls Clubs](#) of St. Charles County's Back-to-School Bash on July 31 from 10 a.m. to 1 p.m. at the St. Charles location (1211 Lindenwood Ave., St. Charles). School supplies and other items will be distributed attendees. This event is open to all St. Charles County families. After school registrations, memberships, and transportation signups will be available for both the O'Fallon unit (1 Club Way, St. Peters) and the St. Charles unit. Vendors include: Big Brothers Big Sisters; Care To Learn - STC; Saint Louis Crisis Nursery; Lutheran Family & Children's Services; Target; The Boxing Therapy; St. Charles County Department of Health, and many more! Call 636-946-6255 for more info.



Help with Race Related Stress and Trauma

Community Psychological Service Free Online/Telephone Therapy Group

- Free 60-minute Group Therapy Sessions
- Thursdays at 5 pm
- Open Enrollment | Beginning July 23rd
- Free individual therapy also available for participants as needed.

In the wake of recent events and related resistance

movements, there is increasing awareness of the experience of stress and anxiety related to racial identity. This telehealth (online or phone) group intervention seeks to target race-based stress and trauma through open discussions supplemented by cognitive-behavior practices.

Specific session topics include discussions and exercises tackling the experience of interpersonal and systemic racism, race-based stressors and their impacts on mental health, and empowerment related to race identity.

Sessions will be led by doctoral graduate students in the UMSL Doctoral Program in Clinical Psychology under the direct supervision of licensed psychologist faculty members.

Space is limited. Call 314.516.5771 to complete an intake.



CCRB Grant Applications Available

The CCRB is accepting Request for Funding Proposals for 2022 core service funding beginning July 17. Applications are available on the CCRB's [website](#) or by [email](#).

Nonprofit and government agencies providing mental health services to children under age 18, their families, or professionals may be eligible. Review the full [eligibility criteria](#) to learn more. New agencies must notify the CCRB Executive Director of their intent to apply.

Applications for the 2022 funding cycle will be accepted until 2 p.m. on September 10, 2021.



CCRB Board Member Honored by St. Louis Business Journal

Ms. Cory Elliott, Board Treasurer, has been selected to be part of the 2021 class of Most Influential Business Women. The Most Influential Business Women Awards program, established in 1999, annually recognizes the accomplishments of the region's women business leaders. These 25 women have made an impact not only in the industries in which they work, but at local nonprofits and in the communities they represent.

Ms. Elliott is the CEO and founder of CMT, a full-service commercial construction company established in 2012. They specialize in constructing hospitals, local, state and federal buildings, schools and churches. She has served on the CCRB Board since November 2018.



Parenting Support Groups Offered

Community Psychological Service Weekly
Telehealth Groups

\$10 per session | Rolling Launch Dates

You can't do it all...and that's okay! Parenting, homeschooling, and working from home can overwhelm anyone.



This online teletherapy group will help you cope and parent most effectively by providing cognitive behavior skills for regulating emotions, establishing security, and managing behavior. Therapists will provide individualized consultations to help solve your specific problems.

Sessions will be led by doctoral graduate students in the UMSL Doctoral Program in Clinical Psychology under the direct supervision of licensed psychologist faculty members. For registration, call 314.516.5771.

CCRB Will Be Honored by Community

The CCRB will be recognized in August by two local nonprofits for their commitment to children's advocacy. The Boys & Girls Clubs of St. Charles County will present the CCRB with the Child Advocate award at their Crystal Ball on August 21.

United Services for Children will recognize the CCRB as a Champion for Children at their annual gala on August 28. Both nonprofits have been long-time community partners and the CCRB is honored to be selected as the recipient of both awards. The Board and staff look forward to attending the celebrations.



Spotlight: Molly Dempsey, Vice Chair

Molly Dempsey joined the CCRB in January 2015 and is the Vice Chair. Molly has been active in St. Charles County for over 20 years, previously managing The Columns Banquet & Conference Center. She works as

the Community Relations Manager for St. Charles County and is also on the St. Charles City-County Library Foundation Board.

Molly and her husband, Tom Dempsey, love to travel and have raised three children. Each year they cheer on the St. Louis Cardinals and Mizzou Tigers during baseball and football seasons.



News from the Field

*Are You Struggling with
Financial Hardship due to Covid-19?*
HELP IS AVAILABLE!

For rent and mortgage assistance, contact the Coordinated Entry program through the **Community Council of St. Charles County**:

-Dial 2-1-1, press 2, enter your zip code, then press 3

-Or, email

centry@communitycouncilstc.org

For utility and food assistance, contact:

-LINC St. Charles County, 636-332-5127

-Sts. Joachim and Ann Care Service,
636-441-1302

-NECAC, 636-272-3477

For additional resources,
visit sccmo.org/CommunityResource

**Register now in St. Charles County for
the COVID-19 Vaccine**

Please visit the St. Charles County Vaccination Information page to register for Vaccination Sign-Up! No matter what phase you are in, you can get registered and place in the queue for that phase.

<https://www.sccmo.org/2162/COVID-19-Vaccine-Information>

For the most up-to-date information, and all things Covid vaccine related, please visit <https://covidvaccine.mo.gov>

**ASIST- Suicide Prevention
Training Available**

This 16-hour training will focus on the principle that *everyone can make a difference in prevention suicide*.

Dates: August 4 & 5 and October 6 & 7

Location: Spencer Road Library, St. Peters, MO

ASIST is a two day, practical-skill based workshop in which attendees learn how to:

- recognize when opportunities for helping are present
- respond to persons at risk of suicide
- and more

The class will be held in-person and with safety protocols. St. Charles County residents, educators, and service providers can attend at no cost. For more information and to register, email info.programs@kuto.org.

**Lutheran Family & Children's Services
presents: Mental Health First Aid**

Mental Health First Aid is comparable to a CPR class for mental health emergencies. Participants learn how to identify, understand and respond to signs of mental illness and substance use disorders. Through this nationally-accredited training, you will learn how to recognize the common signs and symptoms of prominent mental illnesses; how to understand the impact of traumatic experiences and the role of resilience in our mental health development; how to connect people to helpful resources; to have an action plan for treating non-crisis and crisis mental health emergencies until professional help can arrive; and, appropriate methods for self-care. Cost is \$30 per person.

For more information, contact David Eberle at (314) 754-2788 or David.Eberle@lfcs.org



ENDING THE SILENCE

LOOKING FOR YOUNG ADULT PRESENTERS

A Mental Health Awareness Program that Supports Youth

Who are we looking for?
Individuals 18-35 years old with a mental health condition who are willing to share their stories of their journey with a mental health condition. (Presentations are currently online)

What to do next?
Complete the application



Compass Health Network has community-based behavioral health programs designed specifically for children and their families.



VISIT OUR WEBSITE TO EXPLORE OUR PROGRAMS:
WWW.COMPASSHEALTHNETWORK.ORG

CALL US TODAY TO BEGIN YOUR RECOVERY JOURNEY
888-237-4567

Risk Factors

Certain factors can put someone more at risk of being trafficked



Recent relocation or migration
Substance use/abuse
Mental health concerns



Being a runaway or homeless youth
Involvement with the child welfare system

Watch out for someone you know who has these risks!



U.S. NATIONAL HUMAN TRAFFICKING HOTLINE
Call: 888-3737-888
SMS: 233733
(Text HELP or INFO)
For more information follow us @gatewayHT



EXPRESS CARE

636-723-8465 compasshealthnetwork.org



Alexandra Ciddens, APRN

Walk-ins welcome!



636-723-8486

- ✓ Private Insurance
- ✓ Medicaid
- ✓ Self Pay
- ✓ Sliding-Fee Scale



3785 New Town Blvd., St. Charles, MO 63301

INSPIRE HOPE. PROMOTE WELLNESS.

LUNCH @ THE LIBRARY

Free Lunch All Kids under 18

Mondays - Wednesdays - Fridays

June 7 - August 20, **11:30AM - 1:00PM**

No registration required

Kathryn Linnemann Branch 232 Elm Street, St. Charles 63301 (314) 945 6294 | Middendorf-Kredell Branch 2750 Hwy. 4, St. Louis 63103 (314) 919 7026



Online Connection Support Group

NAMI Connection Recovery Support Group is a free, peer-led support group for any adult who has experienced symptoms of a mental health condition.

We meet every Thursday from 6:30 to 8:00. Join us this Thursday, June 17th!

Register at:
<https://www.namistl.org/event/online-connection-support-group-thurs/2021-06-17/>



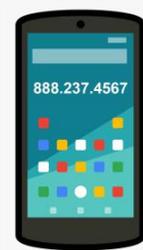
TREE HOUSE OF GREATER ST. LOUIS

therapy
recreation
education
exploration



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

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



Coalition CareLine

Help for Foster, Adoptive,
& Guardianship Families

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

Looking for mental health services?

Telehealth services are currently available. Call the Youth Connection Helpline at 314-819-8802 for 24/7 help.



[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](#)

