



CARING FOR KIDS – June 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, June 28, 2021
8:00 a.m.

Meeting Location:
F.A.C.T. -Family Advocacy & Community Training
2240 Bluestone Drive - St. Charles, MO 63303
All CCRB meetings are open to the public.

www.stcharlescountykids.org to view the agenda.

In This Issue

- Therapist vs. Psychologist vs. Psychiatrist
- Behavioral Health Urgent Care Opens
- Virtual Grief Groups Available
- CCRB Honors Art Contest Winners
- Spotlight: Nancy Schneider, Board Chair
- News from the Field

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

Therapist vs. Psychologist vs. Psychiatrist

What's the difference among a therapist, psychologist, and psychiatrist? For many people these three terms are used interchangeably — but they shouldn't be. While therapists, psychologists, and psychiatrists often work together closely to improve a patient's mental health, they are distinct professions. Here is some information to help you understand

these different medical professions, and help you determine which one is right for your health needs.

A **psychologist** specializes in the study of behaviors and mental processes. This includes emotional and cognitive processes, how people interact with their environments, and how they interact with other people. Psychologists help people learn to understand and handle different



life problems and mental health issues. A psychologist diagnoses and treats mental disorders, learning disabilities, and behavioral problems.

One of the most notable difference between a psychologist and a psychiatrist is that psychologists are not medical doctors. They do not have a medical degree and are not trained in general medicine or in prescribing medications.

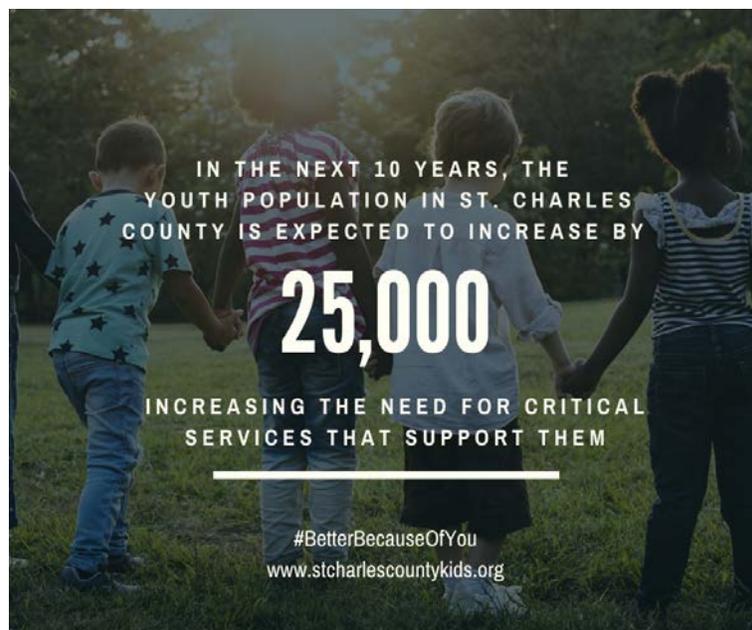
Like psychologists, **psychiatrists** specialize in the study, diagnosis, prevention, and treatment of emotional, mental, behavioral, and developmental issues. Psychiatrists are medical doctors, or physicians, with a degree in medicine. Psychiatrists diagnose mental disorders and focus on chemical imbalances in the brain. They can assess both the mental and physical effects of a disorder.

As medical doctors psychiatrists can prescribe medication, and while they may provide some counseling, a psychiatrist might refer a patient to a psychologist or therapist for additional counseling or therapy.

Therapists provide mental health diagnosis and develop a treatment plan. Therapists work in offices, hospitals, treatment centers, and group homes. There are many different types of therapy such as play therapy, cognitive behavioral therapy, animal-assisted therapy, dialectal behavioral therapy, and many others. Therapists cannot recommend or order medications, but they can refer you for evaluation for medication or other treatments. There are many types of therapists, such as Licensed Professional Counselors, Licensed Marriage and Family Therapists, and Licensed Clinical Social Workers.

Psychologists, psychiatrists, and therapists aren't one and the same, but they often work together closely to help diagnose and treat mental disorders.

Source: <https://www.mana.md/psychologist-psychiatrist-or-therapist/>



Behavioral Health Urgent Care for All

Behavioral Health Urgent Care at SSM Health is the region's first and only urgent care/walk-in clinic dedicated to mental health. The clinic treats both adults and children in urgent need of care for mental health crises. This service provides immediate access to behavioral health care without the often long and costly wait for Emergency Room care to address non-emergent issues.

SSM Behavioral Health Urgent Care is located at:
12355 DePaul Drive Suite 150
St. Louis, MO 63044
Hours: Daily, 9:00 AM to 7:00 PM

They are able to help if you or a loved one is experiencing any of these common concerns:

- Depression
- Mood disturbances
- Anxiety
- Medication issues/concerns
- Stress
- Grief reactions
- Psychosis
- Distortion or disconnection from reality

The Behavioral Health Urgent Care Center is a one-of-a-kind collaboration with multiple community partners, bringing together the clinical expertise of SSM Health's trusted behavioral health team and the comprehensive support of local mental health resources. Our community partners include Behavioral Health Network, Behavioral Health Response, Queen of Peace Center, BJC Behavioral Health, Independence Center, Hopewell Center, Preferred Family Healthcare, Compass Health, NAMI, Places for People, Provident Behavioral Health, Missouri Care/Anthem and MHA Eastern Region.

Source: <https://www.ssmhealth.com/locations/location-details/behavioral-health-urgent-care-bridgeton>



FREE Virtual Grief Groups

Compass Health Network will provide virtual grief groups to all who are interested. You do not have to be a Compass client to attend.

- Free, virtual grief groups
- 6 sessions total
- When: Wednesdays from 5-6pm
- Starts June 9, 2021
- Provided by master's level behavioral health clinicians
- Topics include: Self-care, positive affirmations honoring loved ones and more
- The zoom link will be provided once an RSVP is sent to: ccombs@compasshn.org

The Community & Children's Resource Board (CCRB) held an open house to view the artwork of Minnie Adams, a senior at Francis Howell North High School and Sebastian Bierhals, a freshman at Lutheran High School. Adams and Bierhals were selected as winners of the CCRB's High School Art Contest in December 2020. Both students recreated their concepts on canvas and the finished artwork was installed at the CCRB office in May 2021. The artists' families, art teachers, the CCRB's Board of Directors and Steve Ehlmann, the St. Charles County Executive, attended to view the art and meet the talented artists.

In October 2020, the CCRB invited students from all County high schools, alternative programs, and homeschool students to submit a conceptual piece to be considered for display in the CCRB's office. Adams and Bierhals were chosen from eight entries. The art contest was sponsored by the CCRB as a creative way to bring in youth voice to the CCRB office and to emphasize their commitment to making sure children and families are partners in the planning, development, and delivery of all CCRB-funded youth mental health services.

Adams' work titled "Sushi in St. Charles," features a diverse group of teens sitting together at a local restaurant. Adams explained, "This painting symbolizes my love for my friends. My friends are colorful and vibrant, so I painted them as such." Bierhals' work, "Masking our Feelings," depicts a happy mask over a sad mask and taunting fingers pointing at the masks. Bierhals explained, "In my work, I show that bullying is a HUGE issue, by showing someone being happy, but behind them is their true feelings which can be sadness, depression, or anxiety."



Ways to teach mindfulness to kids

- NOTICE/NAME BODY SENSATIONS & EMOTIONS
- SHARE A 3-BREATH HUG
- EAT A MINDFUL SNACK
- COUNT THE BREATHS
- TAKE A MINDFUL NATURE WALK



BHR
Behavioral Health Resources

www.psychologytoday.com/us/blog/breathe-mama-breathe/201605/12-simple-ways-teach-mindfulness-kids

Spotlight: Nancy Schneider, Board Chair

Retired St. Charles County Judge, Nancy Schneider, joined the CCRB in 2017, after 26 years as an associate and circuit judge. Prior to that she was in private law practice for 10 years and was a prosecutor for the Juvenile Court and was employed at ACF Industries. Nancy is a graduate of St. Charles High School, Lindenwood University and St. Louis University School of Law.



Nancy is active in the community and particularly in organizations that positively impact young people. Nancy has served on the St. Charles City-County Library Board and the County's Board of Equalization and currently serves as president of the Community and Children's Resource Board. She is also a volunteer OASIS tutor at Null Elementary School. Nancy is the mother of two children and two grandchildren.

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

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-

Julie Seymour Named as The Child Center Executive Director

The Child Center, Child Advocacy Center of Northeast Missouri, is pleased to announce the election of a new executive team to lead the organization's Board of Directors. Christopher J. Schulte has been elected the Center's new Board President, Jennifer Patterson will serve as Vice Chair, Jared Howell as Secretary, and Charles "Chuck" Brooks as Treasurer. Additionally, the board of directors selected former Board Chair Julie Seymore as its new Executive Director. Julie Seymore has twenty-three years of experience in the criminal justice field. The past ten years she served as the Treatment Court Administrator for the 11th Judicial Circuit Court.

The Child Center is a nonprofit organization responding to child abuse through a supportive team approach to reduce the trauma to children and their families.

Nurses for Newborns hosted an open house and ribbon cutting on May 6 to celebrate their new location in St. Louis. The drop-in event featured tours of the

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@lfcso.org

Join us for Summer Blast 2021!

The [Boys & Girls Clubs of St. Charles](#) has open enrollment for their fun and activity-based summer program. Summer Blast is open to current and new Club members (membership is \$25/year). Locations are in St. Charles City and O'Fallon. Open June 7 – August 13, 2021 (closed week of July 5-9th).

The following highlights for this year include:

1. Weekly programs such as Gardening, STEM, Career Launch, Summer Brain Gym, and more!
2. Special events and field trips at no additional cost.
3. Members ages 6-18 can attend.
4. Summer Blast daily hours: 7:30 am-6:00 pm. Please use scheduled drop-off and pick up times.
5. Pre-pay by 3/31/2021 for multiple weeks to receive savings on your weekly rate.
6. Due to staffing limitations, we reserve the right to implement additional restrictions as needed.

To register or learn more, call St. Charles at 636-946-6255 or O'Fallon at 636-240-9150.

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>

recently renovated building and an opportunity to learn more about the services provided by Nurses for Newborns to mother and infants in the St. Louis metro area.



At GiveSTL Day 2020, [The Crisis Nursery](#) raised a record \$15,210. **This year, we had a very ambitious goal of \$35,000 in honor of our 35th birthday.**

In 2021, we raised an unbelievable \$40,354! With these funds, we will help many families with back rent or past due utility bills to stay in their homes. Plus, we had some heart-warming comments from people who donated:

- "You cared for my son in a time of need, and I wanted to send what I could to support such a wonderful place. Thank you so much for everything you do." – Chris F.
- "My daughter used to volunteer at the Crisis Nursery. She passed away from cancer 4 years ago." - Eileen C.
- "In honor of my dad, who passed away last year after a career of protecting kids as a St. Louis City Police Officer." - Colleen E.

For 35 years, the Crisis Nursery has depended upon the generosity of our community to prevent child abuse and neglect, and for 35 years, you have not let us down. Thank you!

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

 **NAMI** St. Louis
National Alliance on Mental Illness



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



Coalition CareLine

Help for Foster, Adoptive,
& Guardianship Families

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

In June, check out
our Instagram for
**30 DAYS OF
MINDFULNESS**

activities, exercises, and benefits



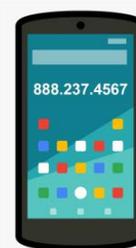
TREE HOUSE OF GREATER ST. LOUIS

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



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](#)

