



Preparing all youth and families to realize a brighter tomorrow.

## CARING FOR KIDS – May 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, May 24, 2021  
8:00 a.m.

Board Meetings are open to the public via Zoom.  
[www.stcharlescountykids.org](http://www.stcharlescountykids.org) to view the agenda.

### In This Issue

- Talking about Mental Health
- Suicide & Mental Health Awareness Training
- Financial Help Available
- Community Information Exchange
- Spotlight: Jeanne Spencer
- News from the Field

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

## Find your Words: How to talk about mental health with a child

Source: Kaiser Permanente, *thrive* blog.

Right now is a crucial time to check in on the mental health of the young people in our lives. It's important for young people to hear that anxiety, stress, and negative emotions are completely normal — particularly in times of crisis. They also need to hear that there's always hope. In fact, just one positive, nurturing relationship with an adult can help kids fight the effects of trauma.<sup>1</sup>

So if there's a child or teen in your life, now's the time to start a conversation. It doesn't matter if that conversation is in person, by text, or over video. What matters

is that you're making yourself available.

"More and more teens are aware of mental health as a real issue they face in their daily lives," says Michael Torres, PsyD, a clinical psychologist at the Kaiser Permanente Mental Health and Wellness Center in San Leandro, California. "It's vital that all of us who support young people are equipped to talk about mental health issues."

Are you ready to talk about mental health with a child or teen in your life? **You can start making a difference in a young person's mental health in 3 key ways: Take care. Talk often. Act early.**

### **Take care**

Half of all chronic mental health conditions begin by age 14. This makes childhood and adolescence a pivotal time to develop coping skills and build resilience. A good place to start: Encourage the child in your life to practice self-care and find a healthy outlet for their emotions.

### **Talk often**

It's important to find the right time to talk about mental health with a child. Torres suggests talking one-on-one, whether it's on a walk, during a car ride, or during a video chat. Just make sure they feel comfortable and that you have enough time to fully engage.

"Don't pressure them to talk," Torres says, "but let them know that you love them, you're there to support them, and you're not there to judge."

Once you're talking, one of the most important steps in building trust with a young person is to respect them enough to be yourself.

### **Act early**

Children of all ages can experience mental health conditions. In fact, the median age for when anxiety disorders begin is age 6; it's age 11 for behavior disorders and age 13 for mood disorders like depression.

These conditions are treatable, and possibly preventable, with early care and support from trusted adults in these children's lives. And the sooner you familiarize yourself with the signs and symptoms of depression, the better prepared you'll be as a listener.

If you're struggling to relate to a young person's emotions or their condition seems more serious, it could be time to get help. If it's someone else's child, gently let their guardian know what you've noticed. If it's your child, call your pediatrician or a mental health specialist. If health care is a barrier, you could also reach out to the counselor or a teacher at your child's school.

"There's no shame in this," Torres says. "It's the best thing you could do for your child. You're getting them the specialized help they need, the same way you would take them to an eye doctor if their vision was blurry."

And if you ever fear for the immediate safety of a young person, call your local medical office and ask to speak with a crisis provider. A recommended source for young people in crisis is the National Suicide Prevention Lifeline, which is available 24/7 at 1-800-273-8255.

Article edited for brevity. To read the full article, <https://thrive.kaiserpermanente.org/thrive-together/live-well/find-your-words-talk-about-mental-health-with-child>.

To get the conversation started, check out [44 children's books about mental health](#) from the Child Mind Institute.

---

# Suicide & Mental Health Awareness Training for Youth & Adults

[CHADS Coalition for Mental Health](#) has suicide and mental health awareness programs for youth and adults who want to learn more about these issues. Training is free and virtual, so all can attend. If you miss this month's events, email [info@chadscoalition.org](mailto:info@chadscoalition.org) for a list of upcoming resources.

## All In Conversation (Adults)

Tuesday, May 4 @ 6pm

[Register](#)

During this Signs of Suicide Training program for parents, caregivers, educators, and community members, trained CHADS facilitators will discuss what it means to be a Trusted Adult, review trends in youth mental health and trends, and teach strategies for talking to teens about mental health and suicide.

## Brighter Days (Youth 10-18)

Tuesday, May 11 @ 6pm

[Register](#)

All youth and families are invited to join CHADS facilitators in discussing topics with other youth such as warning signs and symptoms of mental health issues, how symptoms might show up online, and using the ACT® technique to get help. We'll also teach positive coping skills, healthy ways to manage stress, and how to find and create safe spaces.

**ALL IN CONVERSATIONS**  
*Leading our kids to brighter days*  
**May 4, 2021 @ 6PM**  
[Register Here or bit.ly/CHADSALLIN2](#)

- Learn what it means to be a Trusted Adult
- Trends in youth mental health prevention
- Risk factors and suicide
- What you can do to prevent suicide

*Best for Parents, caregivers, educators, and community members*

Logos: CHADS Coalition for Mental Health, St. Louis Public Library, St. Charles City-County Library, Rockwood School District

**Brighter Days**  
*Leading our kids to brighter days*  
**Youth Program**

Join us to discuss topics with other youth such as:

- Warning signs and symptoms of mental health
- Discuss how these signs show up online
- Acknowledge, Care, Tell (ACT) to get help
- Positive coping skills and managing stress
- Finding and creating safe spaces

*Best for youth ages 10-18*

**FREE TRAINING for youth and teens**

**TUESDAY, MAY 11 @ 6PM**

Register [here](#) or go to [bit.ly/BRIGHTERDAYS1](http://bit.ly/BRIGHTERDAYS1)

Logos: CHADS Coalition for Mental Health, St. Louis Public Library, St. Charles City-County Library

## 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](mailto: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](http://sccmo.org/CommunityResource)

## The Community Information Exchange featured at the Community Council's May Network Lunch

The Greater St. Louis Community Information Exchange (CIE) is a collaboration of community organizations across the St. Louis region to better connect clients to needed services. Even though many social service agencies and providers exist, the Greater St. Louis Region continues to face challenges such as providing effective access to care due to siloed systems, lack of coordination between health and social service systems and the absence of a comprehensive model to address social determinants of health needs. Currently there are over 70 organizations representing service areas including housing, food insecurity, employment, education, and more that are using the shared referral platform. The CIE initiative is supported by three backbone organizations: United Way 2-1-1, Integrated Health Network, and the Regional Data Alliance.



Supported by Missouri Foundation for Health

The Community Council of St. Charles County will host an informative luncheon on May 13. The luncheon will be a hybrid including both virtual and in-person options for attendance. The cost to attend starts at \$20 for members; \$25 for non-members, and \$15 for virtual attendees.

Presenters are:

Cathy Vaisvil, Community Partnership Director with United Way will share more information on CIE

Mindi Allison, Community Engagement Manager with Unite Us will share about their role with CIE

The in-person luncheon will follow all CDC guidelines with proper social distancing protocols during the event. We will be utilizing the entire event space in the Community Commons of the Spencer Road Library with 4 guests per table. Boxed lunches and bottled drinks will be served. For those that are more comfortable not meeting in person, there will be an option to join via Zoom.

## Spotlight: Jeanne Spencer, Administrative & Grants Assistant



Jeanne joined the CCRB in 2017 as the administrative and also serves as the Coordinator for the Shower of Love Baby Care Drive. She manages the office, community outreach, marketing, social media, and assists with partner agency audits.

Jeanne is working on a Masters in Nonprofit Leadership at Webster University and earned a Masters of Education from Lindenwood University in 2013. Jeanne has personal experience in parenting a child with a disability

and mental health conditions, increasing her empathy for parents and professionals who support our youth with mental health conditions. She is the mother of three kids, has personal experience with mental health conditions, and enjoys travel, hiking, and reading, and spending time with family and friends.

## News from the Field

### 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](mailto:David.Eberle@lfcs.org)

### Annual Celebration on May 7.

The Sparrow's Nest Maternity Home is very happy to share their Re-opening and Annual Celebration with you. You are invited on Friday, May 7th to attend their fundraising and awards dinner. They have 2 AMAZING special guests in attendance for the evening. You won't want to miss out on what will be a unique and fun celebration!

You may celebrate IN-PERSON at Water's Edge in St. Peters. The Sparrow Soirée Annual Fundraising Dinner and Awards will look back over the past year, celebrate the accomplishments of the residents, show gratitude for the volunteers, as well as raise funds for programming.

Recent American Idol, Jackson Snelling, as well as Cavalla Recording Artist Katheryn Shipley (KShip), providing the musical entertainment.

To purchase tickets, click [here](#).

## 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.



## Hecht Nominated for Nursing Award

### [Nurses for Newborn](#)

announced Jean Hecht, RN, was nominated by her peers for the St. Louis Magazine

Excellence in Nursing Award and was selected as a finalist in the Pediatrics: Neonatal category. Sixty nominees were honored across ten categories.



Jean has been with Nurses for Newborns for 10+ years, consistently serving families in St. Charles and Lincoln counties. Jean works directly with Case Managers and Nursery staff at Mercy Hospital to ensure referrals are provided to families in the St. Louis region who could benefit from services. Nurses for

The Child Center honored their **2021 One with Courage Award** winners at their annual One with Courage Gala held on April 23, 2021 at Ameristar Casino.

"We are so grateful to have such compassionate and dedicated champions for our agency," said Heather Kemper, Development Director, "Awardees are chosen based on their commitment to our mission and the contribution of time, talent, and treasure. Each awardee has gone above and beyond to help end child abuse."

**PHILANTHROPIST LEADERSHIP AWARD: David Fielder**

**OUTSTANDING FUNDRAISING VOLUNTEER AWARD: Melissa Bailey**

**OUTSTANDING FOUNDATION AWARD: Community Foundation**

**OUTSTANDING CORPORATE SUPPORTER AWARD: The Schulte Family Foundation / Henges Interiors**

**SPECIAL HONOR TO FORMER EXECUTIVE DIRECTOR: Sissy Swift**  
Former Executive Director, Sissy Swift made great strides during her tenor at The Child Center. She brought about expansion in every area of the agency, from our victim services to prevention education, and our mental health therapy to administrative services.

The Child Center is a child-focused place where a comprehensive, coordinated approach is taken in response to allegations of child sexual and physical abuse occurring in their 14-county service area. Services offered include forensic interviews, children and family advocacy, mental health therapy, and school and community-based prevention education programs. For more information on The Child Center, please visit [www.thechildcenter.com](http://www.thechildcenter.com).

Newborns provide a safety net for families most at-risk in order to prevent infant mortality, child abuse and neglect by providing in-home nursing visits which promote healthcare, education, and positive parenting skills.

"As the COVID-19 pandemic has altered our everyday lives and challenged the medical community in profound ways, it's a particularly apt moment to applaud the inspiring efforts of nurses across the St. Louis region. To celebrate outstanding health care heroes, *St. Louis Magazine* hosts the annual Excellence in Nursing Awards reception, presented by BJC HealthCare and Goldfarb School of Nursing at Barnes-Jewish College. It's our way of saying thank you to the area's dedicated, remarkable nurses. On April 22, nurses and their peers joined SLM online as we recognized 60 honorees, as chosen by a prestigious selection committee." *St. Louis Magazine*

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>



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



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



TREE HOUSE OF GREATER ST. LOUIS

therapy  
recreation  
education  
exploration



Learn about on-site and virtual services  
[thstl.org](http://thstl.org)  
(636) 332-4940



FOSTER & ADOPTIVE CARE COALITION  
FOR EVERY CHILD... A PLACE TO CALL HOME

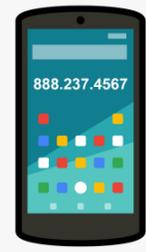


# Coalition CareLine

**Help for Foster, Adoptive, & Guardianship Families**

Contact us at 800.FOSTER.3 or [www.foster-adopt.org/careline](http://www.foster-adopt.org/careline)

# 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](#)

