



CARING FOR KIDS – August 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, August 23, 2021
8:00 a.m.

Meeting Location:
Sts. Joachim & Ann Care Service
4118 McClay Road, St. Charles, MO 63304

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](#).

Increased Funding for Services

by Bruce Sowatsky, CCRB Executive Director

As the COVID pandemic began to rage last spring and shutdowns occurred, questions arose as to how the mental health services system would respond. There was much concern about our youth. How would they cope with isolation? How would they handle loss? How would they handle not being able to see their friends? How would parents handle the stress of a health crisis, working, and teaching from home or losing their jobs?

As a funder of mental health services, the CCRB had its concerns as well. While our agency partners adapted quickly to continue to provide services virtually, we wondered how we could assist agencies so that employee layoffs did not occur and services could continue safely. We were concerned that if the demand for help went up significantly, how could we afford to reimburse for services if St. Charles County experienced a 15-20% loss in sales tax revenues as predicted.



As it turned out, our financial worries were for naught. Instead of experiencing a loss, sales tax revenues grew by 7.5% in 2020, compared to 2019. However, it did not stop there. For the first seven months of 2021, tax revenues grew an additional 9% over 2020!

What this growth means for families in St. Charles County who have children and youth who need mental health services is that services funded by the CCRB can be expanded and new services can be considered for funding. As we approach funding decisions for 2023 and beyond, the CCRB can provide support for more families and expand preventative care. This growth allows us to address concerns that existed before the pandemic but also the effects of trauma resulting from the pandemic. We thank our citizens for shopping locally and supporting mental health services in St. Charles County!

CCRB Grant Applications Available

The CCRB is accepting Request for Funding Proposals for 2022 core service funding. 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.



Horses Support Youth Mental Health



TREE House of Greater St. Louis' equine-assisted mental health and counseling programs provide an interactive and trauma-informed approach for youth coping with behavioral and emotional issues. This experiential therapy process focuses on client goal achievement through interacting with horses in a variety of ways, ultimately helping

clients develop positive patterns outside of the therapy session.

TREE House's dynamic approach can be utilized to address a variety of concerns including: anxiety, building competency and resiliency, bullying, depression, improving relational skills, improving self-esteem, somatic, stress, and team building. Sessions are open to individuals, couples, families, groups, and partner organizations.

For more information about TREE House's equine-assisted mental health and counseling programs, please contact Amy Willard, Program Director, at (636) 332-4940 x. 202 or visit TREE House.

ALL IN Conversations for Adults

Are you concerned about your teen? Join mental health experts and connect with other parents at ALL IN Conversations about mental health with CHADS Coalition for Mental Health.

DATE: August 3rd

TIME: 6 PM

Led by Colleen Pace. Real conversations about youth mental health, depression, anxiety, LGBTQIA, trauma, triggers, support and more.

ALL IN CONVERSATIONS
EP 5 - Back to School after COVID-19

August 3rd at 6:00 PM
RSVP at bit.ly/CHADSALLIN5

CHADS Coalition for Mental Health
With Colleen Pace

96%
of children at risk of out-of-home placement remained with their families after 6 months of Parent Partner services.

source: 2020 F.A.C.T. Year-End Report to the CCRB

FACT
FAMILY STRENGTHENING & COMMUNITY TRAINING

CCRB
the community and children's resource board of St. Charles County
stcharlescountykid.org

Emotional Intelligence

Boost your Emotional Intelligence for personal and professional success.

Explore the relationship between feelings, thinking, and actions. Mental

VIRTUAL PROGRAM



Emotional Intelligence

Tuesday, August 10, 7:00 p.m.

Adults. Registration required.

Participants will receive Zoom information via email immediately after registering. A recording of this virtual program will be posted to YouTube within three business days.

Presented by
MHA
Mental Health Alliance
of Eastern Missouri

St. Louis County Library

Health America has partnered with St. Louis County Library to host Emotional Intelligence, a free, virtual mental wellness seminar on August 10 at 7 p.m. Registration required.
<http://ow.ly/pxkS50FCDIm>

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.

Diversity & Inclusion at the Crisis Nursery

The Saint Louis Crisis Nursery held their 20th Annual Diversity, Equity and Inclusion Day on June 24th. Respect for one another's perspectives, awareness of unintentional bias, and the recognition that race, gender, economic background, and identity play important roles in our work-they are proud to prioritize these values at the Crisis Nursery.



Many thanks to Terrell Borum, MSW, LCSW for his powerful presentation, "What's Free: Working for the Liberation of Black Boys."

Lindy Wagner, MS, Director of Center for Student Diversity and Inclusion at SIUE, lead a very informative discussion about "Microaggressions: Intent vs. Impact"



Spotlight: Cory Elliott, Treasurer



Cory joined the CCRB in 2018 and became Treasurer in 2019. She is the owner and CEO of CMT, LLC, a full service commercial construction company. Prior to CMT, she had eighteen years of business experience in healthcare management and construction.

Cory is active in the community and supports organizations that work with under-served and marginalized populations, such as formerly incarcerated women, victims of domestic violence, and children. The CCRB fits into her focus, by funding programs for organizations that make a difference for youth. Cory explained, "the Board asks the hard questions to ensure our community is getting the best quality and coordination of care. We are thoughtful and respond to the needs of our partner agencies." A graduate of Washington University, Cory was selected to be part of the 2021 class of Most Influential Business Women and she is the proud mother of four young adults.

News from the Field



SEPT 22-23, 2021

1120 Country Club Rd, St Charles, MO 63303

BOGEY HILLS
COUNTRY CLUB

Gain information. Protect children.



VICTORY OVER VIOLENCE FREE CONCERT & EXPO.

Sept 4th 10am - 7pm
Location: 1 Club Way Dr
St. Peters MO 63376

Concert line up
Dirty Muggs Band
Ruby Leigh
KV The Writer
AJ
G.O.V. Gentlemen of Vision



Christmas in July?

It may be early but the Sts. Joachim & Ann Care Service is already working on Adopt A Family plans and we need your HELP!

The The Loyal Order of Squirrels collect and repair the hundreds of bicycles we give away during this program. In order to provide bikes to area children at this Christmas The Squirrels need to locate a 6000-9000 square foot space that someone is willing to donate for their use between now and Christmas. If you are able to help us please contact us at info@jacares.org. You'll be part of bringing smiles to hundreds of faces this Christmas morning.

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

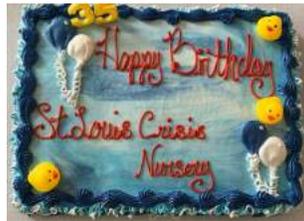


Join Community Living for a fun new event, [Tosstoberfest!](#)
Saturday, October 2
at Lions Club of Harvester!
Doors Open at 11:30 a.m.
Bags Fly at 12:30 p.m.

Join us as we introduce our first annual Tosstoberfest Cornhole Tournament, a fun day of cornhole and games to help Community Living, Inc. provide services to over 1,000 individuals with disabilities and their families. The tournament includes a bracket style play, raffles, biergarten (for those ages 21+) and food trucks! All teams are welcome!

[Register here.](#)

The Crisis Nursery celebrated its 35th Birthday on July 21. Festivities included a



party at the Crisis Nursery- Wentzville. Balloons, face and hand painting, individual cakes for decorating (plus one big cake with LOTS of icing!), and loads of games were all part of the celebrations! Special guests and supporters from around the St. Louis area sent video messages to Nursery staff in appreciation for all the ways they support kids and families

In 35 years, the Crisis Nursery has kept 125,000 children safe from child abuse and neglect with 4.84 MILLION hours of crisis care, and the CCRB has been a critical part of the Crisis Nursery's success!

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>

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

NAMI
National Alliance on Mental Illness
St. Louis

The poster features a background image of three young adults smiling. The text is in white and yellow on a dark background.

Compass Health Network

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

The advertisement includes a photo of a young girl talking to a professional and a photo of two children sitting at a table.

Can your child benefit from:
1:1 Adult to Student Interaction
Stress Management
Coping Skills
Self Awareness
Better Communication Skills
Improved Sense of Well-being

**CONTACT A CHADS MENTOR
AT sewadmin@chadscoalition.org
or 314-596-2661 FOR MORE
INFORMATION**

TREE HOUSE OF GREATER ST. LOUIS

therapy
recreation
education
exploration



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

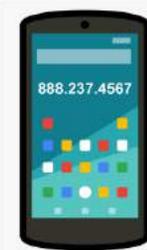
We're hiring
*Counseling
Services
Superwisors*

to support multiple therapists in
local area school districts!

Visit youthinneed.org for more information!



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

EXPRESS CARE

636-723-8465 compasshealthnetwork.org



Alexandra Giddens, 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.



Compass Health
Network



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](#)

