




## CARING FOR KIDS – September 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, Sept. 27, 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](http://WWW.STCHARLESCOUNTYKIDS.ORG)  
TO VIEW THE AGENDA.

### In This Issue

- Increased Funding for Services
- Suicide Prevention Month
- Social Emotional Mentoring
- Foster Grandparent Tutoring
- Relief Funds for Young Adults
- New School Year - New Worries
- IDEA Classes for Caregivers
- Suicide Prevention Training
- News from the Field

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

## CCRB Grants \$385,000 for Additional Services

On August 23, the CCRB approved \$385,000 in Supplemental funding for our 2021 grant partners.

**What does this mean for our youth?** With the additional funding, hundreds of St. Charles County youth will have access to additional mental health services, which are critical to their well-being.

Many of our partners are experiencing a higher demand for their mental health and substance use treatment services, which will cause them to run out of funds before the end of the year.

The supplemental funds will allow agencies to continue serving clients through December 2021, increasing youth and family access to vital services. The excess funds are from an increase in sales tax revenues in 2020 and 2021, allowing us to invest more in our youth.



Thank you for shopping local and giving kids and their families a chance at a brighter future. *Together we can make a difference in the lives of our youth.*

## September Prevention Month

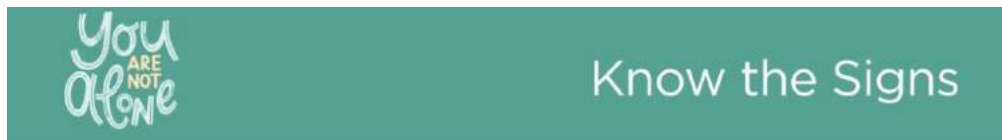
During September, organizations around the world and across the United States bring awareness to many conditions and social concerns.

**Suicide Prevention Month** - A time to raise awareness on this stigmatized, and often taboo, topic. In addition to shifting public perception, organizations use this month to spread hope and vital information to people affected by suicide.

**Kinship Care Month** - Celebrating Families When Children Live With Kin. Kinship care, as it's commonly called, refers to caregiver grandparents, aunts, uncles, cousins, adult siblings and even family friends.

**National Recovery Month** (Recovery Month) is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.

Special dates during September:  
September 5-11 - Suicide Prevention Week  
September 10 - World Suicide Prevention Day



### Recognizing Suicidal Behavior



Sadness



Insomnia



Hopelessness



Withdrawal



Mood Swings



Changes in Eating



Drug Use



Rage



Self-loathing



Feeling Trapped



Despair



Thoughts of Death

## Social-Emotional Mentoring Available for Kids

CHADS Coalition for Mental Health's

**Social-Emotional Mentoring** provides weekly one-on-one 30 minute sessions to improve the social and emotional well-being of students in K-12th grade.



The program is structured on the five social emotional learning skills:

- Self-Management
- Self-Awareness
- Social-Awareness
- Relationship Skills
- Responsible Decision Making

During the sessions, mentors use different techniques to engage students such as dialogue, role playing, art, journaling, and games. K-8 students will spend 5-6 weeks on each of the five major skill areas, for a total of 25-30 sessions. Grade 9-12 students will spend approximately 3 weeks per skill area ,for a total of 15 sessions.

Research has shown that students who develop skills in these areas also experience improvement in grades, behavior, peer relationships and an overall sense of well-being. Schools that choose to partner with CHADS are able to refer students individually or have interested families reach out to CHADS directly to engage in services. Sessions are held in-person or virtually to best meet the needs of the child. Fill out an [interest form](#) to inquire about services for your child.

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## Foster Grandparent Tutoring Tackles Learning Loss for Students



LINC St. Charles County's **Foster Grandparent Program** started a small in-house tutoring program to address the loss of learning that all students faced in the 2020 – 2021 school year. Designed to address each child's individual needs, each child was assessed at the beginning of the 8-week program in reading, comprehension, basic math skills according to the school grade level they had recently completed.

When the 19 students who participated in the Summer Tutoring/Mentoring Program started, many were behind the standard level that is required by the State of Missouri. After the 7<sup>th</sup> week of tutoring, outcomes were evaluated in the academic areas needing attention. Students demonstrated, on average:

- an increase of 3 reading levels
- 85% improvement in comprehension, letter and sound recognition
- over 95% improvement in telling time, and counting money.

LINC Executive Director Kathy Thompson is so proud of all the Foster Grandparents and Board Member Cindi Delaney for donating their time and working hard to help the kids become more successful at school.

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## Relief Funds Available for Young Adults

COVID relief funds are available for youth who



aged out of foster care. All interested parties  
**MUST APPLY BY SEPTEMBER 30TH!**

### Relief Funding Types Available

1. COVID Relief Funds - Based on need up to \$2,000 for housing, bills and daycare. Other needs assessed through application.
2. Education & Training Voucher - College assistance based on need up to \$12,000

### Eligibility

- Older Youth/Young Adults that aged out of state custody between the ages of 18-21.
- Older Youth/Young Adults that are not yet 27 years old.
- Must also complete a Chafee Aftercare Application.

### To Apply, Contact an Older Youth Transition Specialist

- St. Louis City & County - Sarah Ballard, Phone: 314-244-2119, Email: Sarah.J.Ballard@dss.mo.gov
- Jefferson County - Bobbie Thomas Schiller, 573-238-2624 ext. 238, Bobbie.J.Thomas@dss.mo.gov
- St. Charles, Lincoln, Warren, and Franklin Counties - Kim Stevenson, 573-220-2679, Kimberly.S.Stevenson@dss.mo.gov

Don't live in one of these counties? *Find your older youth transition specialist [here](#).*

If you know an Older Youth that no longer resides in Missouri, contact their state's Chafee Program for eligibility information.



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## New School Year - New Worries



The start of a new school year can be an exciting yet uncertain time for the whole family. Due to the circumstances of the COVID-19 pandemic, many kids are facing mental health challenges right now. In fact, 82% of 11-17-year-olds who took a screen at [mhascreening.org](https://mhascreening.org) from March 2020-July 2021 were showing signs of a mental health condition.

If you are concerned about your child or teen's ability to readjust to in-person school and have a good year, there are things you can do at home to set them up for success and support them during this transition. Not only is the home environment the most significant factor affecting academic achievement, but family member interactions also help provide social and intellectual development and improve child confidence. [Read more...](#)

Source: <https://mhanational.org/back-school>

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# F.A.C.T. Offers Virtual Classes for Families

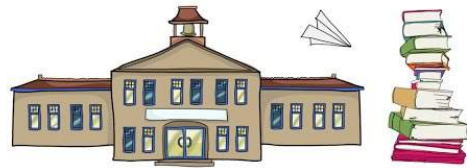
## **DISCIPLINE UNDER IDEA:**

Sept. 28th, 9:30—10:30 AM

Provides information on your child's rights and your rights when your child is disciplined and on an IEP. This class gives parents tools to use to help ensure their child continues to receive an education that meets their needs regardless of the discipline consequences. (1-hour)

Zoom Link: <https://zoom.us/j/94973152129>

**IDEA** INDIVIDUALS WITH  
DISABILITIES  
EDUCATION ACT



## **SECLUSION & RESTRAINT:** Oct. 5th, 9:30—10:30 AM

What is the difference between seclusion and isolation? What are the State guidelines schools should be following? What can a parent do if their child is being secluded or restrained? This workshop answers these questions and more. (1-hour) Zoom Link: <https://zoom.us/j/99646275465>

## **IDEA PROCEDURAL SAFEGUARDS:** Oct. 26th, 9:30—10:30 AM

Procedural Safeguards explain parents' and students' rights under the IDEA as well as other important processes. These are often overlooked but an important part in advocating for children on IEPs. Learn how the IDEA Procedural Safeguards can assist families in getting their child's needs met under IDEA. (1-hour)

Zoom Link: <https://zoom.us/j/93418158133>



The Boys & Girls Clubs of St. Charles County recognized the CCRB as their 2020 Children's Advocate at their annual Crystal Ball on August 21. The CCRB Board members and staff attended the vintage carnival-themed celebration.



The CCRB was pleased to be honored as a Children's Champion by United Services for Children on August 28. The CCRB Board and staff were treated to a wonderful evening as guests reunited for USC's annual gala.

#BeThe1To

**ASK**

1-800-273-TALK (8255) BeThe1To.com

Ask the tough question. When somebody you know is in emotional pain, ask them directly: "Are you thinking about killing yourself?"

## Suicide Prevention Training Event

The St. Louis County Children's Service Fund, with our funded partners and area school districts will host a virtual suicide prevention training for school-age youth.

September 10, 2021 Register at [bit.ly/3jpP39C](http://bit.ly/3jpP39C)

- Key Note By Dr. Scott Poland
- Continuing Education Units
- Breakout Sessions
- Closed Captioning Available

**BE THE ONE TO STOP STUDENT SUICIDE**  [keepingkidsfirst.org](http://keepingkidsfirst.org)

## News from the Field

CHADS Coalition for Mental Health will host **ALL IN CONVERSATIONS**, a virtual meeting for parents, educators, counselors to discuss youth mental health, depression, anxiety, trauma, LGBTQIA+, and more.

Monthly sessions are available from September through June. [All In Conversations](#) for a list of dates.

Congratulations to [Behavioral Health Response's](#) Chief Clinical Officer Dr. Bart Andrews for receiving the Silver Key award from Mental Health America of Eastern Missouri! The esteemed Silver Key award celebrates and recognizes mental health professionals, researchers, and advocates whose ongoing work improves societal and clinical response to individuals with mental illness.

Along with the nomination, Governor Mike Parson submitted a support letter highlighting Dr. Andrews' impact to our community, the mental health field, and especially in the area of suicide prevention.

The [Child Advocacy Center of Northeast MO](#) is holding the Midwest Justice for Children Training on Sept. 22-23 at Bogey Hills Country Club.

*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)



Tickets: \$250

Includes:

2 full days of training

Coffee, tea, water, snacks daily

Lunch each day

Breakout sessions

Who should attend?

Law enforcement, prosecutors, advocates, forensic interviewers, child protective services staff, educators, medical and mental health professionals.

Register [here](#).



**SEPT 22-23, 2021**  
1120 Country Club Rd, St Charles, MO 63303  
**BOGEY HILLS COUNTRY CLUB**

**Gain information. Protect children.**

## DONATE DIAPERS

BENEFITING CRISIS NURSERY SAINT LOUIS



# Sept. 1 -> Oct. 3



Order Anytime For Direct Delivery



Purchase At Aldi Sep. 18 - Oct. 3



## PooperTroopers.org



Special Thanks to Our Sponsors  
[PooperTroopers.org/Sponsors](http://PooperTroopers.org/Sponsors)



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](http://WWW.COMPASSHEALTHNETWORK.ORG)

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

## FREE Covid-19 Vaccines



Compass Health Network



Compass Health Network is still in the fight against Covid-19.

Visit our website to find a location near you.

**[compasshealthnetwork.org](http://compasshealthnetwork.org)**

Call for an appointment today at 844-853-8937

TREE HOUSE OF GREATER ST. LOUIS

therapy  
recreation  
education  
exploration



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





## 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)

## 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

