



CARING FOR KIDS – December 2021

Greetings!

The CCRB is dedicated to increasing awareness and access to mental health services for children in St. Charles County by allocating a sales tax fund to service providers. Keep reading to learn what's happening in our county.

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



BOARD OF DIRECTORS MEETING

Monday, December 20, 2021
8:00 a.m.

→→→

MEETING LOCATION:
SPENCER ROAD LIBRARY
COMMUNITY COMMONS, ROOM 240
427 SPENCER ROAD
ST. PETERS, MO 63376

ALL CCRB MEETINGS ARE OPEN TO
THE PUBLIC.

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Learn more about our monthly Board meetings here.

Bruce's Thoughts: A Letter from the Executive Director

We ended 2020 with the hope of an end to the pandemic, the promises of a vaccine, and a return to normal. For many only a partial return to pre-pandemic activities occurred, and with inflation, supply chain issues, worker shortages and viral variants, the pandemic lingers. As worries and fears persist, many have become worn out and exhausted seeking respite in the upcoming holidays.

While it is important not to engage in magical thinking that turning over the calendar will miraculously fix all our concerns, our November and December holidays direct us to reconnect with family, give thanks and find joy. The circumstances of this 21-month

pandemic have been most certainly difficult and trying, but if all our focus is on the negative consequences, it is no wonder we feel overwhelmed.

So maybe it is time to start an overt conversation with your family about your blessings and have each of you done to cope and survive these past 21 months. It has taken a great deal of resiliency and adaptability to get you through to this point, and it is important to recognize your family successes and give yourselves some credit. This exercise will help you inventory your family strengths so that you are prepared to handle the lingering challenges.

For us at the CCRB, we are thankful for our caring Board and our compassionate service partners. As we end 2021 and enter 2022, we look forward to expanding many services to help families with struggles. We pray you are well this holiday season and that your family time is joyous and rejuvenating!

-Bruce Sowatsky

What is Psychological Testing?



If you or a family member has been referred for psychological testing or evaluation, you probably have some questions about what to expect. Or you may have heard about psychological testing and wonder if you or a family member should be tested. Psychological testing may sound intimidating, but it's designed to help you.

In many ways, psychological testing and assessment are similar to medical tests. If a patient has physical symptoms, a primary care provider may order X-rays or blood tests to understand what's causing those symptoms. The results of the tests will help inform develop a treatment plan.

Psychological evaluations serve the same purpose. Psychologists use tests and other assessment tools to measure and observe a client's behavior to arrive at a diagnosis and guide treatment.

Psychologists administer tests and assessments for a wide variety of reasons. Children who are experiencing difficulty in school, for example, may undergo aptitude testing or tests for learning disabilities. Tests for skills such as dexterity, reaction time and memory can help a neuropsychologist diagnose conditions such as brain injuries or dementia.

Accessing psychological testing and evaluation happens in several ways. The CCRB currently funds three programs at no cost to families in St. Charles County through Epworth Children and Family Services, the UMSL Center for Behavioral Health, and FamilyForward (for children with developmental trauma). Insurance providers may have benefits through private practitioners. Current wait lists may be long due to increased demand, but many practitioners make exceptions for emergency situations. Services may also be funded in St. Louis City, St. Louis County, and Lincoln County through their local Community Services Fund providers.

Source: <https://www.apa.org/topics/testing-assessment-measurement/understanding>

Parent Support & Diaper Give Away

Crisis Nursery is hosting a FREE Drive Thru Diapers Give Away for St. Charles County families with children, ages birth-12

years old. Families can receive diapers, wipes, formula, food bags, clothing, and books as available.

December 10th, Wentzville, 1:30-4:00 p.m.
December 17, St. Charles, 1:30-4:00 p.m.

To register, call 636-940-0742 and leave a message; staff will return the call. The event location will be given upon reservation confirmation.



Parenting support is available through the Crisis Nursery's [Family Empowerment Program](#), which offers free parenting support & education, crisis intervention and stabilization, art & play therapy for children, family counseling, and help with basic needs and supplies. Call the 24/7 helpline at 314-768-3201 to get started today.

Compass Health Opens Adult Crisis Centers



Compass Health Network is unveiling a new project: Crisis Stabilization Centers, which at Compass will be known as Crisis Access Point (CAP). Construction for these centers is already underway. In total, there will be fifteen locations across the state of Missouri opening tentatively in December of 2021 and into the beginning of 2022. The goal of the Crisis Stabilization Centers is to provide a safe and less costly alternative to divert individuals arrested, away from jail and emergency rooms and into treatment services. These services

would allow for further observations, connecting the individual to ongoing care and avoid inpatient admission.

The Crisis Stabilization Centers will be open 24 hours a day, seven days a week, and in the rain or shine. There will be a No Wrong Door entry program that provides rapid access to triage, stabilization services, and linkage to appropriate community services for individuals experiencing a behavioral health crisis. Features of the centers include but are not limited to showers, meals, clothes, medications if needed, and comfortable recliners to sleep on.

No one will be turned away from the Crisis Stabilization Centers, but if other care is necessary, such as hospital care, the individual may be redirected. These centers can serve adults, 18 and over, who are underserved, underinsured and uninsured and dealing with a mental health or substance use crisis. At the end of everyone's visit, they will be given a personalized discharge plan to continue the care outside the door. The Crisis Center will work in collaboration with the local social service providers to develop needed resources and enhance the existing system of care.

Things we model for our kids, whether we realize it or not...

@mombrain.therapist



relationships with
technology



how we deal
with frustration



how we solve
problems



how we take care
of ourselves



how we
apologize & repair



how we ask
for help

OOPS

how we
handle mistakes



how we
navigate conflict



how we approach
differences



how we care
for animals



how we care for
our environment



how we
listen

Source: @mombrain.therapist

Nurturing Gratitude

Children's demands might hit especially hard when we're working long hours to make ends meet or just trying to get dinner on the table. We're also reminded of how much need there is among families in our own communities and around the world. While young children can't yet see the world from somebody else's perspective, we can begin to build a sense of gratitude starting in the toddler years.

For Children Birth to 3 Years Old:

Biscuit is Thankful by Alyssa Satin Capucilli
The Thankful Book by Todd Parr
Thanks for Thanksgiving by Julie Markes
Bear Says Thanks by Karma Wilson
Splat Says Thank You by Rob Scotton
Should I Share My Ice Cream by Mo Willems

For Children 3-5 Years Old:

Thankful by Eileen Spinelli
Being Thankful by Mercer Mayer
Ordinary Mary's Extraordinary Deed by Emily Pearson
Did I Ever Tell You How Lucky You Are? by Dr. Seuss
Giving Thanks by Jonathon London
Don't Say a Word, Mama/No Digas Nada, Mama by Joe Hayes

contributors: Sarah S. MacLaughlin and Rebecca Parlakian, Zero to Three

source: https://www.zerotothree.org/resources/3753-nurturing-gratitude?utm_campaign=Q1_2021_General_Social+Media&utm_source=twitter&utm_medium=social&utm_content=1635861528&fbclid=IwAR0z3GR7cgDLgRi_Fd5LZOdDqWfTeib8fz--la9jU-T05QedHuHANQbNQNI

News from the Field

NAMI St. Louis is pleased to announce it has received the largest single private gift in the organization's 43 year history. Supporters Leo (Tony) and Lisa Vogel, who have been personally impacted and inspired by the organization's efforts for the past 13 years, donated one million dollars to support program expansion in underserved areas.



"The entire NAMI St. Louis family is overwhelmed with gratitude," Executive Director Christine Patterson said. "Since the pandemic began, there has been an increased need for our services. A gift of this magnitude will make it possible to continue to provide education, advocacy and support for people living with a mental health condition and their families."

Hidden Lake Lights is a Christmas Light show with lights that flash to songs with a good beat! Produced by a local high school student, Hidden Lake Lights also features a donation box to collect canned goods for Sts. Joachim & Ann Care Service.

There is no charge to come and enjoy the show! You can just sit in the warmth of your car and watch over 15,000 lights flash in sync with music. Be sure to tune your radio to 90.1 FM to hear the music.

You can find this display at 28 Lost Valley Ct. Saint Peters Mo, 63376

Opening night is Saturday, December 4th! The schedule is:

Mon-Thurs - 5-9pm
Fri-Sat - 5-10pm
Sun - 5-9:30pm
Special Hours
Dec 4th - 6-11pm
Dec 24-25th - 5-12am
Dec 31st 5-1am

BIRCHTREE BLINDS AND SHUTTERS
ALONG WITH
SCREENS ON SITE & PHOTOGRAPHER HOLLY KITE
INVITE YOU TO OUR HOLIDAY EVENT



PHOTOS WITH SANTA

FRIDAY DECEMBER 10TH
5:00-7:00
1064 WIES INDUSTRIAL DR. LAKE ST. LOUIS MO, 63367



\$5 PER PHOTO

ALL PROCEEDS TO BENEFIT CHILD ADVOCACY CENTER



*PHOTOS WILL BE EMAILED MON 12/15 * NO PETS

Photos with Santa on December 10, 5-7 p.m. Proceeds to benefit the [Child Advocacy Center of Northeastern Missouri](#).



The [Saint Louis Crisis Nursery](#) gave 18 United Way talks to companies ALL over St. Louis to share the Crisis Nursery's story! Several companies had heard good things about the Crisis Nursery and our wonderful speakers, so they made a special request to have the Nursery talk to their company. Thank you to all our United Way speakers for spreading the word!

Check out the FREE MPACT training resources during the month of December! All you have to do is click on the [link](#) or scan the code below to register for one or all available trainings.



Understanding the IEP Process



Your child's IEP is the cornerstone of their education. This workshop offers an in-depth look at the evaluation process, qualifying for an IEP, the many components that must be addressed in the IEP document, as well as how progress will be monitored. As a result of this training, parents will gain a better understanding of their role as an equal participant in the IEP Process.

2nd Thursday: Wellness Series



Speaker: Maria Miskovic is a Licensed Clinical Social Worker and Certified Care Manager who is part of a team of care managers specializing in aging and disability services and mental health management. . Maria owns Care Choice Care Management in St. Louis, one of the largest private practices in care management in the Midwest.

DATE: 12/09/21
 TIME: 12:00PM – 1:00PM
 LOCATION: ZOOM
 TOPIC: CARE MANAGEMENT

Register here!
<https://www.namistl.org/event/nami-st-louis-2nd-thursday-wellness-series-09-09-21/>

 NAMI St. Louis




Coalition CareLine

Help for Foster, Adoptive, & Guardianship Families

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



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




For 24/7 linkage to children's mental health resources, call the BHR Youth Connection Helpline at 314-819-8802 or text BHEARD to 31658

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](#)

