



CARING FOR KIDS –February 2022

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, February 24, 2022
8:00 a.m.

Meeting Location:
Spencer Road Library
Community Commons, Room 259
427 Spencer Road
St. Peters, MO 63376

All CCRB meetings are open to the public.

In the February Issue

- New Mental Health Services
- Warming Centers Open
- Autism Awareness Event
- Crisis Nursery Giveaway Days
- Dating Violence
- What to Know about Suicide Risk
- Meet Anxiety
- Host Families Needed
- News from the Field

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

New Mental Health Services for Youth

In spite of the continuing pandemic, St. Charles County remains economically strong. As a result, the CCRB is able to expand many services, add new programs, and is able to provide greater reimbursement rates to partner agencies so they may hire and retain quality staff. A total of \$9.6 million per year has been allocated to partner agencies for 2022 and 2023 youth mental health services.

So what's new in 2022?

[Compass Health Network](#) will offer school-based counseling in three school districts, while Nurses for Newborns is able to add Case Management services for ongoing support for new mothers.

Funding is approved for four new programs, including the addition of a new agency partner, [Good Days Journey Mental Health Services](#), a local non-profit subsidiary of Resolutions for People. Good Days Journey provides mental health counseling, assessments, and psychiatric care for youth and have a history of working with the Francis Howell School District to support students.

[Epworth Children & Family Services](#) brings their expertise of working with youth experiencing homelessness to St. Charles County with their Transitional Living Program. Epworth anticipates serving 6 youth per year by providing independent living apartments to help youth complete their education, learn life skills, and find stable employment.

[Gateway Human Trafficking](#) received funds to produce a series of eight educational online videos to raise awareness and protect youth from human traffickers. As traffickers are getting more creative in recruiting vulnerable youth, counter messages become an important part of preventing human trafficking in our community.

Lastly, ThriVe St. Louis will offer Safe Defense workshops which teach youth how to defend and protect themselves from sexual assault and violence. The Stay Safe Self Defense is a 1 to 2 hour session offered by ThriVe's Best Choice Program.

For a comprehensive list of CCRB-funded services and agency partners, visit our website, stcharlescountykids.org.

-Bruce Sowatsky, Executive Director

Autism Awareness Event Returns April 2



United Services for Children will present its eighth annual Exploring the Spectrum autism awareness event on Saturday, April 2, at the Spencer Road Library Community Commons in St. Peters. Doors will open at 8:30 a.m. Admission is

free, but please register online at www.ExploringtheSpectrum2022.org.

Featured guest speakers are disability advocate Andrew Simmons, Washington University child psychiatrist Dr. Natasha Marrus, and Mercy Kids neurologist Dr. Gretchen Meyer.

In addition, there will be exhibitor tables for autism-related businesses and organizations. This is a great opportunity to connect with a broad variety of autism service providers.

After a two-year break, United Services for Children is very excited to bring back this important community event. We are committed to providing a safe environment for all who attend.

Please visit the event website at www.ExploringtheSpectrum2022.org for the latest and most complete information. We look forward to seeing all of you again on April 2, 2022!

Crisis Nursery FREE Programs & Giveaway Days



Saint Charles Family Empowerment Program team members work actively with families & in the community to provide support. Jessica from our Latinx Outreach Program is available to assist Spanish-speaking families.

Parent Education Groups:
Wednesdays 10am

Support Groups:
Tuesdays 11am

Budgeting Series: 1pm in English, 2pm in Spanish
Wednesdays February 8, 15, and 22

Diaper, food, and clothing Giveaways:
Friday 2/11
Friday 2/25

To connect with Crisis Nursery, please call and leave message with a good call back number: 636.94.0742

Dating Violence Experienced by 1 in 3 Teens

Dating is an inevitable part of life that many experience for the first time as a teenager. Healthy relationships, however, require hard work, communication, and a level of maturity that may not be present in teens. As a result, many teen relationships – nearly one third – are characterized as either unhealthy or violent.

Is this abuse?

Dating abuse is a pattern of coercive, intimidating, or manipulative behaviors used to exert power and control over a partner. While we define dating violence as a pattern, that doesn't mean the first instance of abuse isn't also dating violence; we simply recognize that dating violence tends to involve a series of abusive behaviors over a course of time.

What to look for & more

Relationships exist on a spectrum and it can sometimes be hard to tell when a behavior goes from healthy to unhealthy (or even abusive). Typical warning signs of abuse from your partner include:

- Checking your phone, email, or social media accounts without your permission.
- Putting you down frequently, especially in front of others.
- Isolating you from friends or family (physically, financially, or emotionally).
- Extreme jealousy or insecurity.
- Explosive outbursts, temper, or mood swings.
- Any form of physical harm.
- Possessiveness or controlling behavior.
- Pressuring you or forcing you to have sex.

Need help now? Get in touch.

Call 1-866-331-9474 or 800.787.3224 (TTY) or Text 'LOVEIS' to 22522

A project of the National Domestic Violence Hotline, **love is respect** offers 24/7

RELATIONSHIP RED FLAGS

WARNING SIGNS OF A PARTNER WHO IS OR MAY BECOME VIOLENT

- Wants to get **serious** quickly
- Will not take NO for an **answer**
- Is **overly** jealous and possessive
- Wants to choose their partners **friends** and activities
- Is **controlling** and bossy (makes all the decisions)

information, support, and advocacy to young people between the ages of 13 and 26 who have questions or concerns about their romantic relationships. We also provide support to concerned friends and family members, teachers, counselors, and other service providers through the same free and confidential services via phone, text, and live chat.

Source: <https://www.teendvmonth.org/>
<https://www.loveisrespect.org/>
<https://www.dayoneny.org/>

What to Know about Suicide Risk

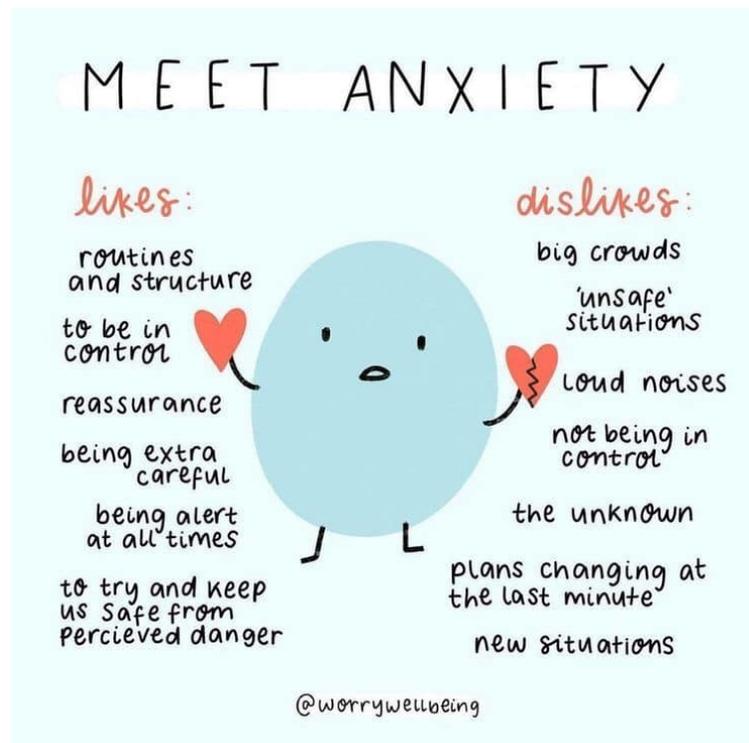
What parents need to know about youth suicide risk, but were too afraid to ask.
by UMSL Missouri Institute of Mental Health

February 17, 2022
6:00 pm to 7:00 pm Central | Live Online
[Register here](#)

Description: You've likely heard that the COVID-19 pandemic has amplified an already pressing problem, the mental health crisis of kids and teens in the United States. Mental health challenges in youth that go unaddressed can lead to the tragedy of suicide. Last month, the U.S. Surgeon General Vivek Murthy issued an advisory, calling for an all-hands-on-deck effort to address the looming crisis. In response to this call, MIMH is presenting a parenting series, starting with a conversation with suicide prevention specialist, Katie Ellison, MA, MS, NCC, with the Safer Homes Collaborative. Katie will answer the tough or awkward questions about youth suicide and provide parents with tools and resources to access help for their children.



For more classes and professional training opportunities from the MIMH, check out their upcoming events.



Host Families Keep Kids Safe

SAFE FAMILIES INFO MEETINGS

Join a 1 hour Zoom call to learn how you can be part of the Safe Families ministry

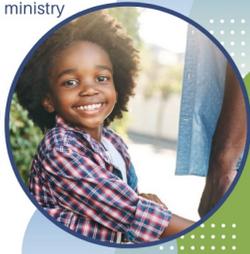
Saturday, January 29th- 2pm

Wednesday, February 16th- 11am

Saturday, March 19th- 10:30am

Tuesday, April 12th- 6pm

RSVP: mwitte@bethany.org
To learn more, check out safe-families.org
or call our staff at 314-452-6547



Safe Families for Children, operated by Bethany Christian Services, is a family preservation movement motivated by radical hospitality, disruptive generosity, and intentional compassion to keep children safe and families together. We bring church and community together mobilizing an army of volunteers to advocate for vulnerable children and socially isolated families.

Host Families are people who voluntarily, and without compensation, open their homes to a child of a parent who is experiencing a crisis. Our families have all been screened and approved to safely

care for children and host children ages birth through young teens.

Children stay with a Host Family anywhere from a couple of days to several months with an average stay of 30 days. Our families help in the short-term. They are not able to provide long-term foster care nor are they seeking to adopt through this organization. Parents who have been helped by *Safe Families for Children* have faced issues like: temporary loss of housing or job, feeling overwhelmed, needing time to put a parenting plan together, health problems, etc.

Informational meetings will be held monthly on:

- Saturday, January 29th- 2pm
- Wednesday, February 16th- 11am
- Saturday, March 19th- 10:30am
- Tuesday, April 12th- 6pm

Contact Madison Witte for more info.
Email: greaterstlouis@safefamilies.net
Phone: 314-452-6547

News from the Field

The **Hardee's 22nd annual Rise and Shine for Heat** benefit provides the general public and Hardee's customers an opportunity to help their Illinois and Missouri neighbors in need, on all levels.

Hardee's will sell Sausage biscuits and Egg biscuits ONLY on Friday, February 11, during breakfast, 6-10 a.m. for the special price of \$1.00. 100% from the sales will benefit Heatupstlouis.org, including St. Louis Charles County, Lincoln and Warren counties in Missouri. Donations will stay in the communities where collected.

Volunteers are needed from the civic, business, first-responders, the social service communities, and will serve as volunteer greeters, outside at the drive-



YOU'RE INVITED!

Tickets Available:
bidpal.net/legacyball2022

You're invited to join **Community Living** for an evening of entertainment at the 22nd Annual Legacy Ball! The event features both a silent and live auction, four-course wine dinner, and award presentation honoring The Strickland Family, followed by dancing the night away with music by **My Friend Mike**. Tickets are available at [this link](#).

Will you be a GALentine
 or Crisis Nursery moms?
It is all about Women

thrus, parking lot and menu boards, this year. Sign up HeatupStLouis.org.



Foster & Adoptive Care Coalition is proud to announce Natasha Leonard, Director of External Relations, was featured in the January 28, 2022 issue of VoyageSTL. Natasha has been with the Coalition since 2018 and has a background in nonprofit development. View the full article [here](#).

Free Warming Center for St. Charles, Lincoln, & Warren Counties

If it is predicted to be 20 degrees or below overnight and you want to come inside for the night, call the Hotline Number at 636-395-0492.

Transportation may be available.



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

Supporting Women!

We are collecting new and gently used purses and accessories and new bras for Crisis Nursery moms. Like most mothers, these women have placed the needs of their children before their own means many do not have purses-they carry items in a grocery store bag-and many have not had a new bra in years.

YOU CAN HELP!

Join us for "Bags, Bras, and Bling!" our Eat Shop Love event at Plaza Frontenac on February 10 from 5p-630p. Details are [here](#).

Or you can shop our [Amazon Wish List](#) - - and the items will be shipped straight to the Crisis Nursery, or you can drop gently used purses and accessories at our Administration office near Page and 270. Call 314-292-5770 to set up a drop-off time.

Nurses for Newborns is seeking a Community Health Worker who will provide services under our Healthy Families America affiliation in St. Charles County. Primary duties include:

- Visits clients in their homes or virtually as appropriate in accordance with NFN guidelines.
- Closely collaborates with the Staff Nurse for provision of services and referrals.
- Service area is St. Charles County.
- A knowledge of community resources in these service areas is preferable.
- This is a full-time benefit eligible position.

Interested candidates should submit their cover letter, resume and salary requirements directly to: hr@nursesfornewborns.org.





Coalition CareLine

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

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



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

