



Preparing all youth and families to realize a brighter tomorrow.

CARING FOR KIDS –April 2022

Greetings!

The CCRB is dedicated to maximizing community resources to build and sustain a comprehensive system of services for children and families in St. Charles County. We accomplish this by allocating a sales tax fund to mental health and substance use treatment 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 MEETING

APRIL 25, 2022

8:00 A.M.

LOCATION:
Community Living, Inc.
1040 St. Peters Howell Road
St. Peters, MO 63376

All CCRB meetings are open to the public. View the agenda at www.stcharlescountykids.org

In the April Issue

- Celebrating Social Work
- Resiliency in Kids
- Free Food Resources
- Cardinals and NAMI Team Up
- BHR Free Trainings
- No Cost Counseling
- Autism Spectrum Event
- Child Abuse Prevention Summit
- News from the Field

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

Highlighting Child Abuse Prevention Services in April

The month of April is designated as [Child Abuse Prevention Month](#), but frankly we strive to prevent child abuse and neglect every month. As we hit the two-year mark of the COVID pandemic, we acknowledge that stress, whether it be from job loss or instability, death of loved ones, the economy, or juggling parenting and work obligations, has significantly impacted families in our county. Add greater confinement, less ability to take time off, and fewer recreational outlets to

APRIL

National Child Abuse
Prevention Month



the mix and you have a situation that is ripe for a blowup.

We are fortunate our community provides several means of protecting our children, supporting families, and providing preventative care through skill building and respite.

Since 2005, the [Child Advocacy Center](#) has provided child abuse prevention programming to students starting in kindergarten in all our school districts. Child and youth are armed with skills to protect themselves from sexual predators and abuse. Parents and teachers are also guided in how to

handle abuse complaints. In addition, since 1999, the CAC has developed an approach for helping kids who report abuse be interviewed so that they are less traumatized and so a better legal case can be made to convict the abuser.

For families experiencing a crisis, and who may need a “time out”, we have several excellent respite providers that can assist.

- For children 12 and under, we have [Crisis Nursery](#) locations in St. Charles and Wentzville.
- Youth 10-21 can find safe shelter through [Youth In Need's](#) Emergency Shelter program.
- Youth with developmental issues may qualify for [Community Living](#) respite services.
- If there is a risk of children going into foster care, [Bethany Christian Services' Safe Families](#) program can provide longer term respite.

For more information regarding these providers or for contact information, visit our [website](#), call the [Youth Connection Helpline](#) at 314-819-8802, or click on the providers in the article.

-Bruce Sowatsky, Executive Director

Signs of Sexual Abuse

- Adult-like sexual knowledge and/or behavior
- Avoids a specific person or place
- A drastic change in appearance
- Promiscuous behavior
- Unexpectedly has gifts, toys, and money

If you suspect abuse, call the Missouri
Child Abuse & Neglect Hotline

1-800-392-3728



Sowatsky Honored by ATHENA Leadership

The CCRB is excited to announce Bruce Sowatsky, Executive Director, has been selected by ATHENA Leadership

Foundation of St. Charles County to receive their **2022 ATHENA Ally Award**. The award recognizes advancing, including, and supporting women in their organization, industry, and community. In March, ATHENA Board Members Sissy Swift, Kacie Derby, Michelle Woods, and Lindsey McCabe (pictured) surprised Bruce and informed him of the award.



Bruce will be honored at the ATHENA Leadership Summit and Award Luncheon on May 6, 2022.

BHR Offers Free Training for Adults

Bystander Intervention

April 25 @ 6:00 pm - 7:00 pm

Have you ever felt guilty or uncomfortable in a situation because of what happened to someone else? Many of us ruminate after a situation is over and wish we would have done something different. This empowering program will share ways we can work together to produce more Community Upstanders: those who choose to take a positive action in the face of injustice or when individuals need help.

Residents and those working in St. Charles County are encouraged to attend. This training is funded by the Community & Children's Resource Board of St. Charles County. Click [here](#) to register. After registering, you will receive a confirmation email containing information about joining the program.

Trauma-Informed Care

April 29 @ 9:00 am - 11:00 am

The virtual mental health training outlines the way youth respond emotionally, cognitively, and behaviorally to overwhelming emotions. The training will demonstrate that behaviors are purposeful and a biological hardwiring for survival that cannot necessarily be changed but managed and fine-tuned. We also will discuss how trauma and dysfunction change our worldview and impact our ability to be rational and regulate our thoughts and emotions. We will provide practical tips and resources to help individuals learn to self-correct as well as how to regulate the environment while teaching others to self-correct.

The program is funded through a grant by the Community & Children's Resource Board (CCRB) of St. Charles County. Those living or working in St. Charles County are encouraged to attend. Click [here](#) to register. After registering, you will receive a confirmation email containing information about joining the program.

Stopping Stress In Its Tracks

May 11 @ 8:00 am - 8:45 am

This virtual program will help you manage stress. When we become overwhelmed, we need to get back to basics. Discover what is going on in your brain and body when you become dysregulated and learn interventions to stop the stress in its tracks.

Click [here](#) to register. After registering, you will receive a confirmation email

Mental Health First Aid for Youth & Adults



Mental Health First Aid® is a skills-based training that teaches people how to identify, understand and respond to signs and symptoms of a mental health or substance use challenge in adults ages 18 and over.

Youth Mental Health First Aid® is a skills-based training that teaches parents, family members, caregivers, teachers, school staff, peers, neighbors and health and human services workers and any other citizen how to identify, understand and respond to an adolescent (ages 12-18) who may be experiencing a mental health or substance use challenge.

Virtual: 2 hours self-paced online learning, followed by 4.5 hours (Youth) or 5.5 hours (Adult) live virtual training – up to 30 participants. These free trainings are sponsored by Missouri's Department of Mental Health. They are only available to individuals who live or work in Missouri. To find additional courses click [here](#).

Virtual Youth MHFA Courses:

April 14 (8:00 am – 1:00 pm): Register [Here](#)

April 26 (9:00 am – 3:00 pm) Register [Here](#)

April 28 (9:00 am – 2:30 pm): Register [Here](#)

Virtual Adult MHFA Courses:

April 13 (8:30 am – 3:30 pm): Register [Here](#)

April 15 (8:30 am – 3:30 pm) Register [Here](#)

April 21 (8:30 am – 3:30 pm): Register [Here](#)

Youth and Adult Mental Health First Aid courses have a significant amount of overlapping content. If you plan to take both, MHFA recommends 3 months between classes.

Questions?

Contact MHFA at info@mhfamissouri.org or 314-516-8431.

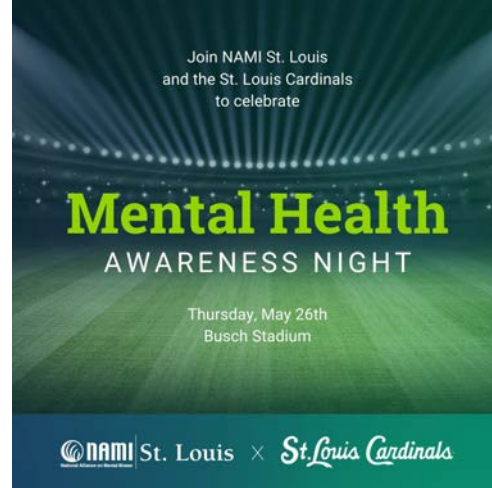
Cardinals and NAMI Team Up for Mental Health

Nearly 1 in 5 American adults suffer from a mental illness in any given year. Community awareness reduces stigma and increases the chance for treatment or intervention.

Join the St. Louis Cardinals to celebrate **Mental Health Awareness Night** on Thursday, May 26th. The Cards play host to their division rivals, the Milwaukee Brewers.

Seats for tickets purchased through the NAMI St. Louis website will be located in

the left-field porch. This is a covered, semi-private porch area. Each ticket purchased includes a mental health awareness Cardinals hat and a FREE hotdog and soda voucher. Purchase tickets from NAMI St. Louis [HERE](#).



Mental Health Essay Contest for Teens

The Speaking Up About Mental Health Essay Contest is open to students ages 16-18.

- Contest Opens March 15, 2022
- Submissions Due April 30, 2022
- Winners Announced September 2022

Mental health is an important part of overall health for across all life stages. However, far too often, symptoms are not addressed or recognized among adolescents.



Speaking Up About Mental Health! This is My Story is an essay contest for high school students ages 16-18 to address ways to eliminate and/or reduce mental health stigma that young people may need to overcome when seeking mental health treatment.

This contest is soliciting essays that

- Raise awareness of mental health among American youth and their families
- Promote communication and understanding among teens, parents, guardians, and other caregivers to seek help for mental health issues
- Provide students the opportunity for self-expression about mental health concerns
- Ideas for essay topics could include:

Get details on contest rules, judging details and enter an essay on challenge.gov

The 2022 Speaking Up About Mental Health Essay Contest is part of an HHS-wide initiative to tackle the nation's mental health crisis. Following President Joe Biden's State of the Union Address on March 1, 2022, Health and Human Services (HHS) Secretary Xavier Becerra kicked off the National Tour to Strengthen Mental Health in an effort to hear directly from Americans across the country about the behavioral health challenges they're facing, and engage with local elected officials and leaders to strengthen the mental health and crisis care system in our communities. More information on the National Tour to Strengthen Mental Health is available at HHS.gov/HHSTour.

Foodbank Offers Free Food

FOOD DISTRIBUTION



The St. Louis Area Foodbank will provide a free food distribution on the last Tuesday of each month.

Upcoming dates are:

April 26

May 31

June 28

If you or someone you know has a vehicle, you can visit one of our Food Fair distribution events. These events are set up as a drive-through food distribution. Volunteers and staff will put food in your car. We ask that you have space in your vehicle for the food items and that you not leave your vehicle during the distribution.

Where: Mid Rivers Mall

Parking Lot 3 – between Macy's and Dillards

Want to speed up the sign-in process? Register in advance [HERE!](#) (Not Required)

To find other food distribution events near you, <https://stlfoodbank.org/events/> and look through the calendar for your area.

Big Brothers Big Sisters Leadership to Retire



Becky James-Hatter, who has led Big Brothers Big Sisters of Eastern Missouri (BBBSEMO) as President and CEO for 28 years, plans to retire at the end of 2022. She will remain with the agency as a Senior Advisor through December 2023.

BBBSEMO is a steadfast advocate for quality service, not just “more service.” This approach has made BBBSEMO the only agency ever to be awarded Big Brothers Big Sisters of America’s Agency of the Year, Board of the Year, Staff of the Year, and # 1 in Quality Service in the same year. In June 2018, BBBSEMO accepted Large Agency of the Year honors for the second time in a decade.

Big Brothers Big Sisters of Eastern Missouri located at 501 N. Grand Blvd in St. Louis, has served youth and community since 1914. Through BBBSEMO’s 1,100 active matches in its 1:1 mentoring program and signature one-to-many efforts, youth outcomes are improved. BBBSEMO’s initiatives encompass supports for education and workforce development; these include ABCToday (in 19 schools, K-12), Big Futures (young people ages 18-25), and First Job (ages 15-17). The agency supports children and families in St. Louis City and County; St. Charles and Jefferson Counties; and Cape Girardeau and Scott Counties. Big Brothers Big Sisters of Eastern Missouri is a proud member of the United Way.

source: Press release, Big Brothers Big Sisters of Eastern Missouri

News from the Field

Congratulations to **Behavioral Health Response's** (BHR) Chief Operating Officer Tiffany Lacy Clark! Tiffany was

Kids In The Middle is excited to announce their summer group counseling services. Registration will close Friday, May 13. Space is limited, please call as soon as possible for this wonderful opportunity! Please contact Heather

honored by **100 Black Men of Metropolitan St. Louis** for her unyielding commitment and passion for the health and wellbeing of our community, specifically in behavioral health and criminal justice reform.



A chapter of a national nonprofit, 100 Black Men of Metropolitan St. Louis' mission is to improve the quality of life and enhance educational and economic opportunities for underserved communities. Their programs, initiatives, and priorities focus on mentoring, education, health & wellness, and economic development.

Pictured with Tiffany Lacy Clark is Justen Coleman, health and wellness co-chair for the 100 Black Men of Metropolitan St. Louis.

Community Living, Inc. hosted their 22nd Annual Legacy Ball on Saturday, February 26, 2022 at the St. Charles Convention Center. This year's honoree was the Strickland Family.

A total of 267 attendees raised \$70,000 to support the nearly 1,000 individuals that receive services from Community Living annually. The evening featured more than a hundred silent auction items, nine live auction items, several raffles, and a live performance by the band My Friend Mike.

Save the date for next year's Legacy Ball on Saturday, February 18, 2023.

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

Barnett | hbarnett@kitm.org | 314.909.9922 x 1009
For more information, click [here](#).

Kids In The Middle (KITM) helps children and families transition to a new way of life before, during and after separation and divorce, for the sake of creating healthier futures for all involved.

 **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

NEED HELP? 

CALL Simply Dial 211 **TEXT** Send you zipcode to 898-211 **CHAT** Visit www.HFUW.org/Chat

Coalition CareLine

Help for Foster, Adoptive, & Guardianship Families

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

HELP FOR SUBSTANCE USE

636-946-6376

Preferred
Family Healthcare
www.pfh.org

Adolescent
Treatment
Program



We're Hiring! \$15-17/hour

Community Living's Respite Center

Weekends: Mornings, Evenings & Overnights

APPLY ONLINE: COMMUNITYLIVINGMO.ORG



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.

Community and Children's Resource Board of St. Charles County

2440 Executive Dr, Ste 214
St. Charles, MO 63303
(636) 939-6200

Contact Us

