



Preparing all youth and families to realize a brighter tomorrow.

## CARING FOR KIDS – March 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

MARCH 28, 2022  
8:00 A.M.

LOCATION:  
SPENCER ROAD LIBRARY,  
COMMUNITY COMMONS - ROOM 259  
ST. PETERS, MO

ALL CCRB MEETINGS ARE OPEN TO THE  
PUBLIC. VIEW THE AGENDA AT  
[WWW.STCHARLESCOUNTYKIDS.ORG](http://WWW.STCHARLESCOUNTYKIDS.ORG)

### In the March 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](#).

## Celebrating Social Work

Missouri has over 6,000 social workers providing a variety of services to youth, adults, and seniors. In St. Charles County, the CCRB funds services for youth mental health and many of the people working with our youth are Licensed Clinical Social Workers (LCSWs), which indicates a Masters level education in the field.

March is **Social Work Month** and we

want to celebrate our service providers and their outstanding efforts in service provision. The vast majority of those in social work practice work with individuals or small, family groups, helping people learn how to move past problems, both by strengthening themselves and by taking advantage of social services provided through government entities and nonprofits. Learn more with this short [video](#).

Social workers are dedicated, empathetic, encouraging, and knowledgeable about the daily challenges their clients may struggle to overcome. Working in the field requires compassion, respect, and the ability to work with people who have experienced trauma, abuse, or poverty.

Yet, EVERY day Social Workers show up to support their clients and the community in the best ways they can. The CCRB firmly believes social workers make the world and our county a better place to live.



The best part about being a social worker is having the opportunity to make a positive connection with someone and make a difference in their lives, big or small.

**ERIN MAGEE,**  
CHADS Coalition for Mental Health

---

## PreventEd Presents Resiliency Skills in Kids

### Building Resiliency Skills in Kids of All Ages: A Parent/Caregiver Approach

March 15

Time 6:00 pm – 7:00 pm

[Register here](#)

This presentation seeks to engage with parents and caregivers of young people of all ages to help identify and build youth resiliency skills. During the event, all attendees will learn, use, and practice youth resiliency skills to be proactive in young people's lives. We know that this is a stressful time for everyone, especially youth, but it's also an opportunity to be proactive to mitigate risk and lean into protective factors with the goal of preventing youth substance use.

This presentation will be led by Lili Schliesser, Certified Peer Specialist and Missouri Prevention Specialist who works as Project Coordinator for Community Partners in Prevention Coalition at Rockwood School District and Joyce Kariuki, Community Strategist at PreventEd. This event is through the CPIP coalition and PRC.

---

## St. Louis Area Foodbank Offers Free Food



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

March 29

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.

## Mid Rivers Mall

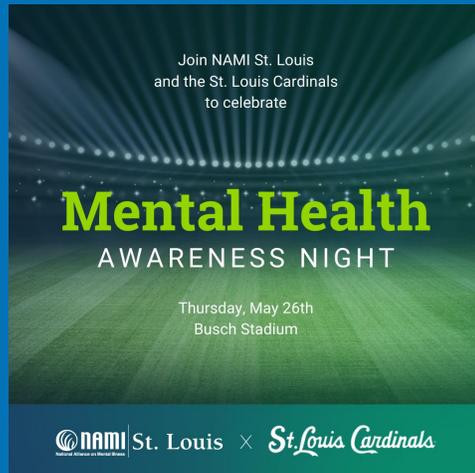
Parking Lot 3 – between Macy's and Dillards

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.

---

## Cardinals and NAMI Team Up for Mental Health Awareness



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 Cardinals to celebrate Mental Health Awareness Night on Thursday, May 26th. Fans purchasing a special Theme Ticket will receive a Cardinals Mental Health Awareness cap. A portion of each ticket sold will be donated to NAMI St. Louis. Purchase through the link and you receive a free hot dog and soda with your ticket. Tickets are \$35. **Purchase tickets [HERE.](#)**

---

## BHR Offers Free Training for Adults

### Suicide Awareness and Prevention

March 24 @ 9:00 am - 11:00 am

Behavioral Health Response (BHR) professionals will discuss trends in youth mental health, well-being, and suicide prevention and awareness to encourage students to seek help for themselves and other students. The training will include warning signs and the impact of mental health issues and substance use that may indicate a youth is at risk of suicide. They will also cover protective and risk factors and how to conduct a risk assessment as well as limitations and boundaries for giving help and techniques to practice self-care. 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.

The suicide prevention and awareness training meets Missouri Department of Elementary and Secondary Education guidelines for training and professional development.

Click [HERE](#) to register for this free, virtual mental health training.

### Pandemic Fatigue

March 30, 2022 @ 6:00 - 7:00 p.m.

Pandemic fatigue is among the unrelenting side effects of COVID-19. The stress of uncertainty, constant mandate changes, and virtual platforms

leave many of us with an “enough-is-enough” attitude!” It’s easy to lose momentum and feel as if the world is standing still. While there is no vaccine or booster for pandemic fatigue, this program will offer coping skills and support to help you get through challenging times.

Click [HERE](#) to register for this free, virtual mental health event.

---



**NO COST COUNSELING**

- ✓ Telehealth, In-Person, & School Based Options
- ✓ All Children Eligible Under the Age of 19
- ✓ Must Live in St. Charles or St. Louis County
- ✓ Aimed to assist a wide variety of mental health concerns

---

## 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](http://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.

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

---

# Child Abuse Prevention Summit

The Child Advocacy Center of Northeast Missouri is kicking off National Child Abuse Prevention Month in April by hosting the Child Abuse Prevention Summit on Thursday, March 24th at 6pm at Community Council (427 Spencer Rd, St Peters, MO 63376).

St. Charles County Prosecuting Attorney Tim Lohmar and The Child Advocacy Center Executive Director Julie Seymore will share updates about child abuse in the area. Participants will have the opportunity to hear from The Child Advocacy Center staff about online trends that predators are using to access kids, what prevention programs are being taught in local schools, and what new child sexual abuse prevention programs are on the horizon.

There will also be Child Abuse Prevention Month shirts and pinwheels for purchase, an opportunity to talk with the Prevention Education Specialists, and pick up some great resources. "You never want to think that your child or teen would be targeted online or by a sexual abuser but it's happening daily to children of all demographics and we can no longer afford to be naïve. Abusers will target that naiveté every time. So let's educate ourselves, our friends, our children, and our community," said Julie Seymore, Executive Director of The Child Advocacy Center.

More information about the event and ways to get involved throughout the month of April can be found at [www.cacnemo.org/pinwheels](http://www.cacnemo.org/pinwheels)

**The Child Advocacy Center** is a child-focused place where a comprehensive, coordinated approach is taken in response to allegations of child sexual and physical abuse occurring in their 14-county service area. Services offered include forensic interviews, children and family advocacy, mental health therapy, and school and community-based prevention education programs.

---

## News from the Field

Titan CEO and headline sponsor Wipfli LLP are pleased to announce **Ms. Pat Coleman**, CEO of Behavioral Health Response (BHR) as a 2022 Titan 100. The Titan 100 program recognizes St. Louis' Top 100 CEO's & C-level executives. They are the area's most accomplished business leaders in their industry using criteria that includes demonstrating exceptional leadership, vision, and passion.



This year's honorees will be published in a limited-edition Titan 100 book and profiled exclusively online. They will be honored at an awards ceremony on April 28, 2022 and will be given the opportunity to interact and connect multiple times throughout the year with their fellow Titans.

**Youth In Need** received \$60,000 from Healthy Blue Missouri to support youth in our Transitional Living Program who are transitioning toward independence by addressing their social drivers of health needs, like housing-related support, utility assistance and deposits, as well as other basic needs, such as car repairs, childcare and transportation.

Social determinants of health affect a wide range of health and quality-of-life risks. For youth who are already facing intense challenges, those risks are only amplified. This funding will help eliminate some of those challenges that youth experiencing homelessness face and help put them on the path to success. Thank you, Healthy Blue Missouri!

---

**Kids In The Middle** is excited to announce there will be NEW summer group counseling services. Registration will close Friday, May 13. Space is limited, please call as soon as possible

Coleman shared, "While I am honored to receive the 2022 TITAN 100 recognition, I am blessed to work with an extremely talented team who makes my job easy. They are the ones who commit themselves day after day to save lives and ensure compassionate, barrier-free behavioral health care is available to all who need support."

for this wonderful opportunity! Please contact Heather 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.

Join the **MPACT** Race + Disability webinar series which explores various aspects of the school-to-prison pipeline, examining how children of color and children with disabilities are disproportionately excluded from school and referred to the justice system. This process of exclusion begins even before kindergarten.

- Child care center expulsion rates are 13 times more than K-12 rates.
- State-funded pre-k programs expel children at three times the rate of K-12 schools.
- Young children who are suspended or expelled are 10 times more likely to hold negative attitudes about school, drop out of high school, and face incarceration.

Click [HERE](#) to register for this free webinar on **Early Childhood Suspensions and Expulsion: Pushing out Kids of Color and Kids with Disabilities**.

MPACT is a statewide parent training and information center that serves parents of children with all disabilities. Our primary goal is to assist parents in their effort to effectively advocate for their children's educational rights and services.



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**

**NEED HELP?**



**CALL**

Simply Dial 211

**TEXT**

Send you zipcode to 898-211

**CHAT**

Visit [www.HFUW.org/Chat](http://www.HFUW.org/Chat)

**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](mailto:sewadmin@chadscoalition.org)  
or 314-596-2661 FOR MORE  
INFORMATION**



**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)

# HELP FOR SUBSTANCE USE

636-946-6376

Preferred  
Family Healthcare  
www.pfh.org

Adolescent  
Treatment  
Program



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

