



Preparing all youth and families to realize a brighter tomorrow.

CARING FOR KIDS – May 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

MAY 23, 2022
8:00 A.M.

LOCATION:
Boys & Girls Clubs of
St. Charles County
1211 Lindenwood Avenue
St. Charles, MO 63301

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

In the May Issue

- Ending the Silence
- Recognizing Mental Health Conditions in Youth
- Summer Fun Camp
- BHR Free Trainings
- Cardinals and NAMI Team Up
- Parenting Support Groups
- News from the Field

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

'Ending the Silence' Increases Youth Mental Health Awareness

by Jessie Brown, NAMI St. Louis, Program Coordinator - Ending the Silence

During the month of May, we come together as a community to raise awareness about mental health. According to research, 1 in 6 youth ages 6-17 experience a mental health condition each year and 56% of Missourians ages, 12-17 who have depression did not receive any care in the last year. NAMI St. Louis, more specifically the **Ending the Silence** (ETS) program is spreading awareness and providing mental health education for youth in grades 5-12, their families, and staff working with these youth.

ETS is an evidence based prevention program that provides valuable information about mental health to youth, including warning signs for mental health conditions as well as suicide and the specific steps to take to help themselves as well as others. Research has shown that ETS for students increases help seeking behaviors for themselves and their friends as well as increasing their knowledge around mental health conditions.

Recent feedback from St. Charles County youth:

- *"It made me want to know more of how to help myself/ others with what I'm going through."*
- *"I liked the reassurance that people are listening and learning about mental illness."*
- *"I liked everything. This school really needed this presentation."*

NAMI St. Louis began offering ETS in October 2018 and to-date ETS has reached over 21,000 youth, their families, and school/youth serving organization staff in the St. Louis region. In St. Charles County alone, NAMI St. Louis has served over 9,000 individuals with the ETS program. If you would like more information about ETS or would like to schedule a presentation, contact Jessie Brown jbrown@namistl.org.



The CCRB has added a Concept Paper requirement for 2023 funding for new programs from current partners or agencies that are not currently funded by the CCRB. The deadline to submit the Concept Paper is 2:00 p.m. on Wednesday, June 15, 2022. Agencies must submit a paper to be considered for 2023 funding.

Recognizing Mental Health Conditions in Youth

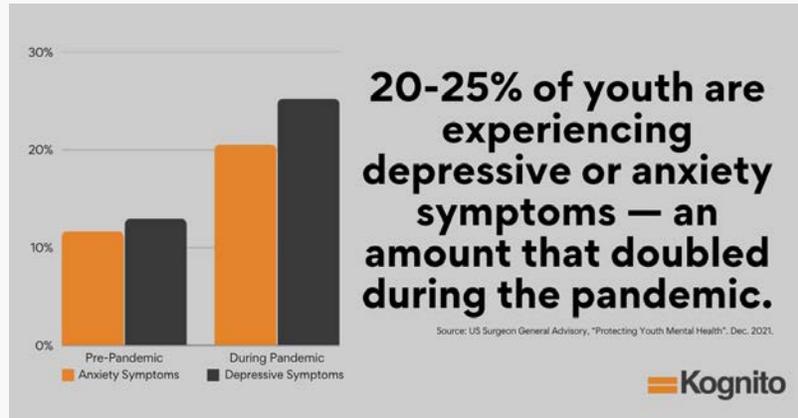
Mental health is not simply the presence or absence of symptoms. Variations in how adolescents experience symptoms can make identification and diagnosis of mental health disorders challenging.³ According to the [National Institute of Mental Health \(NIMH\)](#), an adolescent might need help if they:

- Lose interest in activities that they used to enjoy
- Have low energy
- Have difficulty sleeping or eating
- Spend more time alone and avoid social activities
- Excessively exercise, diet, and/or binge eat
- Harm themselves (e.g., burning or cutting their skin)

- Use alcohol, tobacco, or other drugs
- Engage in risky or destructive behavior
- Have thoughts of suicide
- Think their mind is being controlled or is out of control or hear things other people cannot hear

If you or a loved one is experiencing signs of a mental health condition, connect to professionals at **BHR's Youth Connection Helpline**. This 24/7 service is for parents, caregivers, friends, and youth experiencing a mental health-related concern or crisis. **Call 1-844-985-8282 or 314-819-8802 or text BHEARD to 31658** to get started.

Source: <https://youth.gov/feature-article/may-national-mental-health-month>



Summer Fun at Boys & Girls Clubs



The Boys & Girls Clubs of St. Charles County's daytime Summer Camp gives youth a summer to remember filled with friends, outside adventures, and new discoveries. Summer Camp includes meals, snacks, field trips, and special activities. Club locations in St. Charles and O'Fallon includes field trips to the Science Center, Magic House, and more.

All youth participating in any program offered by Boys & Girls Clubs of St. Charles County must have a current Membership. An Annual Membership is \$25.00 per child. Summer programs and sports programs require additional fees. Membership is open to all youth ages 6-18.

What's in store for campers?

- **Week 1:** June 6-10: Out of this World! Join us as we explore the magnificence of space. Science Center field trip (ages 10+).
- **Week 2:** June 13-17: First Responders - Our local lifesavers will visit each Club to

engage in interactive activities that help us understand how these community organizations keep us safe and healthy.

- **Week 3:** June 20-24: STEM - Explore the world around you with problem-solving activities in our Club Makerspace. St. Louis Magic House field trip (ages 6-9).

Learn more or register [here](#).

BHR Offers Free Training for Adults

Stopping Stress In Its Tracks

May 25 @ 12:00 pm - 12:45 pm

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.

Registration closes two hours before the start of the program.

Click **here** to register. After registering, you will receive a confirmation email containing information about joining the program.

Work Hard, Play Hard or Work Smarter, Play Better

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

We place ourselves through unnecessary predicaments when we approach a life that supports long working hours merged with bustling festivities and entertaining engagements. This hectic life schedule leaves us with precious, limited time for rest and reflection. This thought-provoking program will share effective ways to replace your fast-paced life with a smart, healthy lifestyle.

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.

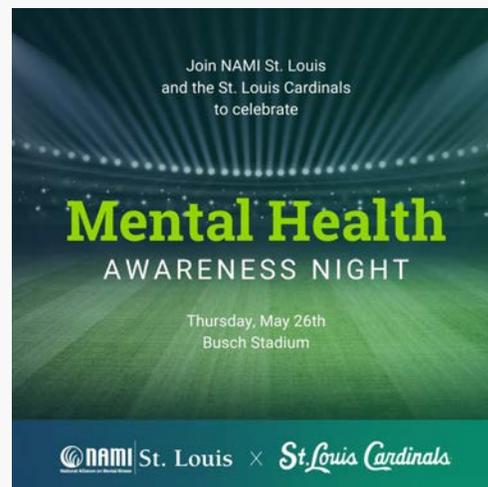
Registration closes two hours before the start of the program.
Click **here** to register.

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](#).

Parenting Support Groups

Online Family Support Group (Thur)

May 19 @ 7:30 pm - 9:00 pm CDT

NAMI Family Support Group is a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences. Registration is required, please [register](#) to receive the Zoom meeting link.



NAMI's support groups are unique because they follow a structured model, ensuring everyone has an opportunity to be heard and to get what they need.

- Free of cost to participants.
- Designed for adult loved ones of people with mental health conditions
- Led by family members of people with mental health conditions
- 60-90 minutes long and meets weekly, every other week or monthly (varies by location)
- No specific medical therapy or treatment is endorsed
- Confidential

LGBTQ+ Support Group for Adults and Parents

May 24 @ 7:00 p.m.

[PFLAG Greater St. Louis](#) offers monthly peer support meetings for members of the St. Louis area community. Whether you're an LGBTQ+ person who is "coming out" to your family and friends OR a parent who has just learned that your child identifies as LGBTQ+ or is questioning, PFLAG Greater St. Louis is here for you.



For some families, this can be a very long and difficult process, as parents struggle to understand and adjust to a new reality. For others, it's a smooth transition. No matter where you are on this journey, PFLAG Greater St. Louis can help.

Meetings provide a safe, confidential space for individuals to discuss topics related to sexual orientation and gender identity. PFLAG Greater St. Louis' support group can help you understand and navigate the wonderful world that is the LGBTQ+ community. Sign up for notifications [here](#).

St. Charles Support Group
4th Tuesday @ at 7:00 PM
Youth in Need Administration Building
1815 Boone's Lick Rd
St. Charles, MO 63301

Information courtesy of PFLAG

News from the Field

Youth In Need's Young Professionals Group will hold its annual Trivia Night to

Kids In The Middle is excited to announce their summer group counseling

benefit Youth In Need on Friday, May 20, 2022, at the Bridgeton Recreation Center, at 4201 Fee Fee Road, Bridgeton, MO 63044.

Doors open at 6 p.m., and trivia begins at 7 p.m. Registration is \$185 for tables of eight or \$25 for a single seat and includes beer, wine and light snacks. Outside food and drinks are permitted; just no glass, please.

Your fun-filled evening includes 10 rounds of trivia, a silent auction, raffles and more! Register or secure your sponsorship [online](#). For more information about the event and sponsorship opportunities or to make an auction donation, contact [Emily Birgenheier](#), Development Services Manager.

The Child Advocacy Center of Northeast Missouri was joined by community leaders for a Pinwheel Ceremony to kick off National Child Abuse Prevention Month. In attendance were St. Charles County Prosecuting Attorney Tim Lohmar, County Executive Steve Ehlmann, law enforcement, victim advocates, staff and board members of The Child Advocacy Center of Northeast MO. Together they planted pinwheels in front of the Center to represent the right of every child to a happy and healthy childhood.

National Child Abuse Prevention Month exists to raise awareness about child abuse and support healthy families. The Child Advocacy Center offers programs to educate families and the community on the issue of child abuse, signs to watch for, how to protect children from sexual abuse, and what to do if you suspect abuse.

“We see the ugly reality of child abuse every day,” said Julie Seymore, Executive Director of The Child Advocacy Center, “we will continue to provide intervention services as long as needed, but preventing abuse is the key to ending abuse.”

services. Registration will close Friday, May 13. Space is limited, please call as soon as possible 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.



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



Coalition CareLine

Help for Foster, Adoptive, & Guardianship Families

Contact us at [800.FOSTER.3](tel:800.FOSTER.3) or www.foster-adopt.org/careline

Restoring childhoods to child victims of abuse through evidence-based, trauma-informed therapy.



#MentalHealthAwarenessMonth

Learn more at www.cacnemo.org.

HELP FOR SUBSTANCE USE

636-946-6376

Preferred Family Healthcare Adolescent Treatment Program
www.pfh.org

NEED HELP?



CALL TEXT CHAT

Simply Dial 211

Send you zipcode to 898-211

Visit www.HFUW.org/Chat



FREE VIRTUAL EVENT

Clear The Vapor Conference

Parents and professionals:

Registration is open! Reserve your spot now.

Streaming Online

May 24-25, 2022
10 am-4 pm ET



Clear the Vapor is a unique, parent-powered and volunteer-led FREE event intended to provide both an overview and a deep dive into all aspects of this ongoing adolescent public health crisis, with an emphasis on practical solutions.

[Register](#) for the Clear the Vapor Conference.



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

Community Living's Respite Center

Weekends: Mornings, Evenings & Overnights

APPLY ONLINE: COMMUNITYLIVINGMO.ORG

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



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

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St. Charles, MO 63303
(636) 939-6200

Contact Us

