



Preparing all youth and families to realize a brighter tomorrow.

CARING FOR KIDS – July 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
JULY 25, 2022
8:00 A.M.

LOCATION:
Youth In Need
1815 Boone's Lick Road
St. Charles, MO 63301

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

In the July Issue

- CCRB Funding Increases
- Mental Health Communities of Color
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- Well Beings Wants to Hear Your Story
- Efforts Rebooted to Recruit African-American Foster Parents
- Free Parenting Support Groups
- Stay Safe Self Defense
- Free Mental Health Trainings
- Food Distribution Events
- Diaper Giveaway
- News from the Field

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

CCRB Funding Increases for Services

The CCRB is excited to announce new funding opportunities for youth mental health services in St. Charles County! Funds are available due to the generosity of our County Executive Steve Ehlmann and the County Council and the increased revenues from local sales tax purchases.

In January, the County announced their intention to award \$2.1 million in American Rescue Plan Act (ARPA) funding to the CCRB. The Developmental Disabilities Resource

Board (DDRB) will also receive \$2.1 million. According to the U.S. Treasury Department, these funds can be used to provide grant funding to non-profit agencies who lost revenue during the pandemic, for capital projects which will increase safety measures for staff and clients while improving service delivery, and for mental health services and programs to assist youth who were negatively impacted by the pandemic.

We are grateful to our elected officials who recognized the impact the COVID pandemic has had on local families and for their decision to address critical stressors and losses our youth are experiencing. Nonprofit agencies and school districts may apply for ARPA funding by 2:00 pm on August 15. The Board will make funding decisions at the October Board meeting.

The Board recognizes we have numerous programs that have experienced an increase in demand for services or may be serving children with more intensive needs. In response, the Board will accept applications for Supplemental Funding from currently-contracted partners. Agencies who anticipate they will expend their 2022 contract before the end of the year are encouraged to apply by 2:00 p.m. on August 1. The Board will make funding decisions at the August Board meeting.

Lastly, we are excited to be able to offer funding for new services thanks to a large increase in sales tax revenues that occurred over the last two years. In June, the CCRB requested concept papers submissions for new services in 2023. Eighteen applicants were invited to submit a full funding application and will appear before the Board in November. New Program applications are due by 2:00 p.m. on September 15 and funding decisions will be made at the December Board meeting.

For more information regarding any of these opportunities, please contact us at 636-939-6200 or at info@scckids.org.

-Bruce Sowatsky, Executive Director

Mental Health Concerns in Communities of Color

“Talking about your feelings is something only White people do.” I remember thinking this while sitting in my in-patient rehab center while the counselor asked each of us sitting in the circle that morning to name how we were feeling that day. Feelings were never discussed in my African-American household, and the only time I heard anyone talking about them was with nice White ladies with long skirts and even longer hair. Feelings, emotions, and mental health was not something I knew or cared anything about, because I did not think it applied to people who looked like me.

However, mental health is for everyone, regardless of race or ethnicity. There are 7 million Black and African-Americans living with mental illness in the United States today, and only one in three Blacks are getting the treatment that they need. July is Minority Mental health month in the United States, where we aim to raise awareness about the importance of mental health in communities of color in the United States, while also acknowledging historical barriers and disparities that have precluded appropriate treatment.

Stigma – There is a high amount of stigma associated with mental health in communities of color in the United States. According to a recent survey, 63% of Black people in the United States believe that poor mental health is a stigma of personal weakness. These attitudes are most prevalent among black men. Black people can often be hesitant to admit that they have psychological issues. Even mild depression or anxiety might give cause to someone in their peer group calling them “crazy.”

Provider Bias and Treatment Issues – A lack of cultural competency affects people of color receiving mental health treatments. Black and African-American people are more likely to be diagnosed with schizophrenia, and less diagnosed with mood disorders compared to White people with the same symptoms. Blacks are also less likely to be offered medication or therapy than White peers as well.

Access to proper healthcare and adequate insurance also preclude people of color from

getting the help they need. 11.5% of Blacks were uninsured in 2018, vs 7.5% of Whites. In addition, 12.3% of Black and African American adults who visited the doctor had difficulty getting access to follow-up care vs. 6.8% of White adults.

If you are supporting a person of color who needs mental health treatment, or are a person of color seeking treatment, here is a short list of resources available to you to help you find accessible, culturally competent care.

- **Black Emotional and Mental Health (BEAM):** BEAM is a training, movement building and grant making organization dedicated to the healing, wellness, and liberation of Black communities. BEAM envisions a world where there are no barriers to Black Healing.
- **Therapy for Black Girls:** an online space encouraging the mental wellness of Black women and girls; referral tool to find a therapist in your area
- **Therapy for Black Men:** primarily a therapist directory for Black men seeking therapy; includes some resources and stories
- **Safe Black Space:** Safe Black Space is the umbrella under which various services are offered to address people of African ancestry's individual and community reactions to cultural and racial trauma.

Talking about your feelings is for everyone. Mental health is for everyone. Hopefully we can continue to erase the stigma of mental health through education, raise awareness of its importance, and find the support through access to quality mental health treatment that we deserve and need. *By Stephanie Reaves, Peer Services Educator,*
<https://www.mhainde.org/minority-mental-health-month/>

St. Louis metro resources:

- **The Community Reach:** The Community Reach was established to provide holistic community based programming and services to marginalized communities. Seeing a need to increase capacity building within under-served communities, we formed our organization to provide sensible solutions.
- **I Define Me Movement:** The movement started in St. Louis with seven girls of color to empower them to see the value in self-awareness, leadership and sisterhood in a safe space that offered them tools to define their voices.
- **The Village PATH:** The Village Programs to Access Therapy and Healing (PATH) was founded to do one thing: to help all self-identified Black men heal. The Village PATH seeks to provide both space and resources to address the generational and environmental trauma that is uniquely tied to being raised and socialized as Black and male.
- **Healing Spaces:** Healing Spaces Psychological Services LLC is a group practice made up of caring, compassionate, and trauma-informed clinicians who are eager to help you meet your goals. We offer therapy for children, teenagers, adults, couples, and parents training.

Coordinated Entry System Supports Families

Community Council of St. Charles County's Coordinated Entry team recently received a note of thanks from a client.

"I have an appointment with Sts. Joachim and Ann Care Service coming up and have spoken with St. Vincent dePaul several times. I would again like to express how appreciative I am for all that your agency has helped me with. There are some tremendous resources in St Charles county and I'm really glad that I decided to relocate here. I am so excited about my new job and I know that God is in my life. Your staff has been responsive and very helpful and I cannot tell you how thankful I am. After I am back on my feet I would like to find some volunteer opportunities to help other people that may be in my situation. Thank you again and have a wonderful week."

The client reported a few days later that she was hired on with U.S. Foods making \$23.50 per hour! Success stories abound!

Well Beings Wants to Hear your Story



SHARE YOUR STORY

The *We Are Well Beings Storywall* is a central part of the **Well Beings** campaign. We ask the public of all ages to submit personal reflections, videos, photos, and short stories to offer hope, foster understanding, build community, and break down stigma.

The Well Beings campaign debuts with the Youth Mental Health Project, which will include a major public television film – **Hiding in Plain Sight: Youth Mental Illness** – executive produced by Ken Burns, as well as content from PBS NewsHour Student Reporting Labs, American Public Media, and more. **Well Beings Films &**

Series focuses on educating youth and adults about living with mental health conditions.

Want to share your story?

Stories can be shared in four easy ways:

By using #WellBeings on social media posts

By emailing info@wellbeings.org

By uploading directly to bit.ly/WellBeingsStoryWallSub

Live at Well Beings Tour events

The We Are Well Beings Storywall is made possible through generous support provided by Otsuka and People.

Efforts Rebooted to Recruit African-American Foster Parents

Our local community is in desperate need of more African-American foster parents. Why?

Racial disproportionality is a pervasive issue in child welfare. Twice the number of Black children are placed into foster care compared to Caucasian children. African American children remain in foster care nearly a year longer than their white counterparts, creating more trauma and instability in these children's lives.



At Foster & Adoptive Care Coalition, we know that children placed within culturally similar foster homes have a better chance to heal. Several studies show that having a strong, positive cultural identity leads to greater self-esteem, higher education levels, better psychological adjustment, improved coping abilities and decreased levels of loneliness and depression. At the same time, having a strong cultural identity contributes to high levels of social well-being.

A vital step in dismantling social injustices in foster care is implementing practices that safely support children in their families and communities of origin.

With the blessing of the founding RESPOND families, we are reestablishing RESPOND as a program of the Coalition to increase the number of non-relative African American foster families for African American children in foster care. *“African Americans adopt more than anyone, we just do it informally. It is a part of our history and culture.”* – Howard Denson, Founder of RESPOND

If you would like to learn more about our efforts, please contact us at 314-367-8373 or

Parenting & Adult Support Groups



NAMI St. Louis Online Family Support Group

July 14 @ 7:30 pm - 9:00 pm CDT, [register](#) to receive the Zoom meeting link.

July 18 @ 6:30 - 8:00 p.m. CDT, [register](#) to receive the Zoom meeting link

July 28 @ 7:30 pm - 9:00 pm CDT, [register](#) to receive the Zoom meeting link.

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.



LGBTQ+ Support Group for Adults and Parents/Caregivers

July 26 @ 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.

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](#).

Additional meetings are available in virtually in Ferguson and in-person in Mid-County.

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



Transparent St. Charles

TransParent is dedicated to providing connection and support resources to parents and caregivers of transgender and gender-independent children of any age.

Meets: 1st Thursday, 6:30-8:30 p.m.

Location: virtual; link provided after registering

For more info, email stcharles.mo@transparentusa.org

Transparent Francis Howell SD (St. Charles)

Please note: These meetings are open only to parents and

caregivers with children in the Francis Howell School District.

Meetings are on the third Wednesday of every month

6:00 pm to 8:00 pm

Francis Howell North Learning Commons (Library)

2549 Hackman Road

St. Charles, MO 63303

Please contact the chapter leader below to confirm date and location.

fhsdparents.mo@transparentusa.org

NAMI St. Louis

Online LGBTQ+ Connections Support Group

July 13 @ 6:30 pm - 8:00 pm CDT

Recurring Event

A free, peer-led support group for any adult member of the LGBTQ+ community who has experienced symptoms of a mental health condition. The group is led by trained leaders who've been there.

Meets on the second Wednesday of every month from 6:30-8:00pm. Register [here](#).



Crisis Nursery Parenting Support & Education Groups

The Saint Louis Crisis Nursery's unique Family Empowerment Program [FEP] provides individualized support to help families move beyond crisis into stability. Family Empowerment services are available to families in their homes or at 10 Community Family Empowerment Centers, located in communities across St. Louis City, St. Louis County, Jefferson County, East St. Louis, and St. Charles County. These services are available free of charge for any families in the community with children under age 13.

As a result of the ongoing demand for these groups, the Crisis Nursery is continuing to offer zoom-based sessions weekly for St. Charles County parents with children between the ages of 0-12 years old. Anyone interested in participating can reach out to Penny Valvero, LPC, at our St. Charles Outreach Center: 636-940-0742.

Parenting Support: Offers education and coaching around developmental milestones, positive behavior management strategies, and effective stress management to help families thrive.

Tuesdays 11am, Virtual

Parent Education Groups: Parenting groups are available for families working individually with a Family Empowerment professional, or for those who just wish to connect with other parents and learn new skills in a group setting.

Wednesdays 10am, Virtual

Anger Management Skills for Parents

Thursdays 10 am, Virtual

To connect or register, call and leave message with a good call back number: 636.940.0742

Stay Safe Self-Defense Training Available



Thrive Best Choice's STAY SAFE SELF DEFENSE PROGRAM gives individuals the skills necessary to defend oneself if ever attacked. Designed for all genders, Stay Safe empowers students to fight back and stand against violence. Everyone deserves to feel mentally and physically prepared for the unexpected.

NO PRIOR FIGHTING SKILLS NEEDED! It's fun and practical training to learn — for youth and adults! Literally anyone can do it! Free 1-2 hour self defense sessions are taught by a team of certified Dating Violence Prevention instructors.

SESSIONS INCLUDE:

- How to protect yourself from strikes
- One-on-one instructor guidance

- Mental and physical empowerment
- And more!

EACH 1-2 HOUR PROGRAM:

- Can be tailored to fit various groups and locations
- Is hands-on, fun, informative and interactive
- Is great for athletic departments, sorority or fraternity chapters, student life, employee
- trainings, youth groups, middle or high schools, conferences, etc.

To sign up or for more information contact [Suz Entzeroth](#) or visit the Stay Safe [website](#).

Free Mental Health Training for Adults

Cultural Diversity - Behavioral Health Response

July 12 @ 1:00 pm - 2:00 pm

Cultural diversity is crucial to create a environment of problem solving, collaboration, empathy, and more. Our cultural diversity training will offer an important component of an organization's overall inclusion and diversity strategy. We'll discuss core principals and a solid approach to diversity in the workplace.

There must be a minimum of five registrants to conduct the training. 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.

NAMI St. Louis Wellness Series

Behind the Masquerade & Mental Health

July 14 @ 12:00 pm - 1:00 pm CDT

Date: 07/14/22

Location: Zoom

Description: Speaker will be sharing personal experiences and channeling her journey into helping others who are struggling with their mental health through "Purposefully Planned Life Ministries." Speaker: Juanita Liggins Register [here](#).

Self-Care Isn't Selfish - NAMI St. Louis

July 27 @ 12:00 pm - 1:00 pm CDT

A free, 60-minute presentation that can be offered anywhere in the community or virtually to provide peer based education about self-care. Register [here](#).

Stopping Stress In Its Tracks

August 2 @ 9:00 am - 10:00 am

This virtual program will help you manage stress. When we become overwhelmed, we need learn how to get back to basics. Discover what is going on in your brain and body when you become dysregulated and learn core interventions to stop stress in its tracks. There must be a minimum of five registrants to conduct the training. 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.

CHADS Coalition for Mental Health

[Resources for Educators](#)

[Resources for Parents/Caregivers](#)

F.A.C.T. Workshops

F.A.C.T. offers a variety of training to empower families, and people who work with individuals and families. These training sessions are offered both live online via Zoom or in person for groups of 5 or more.

Eligibility Under IDEA, Tuesday, August 3, 9:30 – 11:30

Evaluations Under IDEA, Tuesday, August 10, 9:30 – 11:00

Please fill out the [Training Request Form](#) to reserve your spot.

St. Louis Food Bank Resources

If you or someone you know has a vehicle, you can visit one of the [St. Louis Area Foodbank](#) distribution events. These events are set up as a drive-through food distribution. Volunteers and staff will put food in your car. They ask that you have space in your vehicle for the food items and that you not leave your vehicle during the distribution. Please arrive 15 minutes prior to the start of the event



Check out our [searchable list](#) of food distribution events in the St. Louis metro area.

Crisis Nursery Diaper Giveaway in July



Join the Crisis Nurseries of St. Charles County for a free diaper drive through giveaway for St. Charles County families with children birth through 12 years. Giveaways include diapers, wipes, food, children's items, and books as supplies last.

The Crisis Nurseries also offers free parenting support & education, crisis intervention, art & play therapy for children, family counseling, and help with basic supplies. To register,

call 636.940.0742 and leave a message. Event location will be given upon confirmation of reservation.

Upcoming dates:

July 8 - St. Charles, 1:30-4:00 PM

July 15 - O'Fallon, 1:30-4:00 PM

July 22 - St. Charles, 1:30-4:00 PM

July 29 - Wentzville, 1:30-4:00 PM

News from the Field

[TREE House of Greater St. Louis](#) is offering a Social Skills group program at their Wentzville location. Middle school kids will participate in a social skills group led by Licensed Professional Counselor and Certified Therapeutic Riding Instructors. The program involves social skills through group activities and horsemanship, focusing on peer relationships, building self-esteem, identifying emotions, and setting boundaries.

The [Community Services Summit](#) is scheduled for Tuesday, October 25, 2022. The CCS is a collaborative training where educators, social workers, first responders, health/mental health professionals and others serving children and families attain information about issues affecting our community and the local resources available to help. Learn about issues including substance abuse, suicide prevention, trauma informed care, human trafficking, homelessness, child abuse, therapies and interventions and

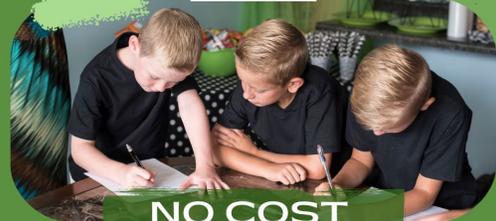
For any program-specific questions, individuals can reach out to Amy Willard, Program Director, at awillard@thstl.org or 636-332-4940 x202.

NAMI St. Louis' *Ending the Silence* is a free, evidence-based, 50-minute session designed for middle and high school students. Your students will learn about mental health conditions through a brief presentation, short videos, and personal testimony from a young adult who describes their journey to recovery.

NAMI *Ending the Silence for Staff* is a 1-hour presentation for school staff members that includes information about warning signs, facts and statistics, how to approach students and how to work with families

NAMI *Ending the Silence for Families* is a 1-hour presentation for adults with middle or high school aged youth that includes warning signs, facts and statistics, how to talk with your child and how to work with school staff

Presentations are offered at no-cost. Interested in bringing the Ending the Silence program to your school or organization? Contact Jessie Brown at jbrown@namistl.org or by phone at (314) 833-7935. You may also [request a presentation](#).



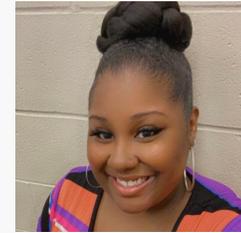
NO COST COUNSELING

- ✓ 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

more.

The Community Services Summit provides professionals with valuable resources and information on the topics most critical to working with children and families today.

Congratulations to **Youth In Need's** Qwannie Atkins, at Foster Care and Adoption Case Manager, on being named “Most Inspirational Worker” by her team at the program’s annual “Light the Way” event.



Driven by a passion for working with her youth and families, Qwannie thrived during a time when barriers to service delivery were at an all-time high. Rather than being discouraged by video calls and lack of peer interaction, Qwannie used it as a chance to check in with her youth even more.

Her team’s nomination read, “Qwannie’s number one focus is building rapport with her youth so that they trust her and are comfortable reaching out to her and telling it all.”

One coworker summed up Qwannie best when she said, “My favorite thing about Qwannie is how proud she is of being a social worker and her belief in the utmost importance of what we do every day. Qwannie sets a great example and inspires others to have the same passion. We are lucky to have her on our team!”

Qwannie is part of Youth In Need’s Foster Care case management team, which is part of the Children’s Permanency Partnership (CPP) consortium with Epworth and Family Forward. CPP’s annual Light the Way event recognizes the significant accomplishments of the program as well as individual and team performance.



Coalition CareLine

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

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

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AND
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**HELP FOR
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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 and substance use treatment in St. Charles County. Through a local sales tax, over 70,000 children and youth receive prevention education and mental health services 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**

Contact Us

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

