



Preparing all youth and families
to realize a brighter tomorrow.

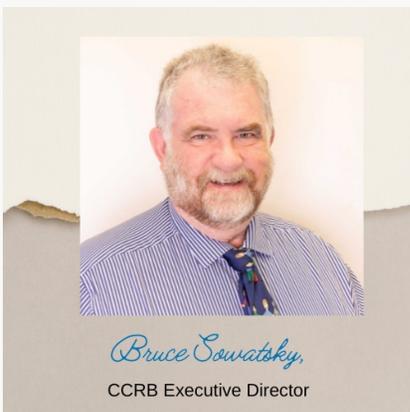
CARING FOR KIDS - November 2022

Hello Jeanne ,

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](#).

From the Executive Desk - ARPA Grants



Bruce Sawatsky
CCRB Executive Director

We are pleased to announce the Board has awarded \$832,122.97 to nonprofits providing mental health-related services to St. Charles County children. In July, St. Charles County allocated \$2.2 million to increase youth mental health and substance use treatment services and to offset lost revenue and increased expenses as a result of the COVID-19 pandemic. The CCRB will administer the funds and recipients have through 2024 to use the award.

Across the county, service providers are reporting increased levels of anxiety, depression, grief, and emotional dysregulation in youth, many of whom have been directly impacted by COVID. The grants will be used hire new staff, retain current staff, improve service delivery, and expand services throughout the county.

[View the full list of ARPA grants](#)



Megan Meier Foundation will use their grant to create software for record keeping.



Our Lady's Inn will hire additional staff for their Defiance home.



Preferred Family Healthcare will make repairs to their women's shelter and purchase curriculum.

CCRB in the Community



LINC St. Charles County is celebrating 30 years of serving St. Charles, Lincoln, and Warren county families and the CCRB joined them at their community celebrate event on October 4.

Community partners, clients, and donors were invited to eat, play, take home giveaways, and listen to music while enjoying the beautiful LINC property.

LINC focuses on helping families remain housed and stabilizing families so children can thrive. They offer a food pantry, outreach center, counseling, music therapy, rent and utility assistance, and more.



Trick or Treat? The CCRB came out in costume for the **Boys & Girls Clubs of St. Charles County's** annual Trunk or Treat at their St. Charles and O'Fallon units on October 21 and 22. The Boys & Girls Clubs provided games, food, and a haunted house for families to enjoy.

The costumes were fun, creative, and spooky with children, families, and pets dressed to impress. We want to thank St. Charles CAPS student, Semhar, for volunteering to pass out treats and play games. Over 1400 caregivers and children came by to collect a treat and learn more about the services funded by the CCRB.



Tuesday, October 25 marked the 24th annual Community Services Summit presented by the **Community Council of St. Charles County** at Calvary Church in St. Peters. The CCRB staff attended as presenters and exhibitors, connecting with over 500 community members.

Michelle McElfresh, the CCRB's Director of Contracts and Compliance, presented alongside Cheri Thurman (System of Care) and Katrina McDonald Fuller (Compass Health Network) on the St. Charles County System of Care and how it supports St. Charles County agencies, schools, nonprofits, and youth.

Mental Health News

International Survivors of Suicide Loss Day

International Survivors of Suicide Loss Day is Saturday, November 19, 2022 and is a day for survivors of suicide loss to come together to find hope, healing, connection and understanding through their shared

experience.

This day was first introduced in 1999 by Senator Harry Reid after he lost his father to suicide. This day falls on the Saturday before Thanksgiving since the holidays are often a difficult time for suicide loss survivors.

When someone is lost due to suicide, the grief of the ones left behind is sometimes described as especially intense and confusing. Although not all reactions are the same, some people who experience this loss also experience trauma that results in temporary or ongoing mental or physical health issues, such as depression or irritability.



According to the [CDC](#), the second leading cause of death for ages 10-34 is suicide.

If you are struggling from suicide loss or any mental health condition, please tell someone you trust or call or text 988 or dial 314-952-8274.

If you or someone you know has thoughts about suicide, please call or text the National Suicide Prevention Lifeline 24/7 at 988.

Learn the [symptoms of suicide](#).

Did You know?

According to the U.S. Preventive Services Task Force, children beginning at the [age of eight should be screened for anxiety](#) and children [12 and older should be screened for depression](#) during routine health checks.



This screening is aimed at children and adolescents who don't exhibit or have diagnosed mental health conditions or symptoms of depression or suicide. The screenings aren't meant to diagnose these issues, but help pediatricians make better healthcare decisions with their patients.



Did you know Mental Health of America has [free online screenings](#) to test whether you are experiencing symptoms of a mental health condition?

This tool is meant to be a quick snapshot of your mental health. If you are experiencing any symptoms of mental illness, please share your results with someone you know.

Features of the Month

Gateway Human Trafficking Celebrates Appointment of Dr. Shima Rostami

[Gateway Human Trafficking](#) (GHT) is pleased to announce that in an Order, the Supreme Court of



Missouri has appointed their Executive Director, Dr. Shima Rostami, as a member of the Combating Human Trafficking and Domestic Violence Commission.

Gateway Human Trafficking celebrates this exciting news with all of you and are ready to serve this community in that capacity. The CCRB congratulates Dr. Rostami on her appointment to the Commission. She will be a great asset to the fight against Human Trafficking in Missouri.



In Honor of Raymond J. Grush

The St. Charles County Juvenile Justice Center has been renamed the Raymond J. Grush Juvenile Justice Center in a dedication ceremony to honor the late Raymond J. Grush on Thursday, October 13, 2022. CCRB staff and Board members who knew and worked with Mr. Grush attended.

Raymond Grush began his career as Deputy Juvenile Officer for the Circuit Court of St. Charles County in 1972.

Throughout his 38 years of service, Raymond dedicated himself to serving the best interests of the children who came in contact with the Circuit Court and believed that “when we work together, we do it well”.



His dedication and leadership was felt throughout the facility and will



Meet Lucy, TREE House’s therapy horse.

Lucy was born April 26, 2009 in Oklahoma and came to TREE House of Greater St. Louis about six months ago. Her parents were American Quarter Horses and her dad’s a blue roan (she looks just like him).

When she was one years old, she left the farm she was born on and began her journey in the world. While in Oklahoma, Lucy had many owners who would teach her how to be around humans. Eventually, she would learn to work on a feedlot – a place where cows go to make sure the grow big and strong.

At the age of six, Lucy was auctioned in Missouri. She moved to a small horse boarding and training business near St. Louis; this is where she learned a new skill - how to help kids and adults ride horses. She also learned new skills like being patient, flexible and connecting with different kinds of people, as they learned to communicate with her.

Eventually, Lucy got another owner who spent lots of time with her embarking on adventures and helped her win a few blue ribbons at a horse show.

always be remembered.

The dedication ceremony was attended by many including community leaders, judges and the community.

Watch the video of the dedication.

A few months ago, Lucy's owner, who volunteered at TREE House of Greater St. Louis as a teenager, decided Lucy would be a great fit for this organization. There, Lucy gets to spend time with new horse friends, her owner, the rides and the great people at TREE House that makes equine-assisted therapy possible.

Community Resources



Warming Centers to Provide Winter Shelter

From December through March, if temperatures are predicted to be 20 degrees or below overnight (via [weather.com](https://www.weather.com)), the [Continuum of Care](#) will activate a Free Warming Center Response to provide safe sleeping accommodations for the night.

To locate the nearest warming center, call the hotline number at 636-395-0492. Transportation services may be available.

To receive more information regarding the Warming Center Response, [click here](#).

2022 Community Resource Fair

Francis Howell School District Alternative Learning Department is sponsoring the 2022 Community Resource Fair on Saturday, December 10. This event aims to connect and educate individuals about community resources.

In the past, this event averaged over 45 vendors dedicated to serving people of all ages and specializing in recreation/leisure, mental health, assistive technology, parent advocacy, behavior support, post-secondary transition and much more. **There is no cost to vendors or attendees.**

When:

Saturday, December 10, 2022, 10-1pm

Where:

Francis Howell High School Cafeteria, 7001 MO-94, St. Charles, MO 63304

Questions:

Contact Eddie Rogers at 636-851-4034 or [email](#).

2022

**COMMUNITY
RESOURCE
FAIR**

**Strengthening Families Program Hosted by
The Child Advocacy Center**

The Strengthening Families program is a FREE COURSE

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



designed to teach parents and caregivers. This is a 4 hour course that is split between 2 nights. 3 courses offered.

November 14 & 16, 2pm-4pm

November 14 & 16, 5pm-7pm

December 6 & 8, 5pm-7pm

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

The Strengthening Families program is designed to teach parents and caregivers:

Choices and behaviors to reduce the likelihood of your child becoming a victim

- What child abuse is and its effects
- Age appropriate sexual behaviors of children
- Indicators of child sexual abuse
- Tips on how to prevent child sexual abuse
- Signs of potential perpetrators
- Ways to respond responsibly to a child's disclosure
- Importance of reporting child abuse

Click [here](#) to register or contact Karen Loesch at kloesch@cacnemo.org.

Free Diaper Giveaway

Join the [Saint Louis Crisis Nursery](#) for a free drive-thru diaper giveaway for St. Charles County families with children birth through 12 years. To register call 636-940-0742 and leave a message.

The event location will be given upon confirmation of reservation. Items include diapers, wipes, formula, food, clothing, and books, as available.

- November 4, 1:30 to 4:00 PM - St. Charles
- November 11, 1:30 to 4:00 PM - O'Fallon
- November 17, 1:30 to 4:00 PM - Lincoln County

The Crisis Nursery's Family Empowerment program offers a range of free services for children and their parents/caregivers.

- Parenting Support & Education
- Crisis Intervention & Stabilization
- Art & Play Therapy
- Family Counseling
- Basic Needs supplies



CHADS Coalition for Mental Health

Adult Survivors of Suicide Support Group

The Survivors of Suicide Support Group is an open, peer-facilitated group for adults (age 18 and above) who have lost a loved one to suicide. The group meets from 6:45-8pm on the 1st Wednesday of the month virtually and 3rd Wednesday of the month in-person (face masks required) at the CHADS Office in South County. For more information about this group or for the

link to virtual meetings, please call Kellen Wolters at 309.750.3116.

All In Conversations

ALL IN Conversations are live podcasts where we have real conversations about youth mental health, depression, anxiety, LGBTQIA, trauma, triggers, and more. They are an open forum covering a variety of questions and topics that come from attendees in each

session. ALL IN Conversations allows community members a place to learn and have open-ended conversations around youth mental health and how provide support. For more information contact Colleen Pace, Program Director, colleenp@chadscoalition.org.

- November 1: Safety Planning, Access to Lethal Means, and Supporting Your Child Through Crisis - register
- December 6: Coping with Holiday Sadness - [register](#)

More Mental Health Resources

Important Dates

November

- 11/11 - CCRB Office closed - Veteran's Day
- 11/12-11/20, National Hunger & Homeless Awareness Week
- 11/13 - World Kindness Day
- 11/19 - Adoption Day
- 11/19 - International Survivors of Suicide Loss Day
- **11/21, 8 am - CCRB Board of Directors meeting & Agency Hearings for 2023 New Program Applicants**
- **11/24-11/25 - CCRB office closed - Observance Thanksgiving**

December

- 12/1 - World AIDS Day
- 12/3 - International Day of Personals with Disabilities
- 12/10 - Human Rights Day
- 12/21 - Look on the Bright Side Day
- **12/21 - 8 am - CCRB Board of Directors meeting & Funding Decisions for 2023 New Program Applicants**
- **12/23 - CCRB office closed - Observance Christmas Eve**
- **12/26 - CCRB office closed - Observance Christmas Day**

News from the Field



As an offshoot of “No Shave November,” the Maryland Heights Police Department announces their annual “Beards for Babies” to benefit the Saint Louis Crisis Nursery!

Chief Bill Carson has temporarily



If you or someone you know is thinking about suicide or needs emotional support, please call or text 988 anywhere in the United States. You can also [chat online](#). It's FREE, available to everyone, and confidential.

suspended the department policy that restricts the wearing of beards; any officer may make a \$50 donation to the [Crisis Nursery](#) and spend November growing their Beards for Babies!

The officers of the MHPD plan to challenge other area Police and Fire Departments to see who can raise the most money for the area's premier child abuse and neglect prevention agency – the [Saint Louis Crisis Nursery](#).



A perfect gift for the holidays!

Poinsettia Sale Ends November 9th

[Community Living, Inc.](#) is selling poinsettias to raise funds to enrich the lives of people with disabilities so they can achieve their highest potential.

Each plant is 10" and comes with a decorative wrap, protective sleeve and a card explaining that the proceeds benefit people with disabilities served by Community Living. Poinsettias are from Parkview Gardens.

When placing your order, please indicate if you are affiliated with any Support Services for Adults Center.

Placing a large order? Please contact Molly Renken, Events and Stewardship Specialist, at (636) 387-5530 for your purchasing convenience.

Orders and payments must be received no later than November 9th.

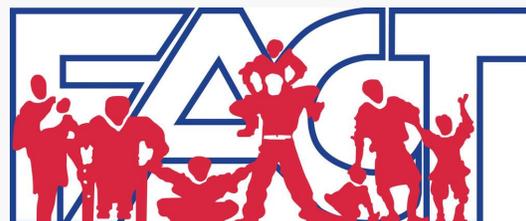
[Place an Order](#)

Veterans Crisis Line: Text 838255 or 988.

En Español: 1-888-628-9454 or 988.

Deaf and Heard of Hearing: Dial 711 then 988

Learn more about the [988 Suicide & Crisis Lifeline](#).



FAMILY ADVOCACY & COMMUNITY TRAINING

F.A.C.T. s shared news that [Missouri – House Bill 432](#) is awaiting Governor Parson's signature to become law.

This bill contains a provision that allows parents/guardians to record their student(s) who has an IEP or Section 504 plans by audio.

Parents/Guardians who plan to record these meetings should give school personnel more than 24 hours in advance notification.

Any recording made by the parent/guardian is the property of that parent/guardian.

Learn more about this bill [here](#).

**HELP FOR
SUBSTANCE USE
636-946-6376**

 **Adolescent Treatment Program**
www.pfh.org

Learn more about adolescent substance support [here](#).



Boys & Girls Club of St. Charles welcomes Aleisha Mulnix as Director of Resource Development!

Aleisha earned her BA in Nonprofit Administration from Lindenwood University with an emphasis in Education and has a background in special education.

Since high school, she has spent many years working with children, but found her love for fundraising and donor engagement in college.

In her new role, she will work to identify, develop and retain donor prospects for the [Boys and Girls Club of St. Charles](#).

Congratulations Aleisha!



Foster Hope Day will stream all day on Tuesday, November 15 on Facebook and will benefit children impacted by foster care and the Foster & Adoptive Care Coalition.

Donations can be made at Charidy.com/FosterCare and will help the Foster & Adoptive Care Coalition contribute to the healing journey of children impacted by foster care.

- Services
- Funding
- Meetings
- Publications



CCRB
the community and children's resource board of st. charles county

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



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

The CCRB | 2440 Executive Drive, Suite 214, Saint Charles, MO 63303 636.939.6200

[Unsubscribe jspencer@scckids.org](mailto:jspencer@scckids.org)

[Update Profile](#) | [Constant Contact Data
Notice](#)

Sent by info@scckids.org powered by



Try email marketing for free today!