



Preparing all youth and families
to realize a brighter tomorrow.

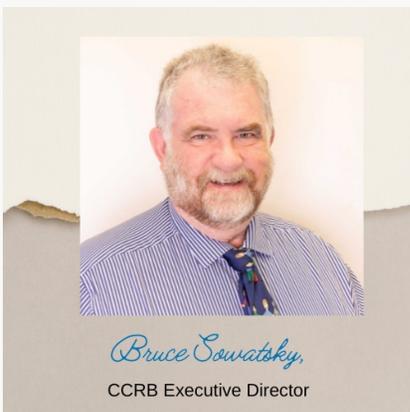
CARING FOR KIDS - October 2022

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 - Bullying Prevention



Bruce Sawatsky
CCRB Executive Director

October is National Bullying Prevention Month, a month-long recognition of how deeply childhood bullying impacts youth and the need to replace this behavior with kindness, acceptance, and inclusion. In St. Charles County, schools and families have been reporting an upswing in bullying incidences since the start of the pandemic, especially among middle and high school students.

Bullying is when someone aggressively uses their "power" to target another individual or group with repeated, unwanted words or actions. While often masking their own insecurities or pain, bullies target

others for their "perceived" shortcomings in order to feel better about themselves. Victims of their bullying are hurt emotionally, physically, and/or relationally through devaluing, rejection, bodily harm, isolation, and humiliation.

Students often describe bullying as when "someone makes you feel less about who you are as a person." It takes many forms including physical violence, rumor-spreading, taunting, freezing someone out, and emotional harassment, and can occur in person, through cellphones and/or online. No matter what type of bullying is used or in what format

it takes place, the result is almost always negative for the mental health of the victims.

While excellent bullying prevention curriculum is provided for all public school Kindergarten through 8th grade students, for some students the lessons are not retained. Whether it's the insecurities of adolescence or other traumas our youth have experience, the need to feel superior or popular can outweigh the benefits of being kind and accepting of their peers.

According to the 2018-2019 Missouri Student Surveys of 31,000 St. Charles County students in grades 6-12,

- 31.6% of 10th grade students have been a victim of online/cell phone bullying; 19.7% of 10th grade students have perpetrated this behavior.
- 57.5% of students have been a victim of emotional bullying; 45.4% of students perpetrated or participated in emotional bullying.
- 23.1% of 7th grade students have been a victim of physical bullying; 14.6% of 7th grade students perpetrated this behavior.
- 42.5% of students were a victim of rumor spreading; 19.5% of students were a perpetrator of rumor spreading.

Some of these statistics are surprising, but ultimately they are alarming and we must take them seriously as parents and educators. What our youth are experiencing today with bullying is not the same punch in the nose or name calling we experienced as children. The use of social media creates a permanent record of the bullying for all to see and can provide anonymity to the bullies. This can protect them from blame and perpetuate the abuse. As a result, cyberbullying and bullying is often connected with depression, social anxiety, and suicide, and can lead to mass shootings in our schools.

Overall, St. Charles County youth experience similar rates of bullying compared to all Missouri youth. School staff and local therapists continue to work with youth on how to prevent and handle bullying behaviors. In St. Charles County, the Megan Meier Foundation offers parent and youth [resources](#) and parents/youth can contact their school counselors for in-school support.

CCRB Welcomes New Staff

We are pleased to announce Tavana Darris has joined the CCRB team as Communication Specialist. Her responsibilities will include marketing and outreach communication, office management, and supporting the CCRB Board and staff. We are excited to have her on the team and look forward to introducing her to our community partners.

Tavana earned a Bachelor in Communications from the University of Missouri-St. Louis and has managed various communications within the fundraising, non-profit, and business sectors for over 15 years.



Overdose Education & Rainbow Fentanyl Dangers

As overdose deaths continue to rise nationwide, Compass Health continues to have conversations with their clients, community partners, family and friends on ways to prevent overdoses and the steps that can be taken to prevent potential overdoses from being fatal. It is especially important to remember that Compass staff should be completing Overdose Education and Naloxone Distribution for any client with a history of



substance use or with current substance use. The OEND form will guide this possibly lifesaving conversation on harm reduction methods, education regarding the risks of fentanyl and signs of overdose as well as provide education to consumers regarding what to do in the event of an overdose.

Particularly at risk are our adolescent and young adult population. Fatal overdoses among adolescents have nearly doubled, resulting in a 94% increase from 2019-2020 (JAMA). Contaminated fentanyl “fakes” (counterfeit versions of prescription opioids – such as Vicodin, OxyContin, hydrocodone, benzodiazepines) are largely contributing to these deaths. It is estimated that at least one-third of those illicitly manufactured pills are contaminated with fentanyl.

RAINBOW FENTANYL is a colorful variant found in Missouri. The United States Drug Enforcement Administration (DEA) recently warned Americans about the emergence of this new version of super-powerful drug. The DEA warns that “Every color, shape, and size of fentanyl should be considered extremely dangerous.”

The epidemic is being driven by illicit fentanyl, fentanyl analogs, methamphetamine, and cocaine, in combination or in adulterated forms without the users’ knowledge due to the high profit margin for traffickers. Fentanyl and fentanyl analogs are used to create counterfeit prescription pills such as oxycodone, Percocet, and Xanax. These practices often result in overdose and fatality.

If you or your team would like to schedule an OEND training for your staff, please [email](#) or call 573-356-4399 Libby Brockmann-Knight. Education and Prevention will save lives.

Let's Talk About Bruno



The Child Advocacy Center of Northeast Missouri is excited to welcome Bruno as their second facility dog! Bruno came to the Center through CHAMP Assistance Dogs and has been doing training and evaluation at The Child Advocacy Center for the past few months. He is a 2 year old black lab. He has big, puppy dog eyes and really is the best boy. He is becoming fast friends with their current facility dog, Reka, and is a favorite among staff.

Reka and Bruno have the unique and crucial job of supporting children during forensic interviews and can even go to court with the child later if needed.

Because these are legally defensible interviews, forensic interviewers can't provide comfort or affirmation to the child. That's where the dogs come in. They give that needed comfort and remove barriers so children feel safe to discuss the trauma and abuse that they've experienced.

Follow Bruno on Facebook, Instagram, and Tik Tok to stay up to date! @bruno.cacnemo
The Child Advocacy Center team is glad to FINALLY be able to talk about Bruno!

Child Trafficking Conference Oct 20-21

Gateway Human Trafficking invites you to the Preventing and Responding to Child Trafficking Conference to be held October 20 & 21, 2022. This hybrid training will occur from 8:30 AM - 3 PM both

days with the first day being a virtual event and the second day being an in-person event held at the Eastern Missouri Police Academy in Lake St. Louis.

Interested persons can register at www.gatewayhumantrafficking.org and to see the list of topics to be discussed. The full package conference fee is \$150 or one may register to attend daily with a fee of \$100 per day or \$35 per session. Please view complete information by visiting GHT's website.

October 20 & 21, 2022
8:30 am to 3:00 pm (CST)
Hybrid Training

Preventing and Responding to Child Trafficking Conference

Sponsors:

COUNTY PROGRESS, LLC **AmericanDirect MARKETING RESOURCES, LLC**

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Contact Us: info@gatewayhumantrafficking.org

Non-Food Halloween Treat Ideas

Halloween can become stickier than a trick-or-treater's hands for a child with autism, food allergies, or sensory issues. These festive non-candy sensory-friendly alternatives last longer than a chocolate bar. They're all fun and can be enjoyed by children of all abilities. Items can be found online through retailers such as Amazon or Oriental Trading.

- Halloween Stamps
- Play-Doh
- Halloween Stickers
- Temporary Halloween Tattoos
- Glow Bracelets and Necklaces
- Glow-in-the-Dark Slime
- Pop-it Sensory Toys
- Squishies Toys
- Pencils, pens, crayons or markers
- Bubbles
- Halloween erasers or pencil toppers
- Whistles, kazoos, or noisemakers
- Bouncy balls
- Stickers
- Stencils

Adult & Caregiver Supports & Education



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.

- October: Bullying Prevention and the SEL Coach Program - [register](#)
- November: Safety Planning, Access to Lethal Means, and Supporting Your Child Through Crisis - [register](#)
- December: Coping with Holiday Sadness - [register](#)

[Click for more resources](#)

TREE House Fall Family Festival

Join TREE House of Greater St. Louis on Saturday, October 22nd from 10:00 am - 2:00 pm for fun fall activities! Admission is \$50 a car, with funds benefitting the TREE House mission to improve the lives of individuals with disabilities and their families through Therapy, Recreation, Education, and Exploration.

Learn more, purchase raffle tickets, and RSVP [here](#).



KID-FRIENDLY HAUNTED BARN

UNMOUNTED HORSE EXPERIENCE

FALL ARTS & CRAFTS

....AND MORE!!!

More info & RSVP:
<https://thstl.formstack.com/forms/fallfest22>

Foster Care & Adoption Mentoring

VIRTUAL Foster Care, Adoption & Mentoring Info Session Tues., Oct. 18 at 6 p.m.
presented by [Bringing Families Together](#).

Curious about being a foster parent? Interested in private adoption? Or in exploring the idea of serving as a mentor? Not sure where to start, but would like to learn more? This info session is a great place to start! Staff will introduce you to Bringing Families Together, discuss what's involved in becoming a foster parent and also about private adoption and mentoring.

BFT looks forward to answering your questions as you explore the possibilities of getting involved and making a difference. You will be able to chat with a licensing worker, learn more about the journey and explore the process (with no obligation)! We'd love to have you join us!

To RSVP, please join the event page as going and keep your RSVP updated! Zoom info is on the event page. You may also call our foster inquiry line at 314-938-5690, or call/email our Resource Family Development Director [Kim Brown](#) at 314-938-5704.
<https://www.facebook.com/events/275241454683035/>

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.



- October 7, 1:30 to 4:00 PM - St. Charles
- October 21, 1:30 to 4:00 PM - Wentzville
- October 28, 1:30 to 4:00 PM - St. Charles

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

Important Dates

October

- 10/2-8 - Mental Illness Awareness Week
- 10/5 - World Teacher's Day
- 10/10 - World Mental Health Day
- 10/10 - Columbus Day - CCRB Office closed
- 10/17 - Megan Meier Day - wear black with white polka dots
- 10/23-10/31 - Red Ribbon Week
- 10/24, 8 am - CCRB Board of Directors meeting at Preferred Family Healthcare, 2120 Parkway Drive, St. Peters, MO 63376
- 10/26 - Transgender Children Day

November

- 11/11 - Veteran's Day - CCRB Office closed
- 11/13 - World Kindness Day
- 11/19 - Adoption Day & International Survivors of Suicide Loss Day
- 11/21, 8 am - CCRB Board of Directors meeting & Agency Hearings for 2023 New Program Applicants, held at Spencer Road Library Community Commons, Room 240, 427 Spencer Road, St. Peters, MO 63376.
- 11/24-11/25 - CCRB Office closed

News from the Field

The 2022 St. Louis Walk for Apraxia will take place Oct. 22 at Faust Park!

Are you a St. Louis area therapist serving youth in foster care? If so, the **Foster & Adoptive Care Coalition** sponsors FREE

United Services for Children is proud to support the event!



The Walk for Apraxia is a celebration of the hard work children with apraxia put in every day in order to find their voice. The Walk is also an opportunity to unite local families, to educate the community, and to raise awareness and funds to benefit Apraxia Kids programs. The money raised through the Walk for Apraxia supports the programs of Apraxia Kids. Registration is FREE, so follow the link to join the walk!

The cat's outta the bag...the team at **Community Living** was just recognized as Storyteller of the year! Thank you to OneCause Raise 2022 for this honor! But most of all we are so proud of the hard work of our development & marketing team!!!

For five years, the Raise Awards have put the spotlight on nonprofits and fundraising professionals who are shaping the future of fundraising. The Storyteller of the Year Award recognizes two organizations for excellence in communicating their purpose through branding, narrative, and promotion that inform the mind and move the heart.

OneCause, a leader in online and event fundraising, recognized fundraising innovation and excellence at its annual Raise Awards ceremony during the Raise 2022 hybrid conference in Chicago, Illinois. Nearly 1,000 nonprofit fundraising professionals came together in person and virtually in September to learn innovative fundraising strategies from industry experts, connect with fellow fundraisers, and share their knowledge with the nonprofit community.

Wentzville is hosting events for Bullying Prevention month to raise awareness about bullying and give youth a safe place to socialize and make new friends.

- October 10 – Go Orange Day – wear orange for awareness
- October 30 – 3:00-4:30 PM, Pumpkin Chuckin' at Wentzville United Methodist Church, 725 Wall Street, Wentzville. Entertainment, food trucks, music & fun. Experts on bullying prevention & mental health will have informational

training offerings that we'd love you to attend!

Find out more information and to let us know you are interested, click on the link: <https://lnkd.in/eFh9QRqF>

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 more.

The Community Services Summit provides professionals with valuable resources and information on the topics most critical to working with children and families today. More info [here](#).



The **Megan Meier Foundation** is thrilled to announce the launch of our new logo as part of the ongoing evolution of our organization and brand.

Our services have grown and evolved since we first launched in 2007, and it is time for a fresh look. What first began with Megan's story has grown into a wide array of youth-focused services ranging from presentations and workshops to counseling and truancy reduction.

While Megan's black-and-white polka dots will always remain close to our hearts, we have altered our logo to reflect who we are today and the broad group of children we serve. We have chosen a new, modern logo with key elements that convey our mission to lend a helping hand to youth who are struggling with

booths at the event. This event is free & open to the public. Food for purchase.

Events are sponsored by Alderman Tricia Byrnes, Mayor Nick Guccione, the Teen Community Emergency Response Team, and Megan Meier Foundation.

St. Charles County Public Health is hosting a free, drive-through flu vaccination clinic for the public from 2 to 7 p.m., Friday, Oct. 21, on the Yellow Parking Lot at St. Charles Community College at 4601 Mid Rivers Mall Drive in Cottleville. Appointments are required and can be scheduled for both the quadrivalent influenza vaccine and the high-dose vaccine.

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

Preferred Family Healthcare Adolescent Treatment Program
www.pfh.org

bullying, cyberbullying, or thoughts of suicide. The vibrant colors of the logo symbolize a brighter future for these youth.

The logo change will not involve any modifications to our programs or services, nor will it in any way affect our existing relations with our clients and partners.

We hope you like our new look!

COMMUNITY LIVING, INC.'S
TEEN CLUB
after-school program

FOR STUDENTS AGES 12-21 WITH INTELLECTUAL/DEVELOPMENTAL DISABILITIES

SCHOOL DISMISSAL UNTIL 6PM
FULL-TIME: \$50/WK | PART-TIME: \$37.50/WK

ACCEPTING NEW PARTICIPANTS

Learn more:
Contact Ashley at: (636) 614-1306 or adisman@communitylivingmo.org

- Services
- Funding
- Meetings
- Publications



 **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

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



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