



Preparing all youth and families
to realize a brighter tomorrow.

CARING FOR KIDS - January 2023

Hello Jeanne ,

An error in our distribution caused the January newsletter to not be distributed. We apologize for the late send, but hope you will find this of interest still.

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 and around the St. Louis Region.

To learn more about CCRB-funded services, follow us on [Facebook](#), [LinkedIn](#), or visit our [website](#).

New Year Brings Change to the CCRB

We hope your year is starting off well and that you found some time for self-care and reflection during the busy holiday season and end of year demands. The new year is generally a time of planning and anticipation, and we are facing extensive growth and change at the CCRB in 2023. We will embrace the opportunity to turn these changes into chances!

- In December, the Board approved funding for **11 new programs**, which includes 4 new agency partners. We are excited to welcome them to the CCRB family and these programs will provide services to more St. Charles County youth.
- A second round of **American Recovery Plan Act (ARPA)** funds will be opened to youth mental health and substance use treatment providers.
- We look forward to utilizing our expanded office space, which includes a new office, conference room, and storage.
- **Michelle McElfresh** (Director of Contracts and Compliance) and **Jeanne Spencer**

(Program Specialist) are hard at work restructuring the grant management process with an emphasis on building more personal relationships with our agency partners and in the community.

- Implementation of a **custom grant management system** will begin in late January. We look forward to a more efficient data processing system for data collection, reporting, and applications. The new system is expected to roll out by May.
- Bruce is preparing for **Strategic Planning** in the spring, which will enhance our succession plan, agency mission, and set goals for 2023-2025. He continues to manage the fiscal responsibilities of the Children's Services Fund and ARPA Funds while building upon the many relationships that make our community thrive.
- The CCRB's 2022 **revenues were 7.5%** higher than 2021, allowing for greater investment in youth mental health and substance use services through supplemental funding opportunities and program expansions.

How will you turn your new year changes into chances?




Mental Health News

National Human Trafficking Hotline
1 - 888-3737-888
SMS: 233733 (Text "HELP" or "INFO")

NO ONE IS TRULY FREE WHILE OTHERS ARE OPPRESSED
JOIN US TO END HUMAN TRAFFICKING

JANUARY: NATIONAL HUMAN TRAFFICKING AWARENESS MONTH



January is **Human Trafficking Awareness Month** and our partners at **Gateway Human Trafficking** are working hard to raise awareness about the prevalence of trafficking in our community. They share these misconceptions about human trafficking:

- **False:** Human trafficking does not occur in the United States.
- **False:** Human Trafficking is always or usually a violent crime.
- **False:** Only undocumented foreign nationals get trafficked in the United States.
- **False:** Immigrants are causing human trafficking in the U.S.
- **False:** Human trafficking only happens in illegal or underground industries.
- **False:** All human trafficking involves commercial sex .

Gateway Human Trafficking provides training and education to various community groups,

organizations, businesses, faith congregations, and civil and social justice groups. For more information and pricing [submit a request](#).



Overcoming the Darkness of Depression

As many know, depression affects millions of people around the world. Fortunately, there are many proven methods that help improve mental health and its negative outcomes.

In this article, Therapist Gerie Shahan from [Preferred Family Healthcare](#), lists 50 interventions that could reduce symptoms and improve your quality of life.

[Read the Article](#)



What is Suicidal Ideation and How to Help Yourself and Others

Registered Nurse Ginger Robertson shares her experience with suicidal ideation, what goes through the mind of someone with these thoughts and how to help yourself and others if you're experiencing suicidal ideation.

"Survival is something to celebrate, but so is the journey."



If you or someone you know is experiencing a mental health, suicide or substance use crisis or emotional distress, reach out to the [Crisis Lifeline](#) 24/7 by dialing or texting **988**, chat at suicidepreventionlifeline.org or call text **NAMI** to **741741**.

[Read the Article](#)

Features of the Month

Meet Bruno:
Facility Dog for Forensic Interviews



Bruno is one of the facility dogs at **The Child Advocacy Center of Northeast Missouri** whose job is to bring comfort and support to interviewed children.

Learn more about Bruno and how he helps kids at the center.

[Watch Video](#)



Ellie Mental Health Opens in St. Charles

As the demand for mental health continues to skyrocket, Ellie Mental Health, a franchise that makes quality mental health services more accessible, is opening its first of four locations in the St. Charles community. Ellie Mental Health will provide the St. Charles community with their innovative mental health care services for all ages. The clinic is located at 400 N. Fifth St., Suite 201, St. Charles, MO 63301. Appointments can be made by calling (636) 277-9890 or by visiting: [Ellie Mental Health - St. Charles](#).

Housing Update from Coordinated Entry

Coordinated Entry creates an easy to use and efficient way for people experiencing housing insecurity to access services. All housing services are accessed through a single phone number, United Way's 2-1-1 helpline, connected to a centralized case management team.

"Affordable....attainable....however we define, housing that neighbors can afford is becoming harder and harder to find. This crisis is beyond just our neighbors who are unhoused or experiencing a housing crisis, many families are finding the same challenges.

Community Council staff have completed the data pull for the 3rd quarter Coordinated Entry (CE) community update and it shows some staggering results..."



[Read the Article](#)

Community Resources

Warming Centers to Provide Winter Shelter

An Emergency Weather Response for the St. Charles area will be in place during the winter months. The St. Charles, Lincoln and Warren Continuum of Care is working with area churches to provide the Emergency Weather Response from November 13, 2022 through

Emergency Weather Response



March 13, 2023. The hotline number is 636-395-0492.

The response provides emergency shelter services to anyone needing a safe place to sleep during nights with extreme cold temperatures. If it is predicted to be 20 degrees or below overnight, anyone needing shelter can call the Emergency Weather Response Hotline at 636-395-0492 for information on available shelters. Transportation services may also be available.

[Learn More](#)



Parent Education Services

Classes are specifically designed to address emotional, behavioral, and relational difficulties caused by early trauma in an honest environment that supports and encourages. The focus is not on controlling behaviors, but partnering with parents to understand their children and help improve the quality of their family life. Parent education services are provided by Developmental Trauma Center instructors, specifically trained in the Neurosequential Model of Therapeutics (NMT).

Call **314.534.9350** and ask for Intake or email intake.dept@familyforwardmo.org to learn more about FamilyForward's educational opportunities or register for training.

[Class Schedules](#)

The CCRB's service providers offer support groups, training classes, and other opportunities to learn about mental health conditions and resources in the community.

[Connect](#)




The Sparrow's Nest Childcare Cooperative

Educating, equipping, and empowering young families in our community

More than childcare. The Sparrow's Nest childcare program offers free, Christ-centered childcare to families from Monday to Friday in exchange for one full day of participation in our program. During this day, parents will have weekly individualized case management sessions with our program manager, receive hands-on parenting education from our childcare providers, and be connected to any additional resources they may need. Outside of their day at the Nest, parents are required to work at least 25 hours a week or enroll in an educational program.

[Learn More](#)



January's All In Conversation: Building Strong and Resilient Teens

In Partnership with Rockwood School District

Join us on Tuesday, January 10th at 6:00 PM CST

Register through <https://cutt.ly/JL2LiDv> or through the QR code

CHADS ALL IN Conversations: Building Strong and Resilient Teens

This month, **CHADS Coalition for Mental Health**, will discuss how healthy habits affect teen mental health and the different ways we can build strong, resilient teens.

[Register Now](#)

Youth Mental Health First Aid Training (Virtual) by **PreventEd**

January 19
8:00 am - 1:00 pm
Zoom & In Person
9355 Olive Blvd, Olivette, MO

YMHFA is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people.

[Learn More & Register](#)

**HELP FOR
SUBSTANCE USE**

636-946-6376

Preferred Family Healthcare Adolescent Treatment Program
www.pfh.org

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



"Those are dark clouds," said the boy.
"Yes, but they will move on," said the horse, "the blue sky above never leaves."
-Credit goes to artist Charlie Mackesy

If you or someone you love would like someone to talk with, we have **licensed counselors** who partner with our horses for **equine-assisted counseling**.

Reach out to info@thstl.org to learn more.

[Register Here](#)

Important Dates

January 2023

- 01/16 - MLK Day - (Observed) - office closed
- January 23, CCRB Board meeting, 8 a.m. at F.A.C.T., located at 2240 Bluestone

February 2023

- 02/01 - Black History Month
- 02/02 - Groundhog Day
- **02/20 - President's Day - office closed**
- February 27, CCRB Board meeting, 8 a.m. at F.A.C.T., located at 2240 Bluestone Dr, St. Charles. All meetings are open to the public.

News from the Field



Wiltse to Lead Community Living, Inc.

Community Living is proud to announce that effective January 1st, Sheri Wheeler Wiltse has assumed the role of President & CEO! Sheri has devoted her life to serving individuals with developmental disabilities. She has spent the last 38 years at Community Living in a variety of positions; most recently serving as Chief Program Officer.

Her dedication to promoting the growth and development of St. Charles County is evident through the many chambers, leadership groups, and committees that she has been active with, and the numerous awards she has received for her work. Community Living is thrilled to have her leading the organization going forward!



4 Walls & Beyond Bridges' Parenting Behind Bars

Prevented interviews **4 Wall & Beyond's** Founder and CEO Lisa Porter as she shares her experience as an incarcerated



Therapy Clinic for Foster & Adoptive Families

Cornerstones of Care and the Foster & Adoptive Care Coalition have teamed up to provide therapy to address the unique needs of foster and adoptive families.

The Cornerstone of Care staff are high trained in the areas of trauma, attachment and adoption and serves children who needs intensive services impacted by foster care.

Learn more about this [service](#).

Learn more about [Cornerstone of Care](#) or call 314-881-0350.



FamilyForward's Chief Strategy Officer to Leave After 25 Years

Rachel led the development of the education and counseling services that grew to become the FamilyForward Developmental Trauma Center.

When Children's Home Society and

parent and how her organization helps strengthen the parent-child relationship and challenges of parenting behind bars.



NAMICON 2023: Share Your Mental Health Journey

Are you ready to share your mental health journey, innovative work or expertise in mental health?

NAMI St. Louis' 2023 **NAMICON** will take place May 24-27, 2023 at the Minneapolis Convention Center and online June 6-8, 2023.

This is an opportunity from individuals with mental illness, caregivers, family members and mental health providers to share their perspective on mental illness, if selected.

Join this event to inspire, connect and reaffirm your commitment to building better lives for those affected by mental illness.

To become a speaker, you must **submit a proposal**.

[Learn More](#)

Family Resource Center merged in 2017 to become FamilyForward, Rachel led the integration of services and alignment with the strategic plan.

Her out-front work over the years has culminated in envisioning and managing the new campus renovation project.

IMPACT is Hiring!

Impact is looking to hire full-time **Regional Coordinators** in the Kansas City, Columbia and St. Louis areas.

Scan the QR Code or click the button below for more information.



[Learn More](#)



Our Lady's Inn Hiring Overnight Resident Support Staff

Our Lady's Inn has an opening for a Part-Time or Full-Time Overnight Resident Support Staff at their Defiance maternity home who will work 3-4 overnights from 10:00pm-8:00am.

Our Lady's Inn Hiring Live-In Family Support Advocate.

Our Lady's Inn is looking for a dedicated individual to live and work as a Part-Time Family Support Advocate (FSA) in their St. Louis City maternity home.

[Learn More](#)



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

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

Contact Us



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!