



Preparing all youth and families
to realize a brighter tomorrow.

CARING FOR KIDS - February

Hello Jeanne ,

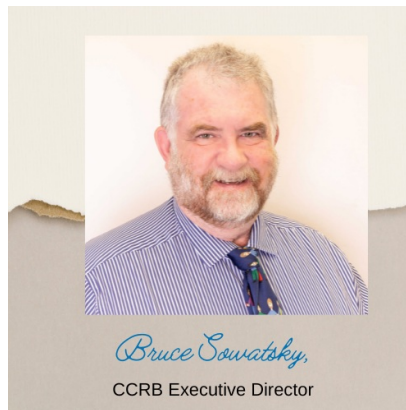
The CCRB is dedicated to maximizing community resources to build and sustain a comprehensive system of services for children and families in St. Charles County. We accomplish this by allocating a sales tax fund to mental health and substance use treatment service providers. Keep reading to learn what's happening in our county and around the St. Louis Region.

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

From the Executive's Desk

February is Teen Dating Violence Month and I wanted to speak on this topic to our parents and caregivers. Caregivers and adults may see teen dating as harmless and fun, but statistics show **dating violence is more common** than you may think, especially among teens and young adults:

- 1 in 3 U.S. teens will experience physical, sexual, or emotional abuse from someone they're in a relationship with before they become adults.
- Nearly half (43%) of U.S. college women report experiencing violent or abusive dating behaviors. (loveisrespect.org)



Bruce Sawatsky
CCRB Executive Director

What can you do to help your teen learn healthy dating behaviors?

- Discuss peer relationships early and often. Friends can display unhealthy behaviors and teaching kids to look out for this can be valuable as they move into more romantic relationships. Initial discussions can start as early as second or third grade.
- Dating interest starts to emerge in middle school, be prepared.
- Talk to them about the "red flags" they may encounter, such as disrespectful or

dishonest behaviors, pressuring them to do activities, and cutting them off from friends.

- Stress healthy communication habits and help them set realistic expectations for communicating, self care, and trust.
- Know who they are dating and monitor for signs of abuse such as unexplained bruises, controlling behaviors, or isolation from friends.

If you suspect your teen is involved in an unhealthy or abusive relationship, reach out to their school counselor or a dedicated helpline such as Love is Respect. [Love is Respect](#) offers confidential support for teens, young adults, and their loved ones seeking help, resources, or information related to healthy relationships and dating abuse in the US. We're available by text ("LOVEIS" to 22522), call (866.331.9474), or live chat online. Share this number with your teen so they know where to turn to if they or a friend feel unsafe.

What's Happening at the CCRB?

- **Program Audit Results:** The CCRB partner agencies had an overall 94.6% goal attainment out of 807 files for the fall site audits! This means program staff providing high quality services and being responsible with their CCRB funding by complying with age, residency, and billing requirements established in their contracts.
- **Program Management:** Michelle and Jeanne kicked off a new Program Management model for agency service programs. They will each take on a caseload of programs and work to strengthen relationships with agency staff, improve communication, and increase reporting and program management efficiency.
- **Annual Reports Due:** Agency annual reports are due in mid-February and we look forward to hearing the successes and challenges our agencies and their clients encountered in 2022. Program reports focus on client outcomes, the number of clients served, and tracking client demographic information.
- **Strategic Planning:** The CCRB is beginning to evaluate their goals and objectives for their 2024-2026 Strategic Plan. We will work with Wendy Dyer to gather feedback from staff, the Board, service providers, and community members about the CCRB's work for the next three years.

Mental Health News



Suicide Prevention & 988 Guide for Missouri Schools

The [Missouri Suicide Prevention Network](#) (MSPN) is proud to launch the [Suicide Prevention & 988 Guide for Missouri Schools](#). This guide is intended for school personnel to utilize suicide prevention, intervention and crisis response services, and postvention resources to better address and meet the needs of schools across the state. Visit the links below to access these materials and help spread the word about these important resources by sharing them with school personnel, youth-serving organizations, groups, and related communities.

[Read & Download the Guide](#)



Mental Health First Aid Training Offered

Mental Health First Aid teaches you how to identify, understand, and respond to signs of mental illnesses and substance use disorders.

This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use challenge and help connect them to the appropriate care.

Date and time - Thu, February 23, 2023, 8:30 AM – 3:30 PM CST

Location - Online

This course is only open to participants who live or work in Missouri. The course is being offered to you at no cost by the Missouri Department of Mental Health.

The course requires advanced registration. Participants must register 2 weeks in advance (1 month is recommended).

[Register Here](#)

Register to attend Exploring the Spectrum

Registration is open to attend the ninth annual Exploring the Spectrum autism awareness event on Saturday, April 22. Admission is FREE. Just follow this [link](#) to attend.

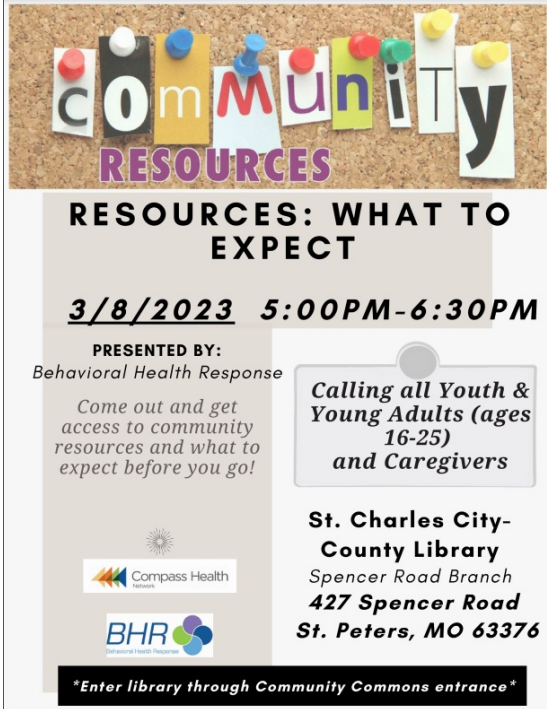


The event will take place at a new location: the Developmental Disabilities Resource Board (DDRB) building, located at 1025 Country Club Road in St. Charles, 63303. Doors will open at 9 a.m.

The guest speakers are Dr. Michael S. Bunis and Liz Gundlach. Dr. Bunis is Clinical Director of Washington University MO State Autism Center. Gundlach is an autism advocate and the mother of two children with autism. In addition, there will be an information room with autism service providers and a variety of autism resources.

Exploring the Spectrum is a program of [United Services for Children](#).

Save the date - April 22 - and [register for free](#) today!



community
RESOURCES

RESOURCES: WHAT TO EXPECT

3/8/2023 5:00PM-6:30PM

PRESENTED BY:
Behavioral Health Response

Come out and get access to community resources and what to expect before you go!

Calling all Youth & Young Adults (ages 16-25) and Caregivers

St. Charles City-County Library
Spencer Road Branch
427 Spencer Road
St. Peters, MO 63376

Compass Health
BHR Behavioral Health Response

Enter library through Community Commons entrance

TIPS TO HELP YOUR CHILD BUILD CONFIDENCE AND SELF-ESTEEM

- Help your child learn something new! Every time a child gains a new skill or broadens their knowledge, it creates the opportunity to boost confidence
- Allow your child to take risks in a safe environment
- Focus on what your child does well and give them opportunities to develop their strengths
- Praise your child's efforts (like getting a good test grade), rather than their fixed qualities (like being smart or athletic)
- Be a good role model by displaying confidence in yourself everyday!

Join **Behavioral Health Response** and get access to community resources and what to expect before you go. **Wednesday, March 8th, 5-6:30 PM.**

Thanks to our friends at CHADS Coalition for Mental Health for these tips!

Features of the Month



Boschert Ends his Term and the CCRB Elects New Officers

Paul Boschert retired from the CCRB Board in December. Boschert is the Activities Director at Duchense High School and came to the CCRB in 2018 after retiring from the Activities Director for Fort Zumwalt School District. We enjoyed Paul's insight gained from many years of working with County youth and educators.

The Board elected new officers and their terms began in January. Stepping into the role of Board Chair is Molly Dempsey; Vice Chair is Cory Elliott, and Ken Dobbins was elected as Treasurer. We look forward to their leadership as they take the CCRB into 2023!



NAMI St. Louis Trains Local Law Enforcement to Identify and Understand Mental Illness

Fox2 News highlighted the important work NAMI St. Louis is performing in the St. Louis area, including St. Charles County. The CCRB is proud to partner with the CIT program to provide additional mental health supports to individuals and youth.

[Watch the Video](#)

Celebrating Black Pioneers in Mental Health

Black Americans' contributions to the field of mental health have been long overlooked. Check out these trailblazers!

- **Dr. Hope Landrine** was an expert in health psychology and public health. In 1992, she published "The Politics of Madness" which presented her research on the presence of existing societal inequities in the diagnosis and categorization of psychiatric disorders.



More Black Pioneers



Featuring art from the ART and Play therapy program. Through art and play therapy, a children build positive coping skills, positive self-esteem, and positive relaxation techniques and learn to identify, express and regulate feelings.

The **Saint Louis Crisis Nursery's** Art and Play Therapists travel between all five nursery locations and also see children whose families are enrolled in the Family Empowerment Program. Now showing at **Picasso's Coffee House** on Beale Street in St. Charles.

Random Acts of Kindness Day is February 17th!

It all starts with an act. You know the sort. The clerk at the store who tells you to 'have a great day'...and really means it. The little, tender gestures when you need them most, (but expect them the least). Yep. Those are the ones that stay with you. The **Random Acts of Kindness** that connect you to your humanity, reminds you how much love there is in the world, and inspires you to pay it forward. Can you imagine a world where Kindness is the Norm?

Get Inspired!

Make
kindness
the norm. ❤️

RANDOM ACTS OF KINDNESS
FOUNDATION®

www.randomactsofkindness.org

Community Resources

The CCRB's service providers offer support groups, training classes, and other opportunities to learn about mental health conditions, LGBTQIA+ resources, parenting education and other topics.

Connect

Black Joy: Impacting the Mental Health of Black Communities

Thursday, February 16th 12:00 pm CST

February is Black History Month, and **Mental Health America** is highlighting the rich culture, joy, and vast contributions that continue to come from our Black communities. We recognize that learning about the history of systemic racism, particularly in the mental health system, and how it harms Black communities in the U.S. and around the world is key to creating a mentally healthier world.



This panel-style webinar will focus on how Black culture and joy have a positive impact on individual and community mental health. Join MHA and guests for this free, 90-minute webinar where we will:

- Hear from panelists about what Black History Month means to them
- Discuss the many strengths of Black communities and how that directly impacts mental health
- Explore how Black joy and cultural practices create space for mental health to flourish

This webinar will be recorded and available to the public within one week. We do not offer CEUs, but certificates of attendance will be available upon request after the event.

Learn More & Register

CHADS ALL IN Conversations: Building Strong and Resilient Teens

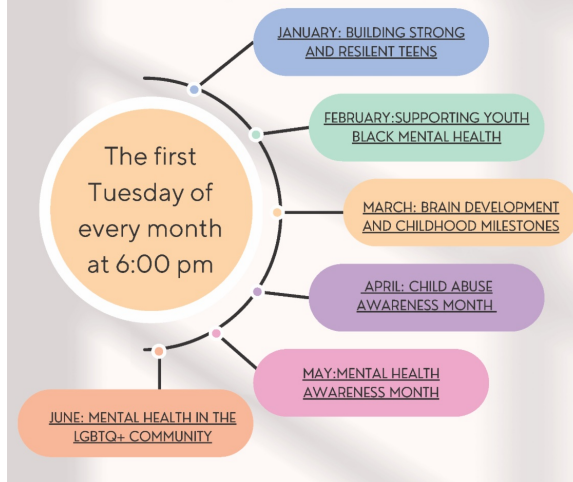
This month, **CHADS Coalition for Mental Health**, will discuss how healthy habits affect teen mental health and the different ways we can build strong, resilient teens.

Join the conversation on **March 7 at 6 pm** as CHADS discusses Brain Development and Childhood Milestones.

For more information contact Colleen Pace, Chief Program Officer, colleenp@chadscoalition.org.

Join us for our All In Monthly Conversations

In Partnership with Rockwood School District



The **Therapy for Black Girls Podcast** is a weekly chat about all things mental health, personal development, and all the small decisions we can make to become the best possible versions of ourselves.

Adult Survivors of Suicide Support Group Meets Monthly

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**.



Epworth Family Support Network

provides free family therapy to combat serious family issues and child abuse and neglect.

Epworth Family Support Network provides counseling services to families who live in St. Louis City, St. Louis County, or St. Charles County with a child up to the age of 18 and no open or substantiated cases of child abuse and/or neglect.

The goal of Epworth Family Support Network is to provide support to families before serious issues arise within the family unit. Family therapy sessions are held once a week for one hour either within the family's home, a community setting, or virtually.

To complete a referral, please complete the [form](#) and email the form to Paula Ellis (pellis@epworth.org) or call **314-541-3509**.

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

LINC St. Charles County
offers free

Counseling

for St. Charles County youth
and children. Please call
636-332-5127 to schedule an
appointment.
LINC is located in Wentzville.



Parenting the Love & Logic Way®

America's
Most Practical
Parenting Program

The Love and
Logic® approach
is easy to use,
raises responsible
kids and
changes lives.

LOVE
allows
children to
grow through
their mistakes.

LOGIC
allows them to
live with the
consequences of
their choices.

Saint Louis Counseling's staff and
clinicians are trained and recognized
facilitators of the **Love and Logic**
approach.

They provide groups for parents and
teachers throughout the St. Louis area.
Saint Louis Counseling is a recognized
leader in helping parents, teachers and
children, and we are flexible and willing to
develop programs where there is need and
interest. Costs are minimal and vary
depending on the needs of the participants.

[More Info](#)

Important Dates

February 2023

- 02/01 - Black History Month
- 02/01 - Teen Dating Violence Prevention Month
- **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.

March 2023

- 03/01 - Women's History Month
- 03/12 - Daylight Savings Time begins
- 03/17 - St. Patrick's Day
- 03/27 - CCRB Board Meeting, 8 a.m. at LINC St. Charles County, located at 9 Love Park Lane, Wentzville. All meetings are open to the public.

News from the Field

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 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.



The **Boys & Girls Clubs of St. Charles County** is proud to announce Radia J. as the St. Charles County 2023 Junior Youth of the Year!

All four finalists did an incredible job sharing their biggest obstacle, their Club experience, and what matters to them with our judges. The Club is proud of each of them.

Radia, age 12, is a member of the O'Fallon Unit and attends Fort Zumwalt School District. She is a caring and motivated young lady with a heart for service. In April Radia and the BGCSTC team will travel to Jefferson City to compete for the statewide title of Junior Youth of the Year and participate in a legislative day of advocacy.



This month, the **Child Advocacy Center of Northeast Missouri**'s kicked off their Crime Scene to Trial training in conjunction with the St. Charles County Prosecuting Attorney's Office, St. Charles County Police Department, O'Fallon Missouri Police Department, Missouri Office for Prosecution Services, and the St. Charles County Juvenile office.

Their team is so excited to be one of two teams selected in Missouri to be certified by Zero Abuse Project to hold this experiential training for our local multidisciplinary team!

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.

[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

Contact Us

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