



Preparing all youth and families
to realize a brighter tomorrow.

CARING FOR KIDS - March 2023

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



It remains unclear as to whether or not we can say that the pandemic is over. With recent surges and the ever possibility of future variants of the virus, it remains too close to call. Despite extremely successful efforts throughout our County, including safety mitigation efforts and vaccinations, many of our youth were deeply impacted by the fallout of the pandemic. The CCRB continues to hear reports from all of our school districts that more and more youth are experiencing higher levels of anxiety and depression, and that their symptoms are more intense.

While statistically our County did not experience the level of unemployment and death that other communities experienced, many of our youth experienced an interruption to the normalcy of their lives, and many experienced losses to events and celebrations that they had been anticipating. With the inability to look long term that many adolescents possess, it feels as if their lives will be defined by this pandemic.

As overseers of local tax funding in St. Charles County, we too are concerned about the stories we hear from school officials. Fortunately, the CCRB is in a strong financial

position to expand funding, whether it is the expansion of existing programs and/or the addition of new programs. While we are not specifically prioritizing certain programming, we are looking to meet the needs of our children and their families. The Board has agreed to expand current programming due to higher demand beyond current contract limits and we will be entertaining new programming.

For non-profit organizations that would like the CCRB to consider any new programming, whether to help children and youth with pandemic struggles or others, we encourage you to contact our office so that we may gain a better understanding of your services. Formally, we request a short concept paper outlining your plan which is due on May 15th. The concept paper will become available on May 1, 2023 at www.stcharlescountykids.org.

Our partner agencies have made many positive impacts in our community as it pertains to child well-being and we strive to be responsive to the unmet mental health of our young people. Please reach out with your ideas.

What's Happening at the CCRB?

The CCRB invites you to visit our renovated office space on March 22 from 2-4:30 p.m. No RSVP necessary and all are welcome!



Open Office

Check out the CCRB's new space!

MARCH 22, 2023
2:00-4:30 PM

Join Us

2240 Executive Drive, Suite 214
St. Charles, MO 63303

The flyer features a teal background with yellow starburst graphics. A central image shows a digital display board for the CCRB with sections for 'Board of Directors', 'Mission', 'Agency Partners', and 'Who We Are'. The text is in white and orange, with a white arrow pointing to the date and time.

Core Funding Cycle Opens in May

The CCRB will allocate an estimated \$20 million in services for the 2024-2025 Core Services Funding cycle. Nonprofit and governmental agencies providing youth mental health and substance use treatment services in St. Charles County are invited to apply for core funding. Core partners are organizations that use proven program methods, and we expect them to have strong track records of yielding positive impact on kids' lives.

The 2024-2025 Core Services Funding cycle opens on May 1 with the release of the Concept Paper for New Programs. New programs are services not currently



2024-2025
CCRB CORE
FUNDING CYCLE

Opens May 1, 2023 for
New Programs

The graphic is a green rectangular box with white text and a megaphone icon at the top. It has white circles at the corners, resembling a binder or a sign.



funded by the CCRB. Programs are required to submit a Concept Paper by May 15 in order to be considered for the 2024 Core Funding Opportunity.

Review eligibility requirements and get more info at www.stcharlescountykdis.org or [contact the CCRB](#).

Applications for currently funded programs will be released on June 1 and will be due August 15, 2023 to be considered for 2024-2025 Core Services Funding.

Mental Health News

Question Persuade Refer Training- Virtual

Just as people trained in CPR and the Heimlich maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. The evidence-based training prepares you to perform QPR with confidence and ease. Learn what to say and what to do through this FREE training with Preferred Family Healthcare.



Sign Up

March 15, 2023, 12:00 PM – 1:00 PM CDT

Questions? Email mary.dent@pfh.org or laney.partin@pfh.org



Challenging The Stigma of Mental Health

This presentation will provide understanding, education and reasons for hope and optimism!

THURSDAY, MARCH 16th 2023

6:30pm-7:30pm CST

LOCATION:

THE HEIGHTS—Community Center

8001 Dale Avenue, Richmond Heights MO, 63117

Ahmed Baig, MD is the Director of Clinical Research at **Midwest Research Group**. Dr. Baig trained at Saint Louis University School of Medicine Department of Neurology and Psychiatry and has been involved in clinical research for the past 10 years.

CenterPointe Hospital welcomes you to join us in this FREE, educational, community event, to learn how YOU can help create positive change towards erasing the stigma surrounding behavioral health conditions.



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.

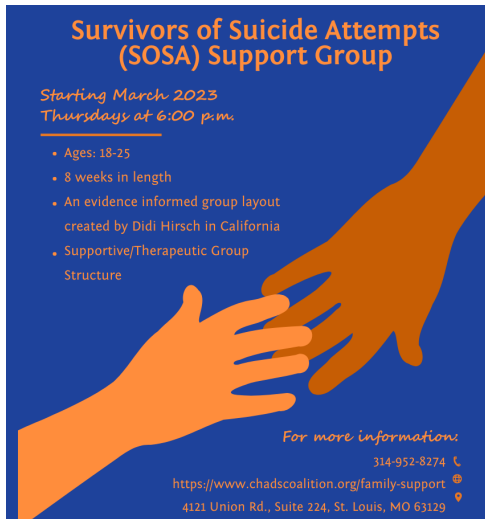
This training gives you the skills you need to reach out and provide initial support to someone who

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.

may be developing a mental health or substance use challenge and help connect them to the appropriate care.

March 23, 2023
8:30-3:30 p.m.

[Register Here](#)



Survivors of Suicide Attempts (SOSA) Support Group

Starting March 2023
Thursdays at 6:00 p.m.

- Ages: 18-25
- 8 weeks in length
- An evidence informed group layout created by Didi Hirsch in California
- Supportive/Therapeutic Group Structure

For more information:
314-952-8274
<https://www.chadscoalition.org/family-support>
4121 Union Rd., Suite 224, St. Louis, MO 63129

Survivors of Suicide Attempt Support Group Begins in March

CHADS Coalition is excited to launch its first Survivors of Suicide Attempt (SOSA) Support Group in partnership with Behavioral Health Network! Groups are open to participants ages 18-25 and will take place in person at the CHADS Office (South County) on Thursdays at 6 pm starting in March and will last eight weeks. Meeting dates are: March 2, 9, 16, 23, 30, April 6, 13, 20

After establishing and creating bonds among group members during the initial weeks, the focus shifts to learning tools and skills to help prevent future suicide attempts.

For more information or to sign up please contact us at 314-952-8274.



ABC Mindfulness for Insomnia

Can't sleep? Is your mind racing from thought to thought? Can't turn off your brain? BHR Counselor Tara Stevens shares this effective ABC ("Awareness," "Breathing," "Core") mindfulness three-minute exercise that will calm your brain and body so you can get a good night's sleep.

[Watch the Video](#)





PRIORITIZING YOUR PARTNERSHIP

March 20 | 6:00 pm - 8:30 pm

Families can only be as strong as the parents' relationship. In this 3-week course, couples will learn evidence-based principles and techniques designed to help strengthen their connection to one another. Course content includes a brief examination of historical changes within marriage/partnership and the importance of realistic expectations. Systems theory and the critical role of prioritizing the parent partnership in providing a strong, stable family base is at the core of this curriculum. Maslow's Hierarchy of Needs is presented as an important way to consider the adjustment of expectations in times of crisis.

To register, call 314.968.2350 ext. 7234 or email [FamilyForward Intake](#).

The **Family Empowerment Program** of the St. Louis Crisis Nursery-St. Charles County is hosting three free item and diaper drive-through giveaways in March. The event is open from 1:30-4:00 p.m.

March 17 in Troy
March 24 in St. Charles

Interested families currently residing in St. Charles, Lincoln or Warren County **MUST call 636-940-0742** to reserve their spot (please leave a message if needed)! Please call at least 24 hours before the day of the event to ensure that they are able to get registered--spots will go fast! For safety and supply, we are unable to serve families who have not called and registered.

Features of the Month

Pastor Horry Ends CCRB Service

Board member, Pastor Raymond Horry resigned his position on the CCRB Board in January, following the end of his appointed term. Horry joined the Board in April 2017, and has been a strong advocate for youth mental health services and expanding services to underserved youth.

The CCRB appreciates Pastor's service and wishes him the best as he continues his leadership as Pastor and Founder at the Ark of Safety Christian Church.



Crisis Nursery Executive Director Says Foster Care System is Overburdened

by DiAnne Mueller for the Missouri Independent

Missouri is confronting a nightmarish crisis in child welfare. According to the Missouri Children's Division, there are over 13,300 children currently in foster care. The Missouri Child Abuse/Neglect Hotline Unit received over 54,000 reported incidents involving over 77,000 children throughout 2021.

At a recent hearing of the state House subcommittee overseeing the budget for the Department of Social Services, Darrell Missey, director of Children's Division, said, "if you

put services on the front end to prevent those things from getting to a place where a child had to be removed, that's a much better expenditure of money."

Missey described what the Saint Louis Crisis Nursery has spent nearly 37 years practicing, perfecting and preaching: The virtues of prevention.

[Read the article](#)

President & CEO Pat Coleman to Leave BHR

For over 26 years, Pat Coleman has made an indelible leadership imprint on behavioral health in our community and beyond. She rose through the ranks, beginning her BHR career in human resources yet her passion, vision, and leadership commanded a higher calling as the president and CEO. Effective May 5, 2023, Pat will embark upon the next chapter in her leadership journey.



"Although I'm excited for my transition, I am saddened to leave BHR, my co-workers, and the behavioral health community, all of whom I've grown to love through the course of 26 years," said Pat.

Pat has not only led the organization's fiscal and strategic transformation, she empowered and mentored staff, worked tirelessly to serve the underserved, and made BHR one of the leading behavioral health organizations in the country.

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](#)

April's All In Conversation: Child Abuse Awareness Month

In Partnership with Rockwood School District



- Talk with experts who work with children.
- Discuss disabilities and the IEP process.

Join us on *April 4th* at 6:00 PM CST, and register by <https://cutt.ly/mL27H3Q> or by the QR code.

CHADS ALL IN Conversations: Child Abuse Awareness Month

This month, **CHADS Coalition for Mental Health**, will talk with experts who work with children and discuss disabilities and the IEP process with schools.

Join the online conversation on **April 4 at 6 pm.**

[Register Here](#)

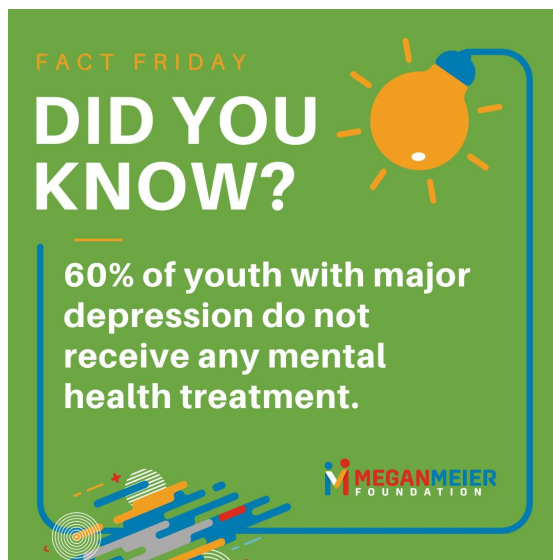


First Steps is Missouri's Early Intervention system for infants and toddlers, birth to age 3, who have delayed development or diagnosed conditions that are associated with developmental disabilities.

First Steps works with families by ensuring that coordinated services are provided as conveniently as possible. Participation in First Steps is voluntary and is intended to help families of children with disabilities:

- Understand their child's special needs
- Obtain the help they desire to deal with situations that could interfere with their child's growth and development.
- Provide the best conditions for their child's growth and development.

Click [HERE](#) to learn more.



The **Megan Meier Foundation** provides free mental health counseling services with a licensed professional to youth under age 19 coping with a variety of behavioral health issues including depression, suicidal ideation, self-harm, bullying-related trauma, anxiety, and lack of self-esteem. In order to increase access and participation, we provide this service free of charge, without requiring insurance, within a school, office, or virtual setting to ensure transportation does not limit access. Call 636-757-3501 to get started.



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. 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**.



NAMI Basics Support Group is a peer-led support group for parents, caregivers, and other family who provide care for youth (ages 18 and younger) who are experiencing symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences.

NAMI's support groups are unique because they follow a structured model, ensuring everyone has an opportunity to be heard and to get what they need.

- Free of cost to participants
- Designed for adult loved ones of people with mental health conditions
- Led by family members of people with mental health conditions
- 60-90 minutes long and meets weekly, every other week or monthly (varies by location)
- No specific medical therapy or treatment is endorsed
- Confidential

LINC St. Charles County offers Counseling and Community Outreach Services in the Wentzville area and surrounding communities. Call (636) 332-5127 for more information.

More Info

Important Dates

March 2023

- 03/01 - Women's History Month
- 03/12 - Daylight Savings Time begins
- 03/17 - St. Patrick's Day
- 3/20 - Kick Butts Day for Tobacco-Free Kids
- 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.

April 2023

- 04/01 - Child Abuse Prevention Month; Autism Awareness Month
- 04/02 - World Autism Awareness Day
- 04/14 - Day of Silence in support of LGBTQ+ youth
- 4/24 - CCRB Board Meeting at Sts. Joachim & Ann Care Service, located at 4116 McClay Road, St. Charles. All meetings are open to the public.

News from the Field



Join the **Megan Meier Foundation** on April 29th for our Trivia Night Fundraiser at St. Dominic High School. Funds raised will go toward our bullying and cyberbullying prevention programs and our free youth counseling services. You may register online at <https://meganmeierfoundation.org/trivia-night> or call our office at 636-757-3501.



The CCRB is hiring for an **Administrative Assistant**, 16-24 hrs per week. Apply [here](#) or email your resume to jspencer@scckids.org to be considered. The position will be open until filled.



The Child Advocacy Center of Northeast Missouri will host its 10th annual gala on Saturday, April 29, 2023 at 6 p.m. to raise much-needed funds to continue serving children and families who have experienced abuse.

The evening will be themed around the mission of the organization and will be a formal attire event. Attendees will enjoy signature cocktails, a three-course dinner, an impressive live and silent auction, an impactful program, and live music by James Bertels. The event will be held at the Ameristar Casino Resort & Spa (1 Ameristar Blvd, St Charles, MO 63301) and Tom Ackerman from KMOX will be the emcee for the evening.

Tickets and sponsorships are available at www.cacnemo.org/gala. The agency is also accepting donations for their silent auction.



Join Compass Health Network on May 13, 2023 as they compete head to head in various "Minute to Win It" games at Team Up for Mental Health in St. Charles.

Enjoy a tailgate party from 5pm - 6pm. Teams gather together and begin playing at 6pm.

Each team consists of six people and no skill is required. Just come and have a great time for a great cause!

[Register Online](#)



On Friday, May 5th, 2023, join Bridgeway in a galaxy . . .not so very far away (Frontier Park, St. Charles) . . . join the rebellion, save the empire, or at least raise funds and awareness for Bridgeway's Domestic Violence Programs. Please join us for a 5K and compete against your fellow Jedi. All participants will receive a glow-in-the-dark t-shirt and finishers medals for the first 650 5K participants.

StarWars costumes are welcome and encouraged! All kids participating will receive a participation ribbon. Come for the run. Explore the Star Wars Inflatable. Stay for QuesaDon's. [Click](#) for more info and to register.



Registration now open! It's not how far we walk at NAMIWalks St. Louis on Saturday, May 13 at Creve Coeur Park, but how far we've come to make our milestones count. With your support and high spirits, we intend to make an unprecedented impact on mental health in our community.

NAMIWalks 2023 represents a powerful chance to leave a significant mark on the local mental health landscape.

[Sign Up Today!](#)

Coming in 2022:



988

National Suicide Prevention Lifeline

If you see something, say something.

Call the Missouri Child Abuse & Neglect Hotline
1-800-392-3738




Youth IN NEED

It's not hard work...
It's *heart* work.

MARCH 23, 2023
12PM - 4 PM

1815 BOONE'S LICK RD
ST. CHARLES, MO

RUNAWAY/HOMELESS YOUTH PROGRAMS JOB FAIR

RSVP NOW by scanning the QR code or following the link: forms.office.com/r/JQLLTf4Z4T
 RSVPs **not** required, but appreciated.



• AMAZING Benefits
 • PAID Time Off
 • STRENGTHS-BASED Culture
 • COMMITMENT TO RACIAL EQUITY

For more information, visit our website: www.youthinneed.org or email Careers@YouthInNeed.org

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



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