





Hallway leading from original office to the addition.



Office space for Jeanne, the CCBR's Program Specialist.



Small conference room for staff use.



In March, the CCRB Board approved a second round of ARPA funding for approximately \$1 million. There are three broad categories of funding allowable: direct grants to agencies to compensate for lost revenues during the pandemic, capital projects, and direct services or programs for youth. Funds must be used in response to COVID impact on clients, services, or staff. For questions relating to the application, contact [Michelle McElfresh](#) at 636.939.6200.

**The application is due by 2:00 p.m. on Monday, April 24, 2023.** Agencies currently not funded by the CCRB will need to request access to the CCRB's submission portal.

Interested in applying for 2024 CCRB Services funding? Click the image to view and download our Services Funding for New Programs tutorial.

# 2024 SERVICES FUNDING FOR NEW PROGRAMS

Community & Children's Resource Board  
of St. Charles County  
[www.stcharlescountykids.org](http://www.stcharlescountykids.org)



## 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 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.

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.



**2024-2025  
CCRB CORE  
FUNDING CYCLE**  
Opens May 1, 2023 for  
New Programs



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

## Mental Health News

1 in 10 children will be sexually abused before their 18th birthday.

[The Child Advocacy Center of Northeast Missouri's](#) child abuse prevention specialist will walk you through the reality of child sexual abuse and how you can protect your child. This program is for parents or caregivers of children of any age.

Parents & Caregivers will:

- Identify signs and symptoms of child sexual abuse
- Appropriately respond to a child that discloses abuse

**Protect Your  
Child From  
Sexual Abuse**



Additional resources include:

[Mandatory Reporter Training](#), April 20  
[Preventing Predators in the Workplace](#),

- Learn sexual abuse prevention tips

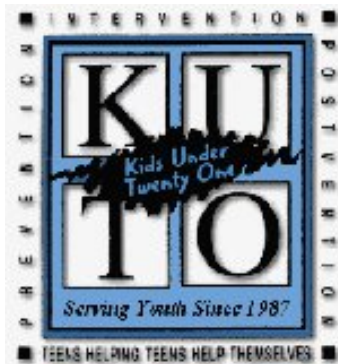
April 26

[Keep Your Kids Safe Online](#), April 27

April 13, 2023, 6:00 PM

[RSVP here](#) to register and receive the Zoom link.

The Child Advocacy Center hosts monthly events covering a range ways to help adults prevent sexual abuse of children.



## Kids Under Twenty Offer Suicide Prevention & Support

Suicide is a serious public health problem. Prevention specialists agree suicide can be prevented and its impact reduced in much the same way that deaths due to drunk driving, HIV/AIDS and drug abuse have been.

KUTO activities reach a cross-section of young people and caring adults. These efforts include awareness, prevention and intervention classroom presentations for middle and high school students; parent and teacher education; gatekeeper trainings and encouraging the community to adopt the public

health approach to better recognize suicidal behaviors and prevent loss of life to suicide. Classroom or workshop presentations are flexible and easily customized to be age appropriate and best meet the needs of the audience.

Presentation topics include:

- Stress and Coping Methods ~ recognizing stress triggers and ways to cope
- Teen Depression ~ warning signals and how to help
- Crisis Intervention ~ recognizing and managing a “crisis” situation
- Adolescent Suicide ~ facts and fallacies, warning signs and intervention strategies
- Field Training ~ gatekeeper and suicide prevention training for all ages
- Prevention Materials ~ flyers, posters, Helpline cards, handouts
- Referral for community service agencies and mental health care providers

To schedule a KUTO facilitated presentation, please send an [email](#).

If you or someone you know is in crisis or needs help, call the KUTO Crisis Helpline:

Toll-free 1-888-644-5886

Open everyday after 4p.m. CST ~ Staffed by trained youth volunteers.

## Helping Youth Build Healthy Social Media Habits

According to a Pew Research Center study, 95% of youth say they have access to a smartphone, and the percentage who say they’re “almost constantly” online has reached 46%, roughly doubling over past eight years. The same study reports the top social media platforms among teens are YouTube, TikTok and Instagram. Their Facebook usage has dropped significantly, from 71% in 2015 to 32% today.

How teenagers manage and use social media is a complicated topic.

[Read the Article](#)



**Talk with children and youth about how social media impacts them and their thoughts, feelings and actions.**

MHFA USA Founding Partner  
**Mental Health  
FIRST AID  
MISSOURI**  
from NATIONAL COUNCIL  
FOR MENTAL WELLBEING





### **The Sparrow's Nest Childcare Cooperative**

The Sparrow's Nest Childcare Cooperative 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.

Our goal is to create a positive and safe environment where children and parents can learn, grow, and develop into the unique individuals that God created them to be. We want to support families who are facing economic challenges by providing education, resources, and empowerment to both parents and children.

[CLICK HERE](#) to learn more.



### **Foster & Adoptive Family Resources**

Looking for services to support adoptive and foster families and caregivers? The Foster & Adoptive Care Coalition supports families and the St. Louis community by providing resources during this difficult time with COVID-19.

These resources are available thanks to a combination of local and state government programs, non-profit agencies, service providers, and more. We will work to continually update the information as more opportunities come on line or additional needs arise.

Please know, the supports are not comprehensive but designed to quickly connect our St. Louis Metro and Metro East community with tools for addressing immediate needs. As neighbors, family members, residents, and friends, we must all do our part – as one city – to support one another during this difficult time.

[What's Available](#)

## **Features of the Month**

### **Duff takes Helm at CHADS Coalition**

CHADS Coalition for Mental Health is pleased to announce the appointment of Tom Duff as the organization's new Chief Executive Officer. He began the role on February 27, 2023, with transition support from founders Marian and Larry McCord. Marian retired on March 31, 2023.

Tom brings over 20 years of non-profit experience to our organization. He has served at the executive level for the past 9 years and comes from his role as Executive Director of Saint Louis Counseling (formerly Catholic Family Services), focused on supporting healing and



improved mental health for families and children of all backgrounds through professional counseling and psychiatric services.

Previously, Tom served as the Treatment Director of United Methodist Children's Home, and Nexus Clinical Supervisor at Indian Oaks Academy. He is skilled at building long-term strategic partnerships and is known for his ability to connect with teams, volunteers, and supporters to create a positive organizational culture and community impact. Tom is a graduate of the University of Illinois Urbana-Champaign and Illinois State University, and is also a Licensed Clinical Social Worker. He is passionate about saving young lives and spreading the awareness and prevention of depression and suicide.

The CHADS team is confident in Tom's ability to further their mission and guide CHADS to continued growth!

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## Slaughter to Lead Big Brothers Big Sisters

Big Brothers Big Sisters of Eastern Missouri's Board of Directors selected Kristen Slaughter, BBBSEMO's Chief Operating Officer as its President & CEO. Slaughter has acted as Interim CEO since Becky James-Hatter's retirement in December 2022. "



For 21 years, Slaughter has grown with BBBSEMO and has experience in every facet of the agency. Her career here began as the Director of Business Development. She was then promoted to the Director of Schoolbased Programs, where she grew this program from its infancy of approximately 75 mentoring relationships to a program with the capacity to serve hundreds of children. In 2005, she was again promoted to the Senior Vice President of Accountability, then to Chief Operating Officer in 2015. Slaughter oversaw a multi-disciplinary team that handles all Finance and Administration of a \$6 million budget, IT, Facilities, Human Resources, Data and Performance, Policy Compliance and Grant proposals of over \$3 million annually.



Slaughter's hard work, dedication and commitment to excellence contributed to the agency's #1 Quality Award from Big Brothers Big Sisters of America for the past 10 years. Slaughter's dedication is also evident in her time spent as a Big Sister. For 20 years she has maintained a strong relationship with her Little Sister Kiara. Slaughter commits time to serve with her sorority Gamma Phi Beta and was the Chair for their National Convention this past summer in St. Louis. She has a spirit of giving and has been active with various other volunteer roles for the past 25 years.

## 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](#)

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**NO COST COUNSELING**

- ✓ Telehealth, In-Person, & School Based Options
- ✓ All Children Eligible Under the Age of 19
- ✓ Must Live in St. Charles or St. Louis County
- ✓ Aimed to assist a wide variety of mental health concerns

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, they 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.



Project Safe Place is a national crisis prevention program for children and teens. Youth In Need is the regional provider of Safe Place services in the eastern Missouri. If a young person needs help for any reason, they can go to any business displaying the yellow and black Safe Place sign.

Sites include all QuikTrips, Walgreens, Gateway Region YMCAs, St. Charles City-County Libraries and most Fire Departments as well as all Metro buses and trains in Missouri. All sites are trained to call a designated help line, and a Safe Place case worker will immediately be sent to assess the situation, provide assistance, and, if necessary, pick up the youth and transport them to a shelter. Project Safe Place is a great way for children and teens in our area to easily access immediate help when a situation has become dangerous.

Why would a young person need Safe Place help? If they are: A runaway, lost, in danger, being abused, locked out of the house, kidnapped, having trouble at home or school, avoiding a bully, on an unsafe date or in the car with an unsafe or drunk driver.



### Resources from MPACT about Autism

MPACT provides tools that help parents understand what autism is and is not, identify the early signs of ASD, navigate the process of requesting an educational evaluation, understand how the Individuals with Disabilities Education Act impacts educational and related services, and assure access to a free and appropriate public education in the least restrictive environment in becoming the best advocate for their child.

Missouri Eligibility Criteria for Autism Fact



### Prescription Drug Disposal Bags and Safe Disposal

Drop off unused medications at police stations or pharmacies that participate in take back programs. [Click here for](#)

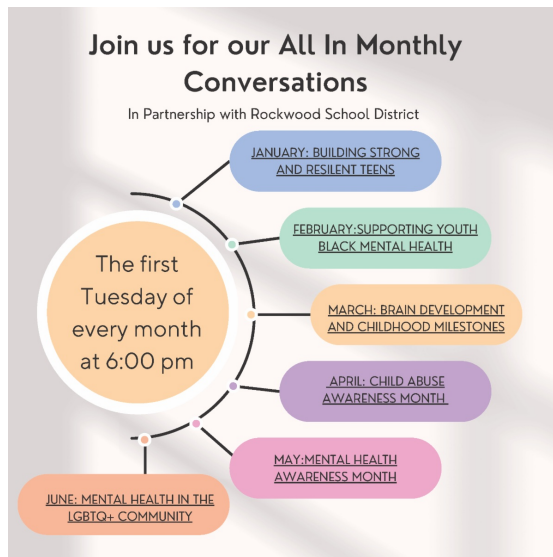
Early Signs of Autism Fact Sheet  
Click [HERE](#)

Do you need help locating area ASD resources? Click [HERE](#) to view the Missouri Department of Mental Health's autism resource sheet.

Medications can be mixed in with used coffee grounds or kitty litter and thrown away.

For simple, at-home disposal, contact [Amber Campbell](#) to get a free drug disposal pouch.

In an emergency, flush medications down the toilet.



### Overdose Education and Naloxone Distribution Training

This series of one-hour trainings is designed for professionals and anyone else working with individuals who are at risk of experiencing or witnessing a heroin/opioid overdose.

Topics include a discussion of opioid use disorder (OUD) as a brain disease, the landscape of the opioid epidemic, risk factors and harm reduction strategies, and how to respond to an overdose, including the administration of Narcan/naloxone.

Trainings are free, but registration is required. Courses with no registrants will be cancelled, and additional training opportunities are available upon request.

### CHADS ALL IN Conversations: May Mental Health Awareness

This month, [CHADS Coalition for Mental Health](#) will discuss the prevalence of mental health disorders in our teens and the importance of seeking treatment early to avoid worsening of symptoms and illnesses.

Join the online conversation on **May 2 at 6 PM.**

[ONLINE TRAINING VIDEOS](#)

[Register Here](#)

## Important Dates

### April 2023

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

### May 2023

- 5/01 - Mental Health Awareness Month; Foster Care Awareness Month
- 5/01 - CCRB Services Funding Concept Paper opens for New Program Proposals
- 5/7-5/13 - Children's Mental Health Week
- 5/15 - CCRB Concept Papers for New Programs due



- 5/22 - CCRB Board Meeting at Youth In Need, located at 1815 Boone's Lick Road, St. Charles. All meetings are open to the public.

# News from the Field



## New Grant Opportunities for MHFA

The Substance Abuse and Mental Health Services Administration (SAMHSA) recently announced several funding opportunities, totaling almost \$50 million, with fast-approaching deadlines. These opportunities will help eligible organizations expand Mental Health First Aid (MHFA) to more schools, first responders, veterans and other communities, ensuring more people have the tools they need to offer support when someone is experiencing a mental health or substance use challenge. Learn more about the grants and who can apply, attend our webinar on April 5 (12-1 p.m. ET) to learn how these funds can be used to expand MHFA.



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.

**April is Child Abuse Prevention Month**

In Missouri, 8 children experience abuse every hour.

The Saint Louis Crisis Nursery works everyday to prevent child abuse. 99% of children at the Nursery remain with their families and do not experience abuse.

Donate or Volunteer to help Save Babies' Lives, Keep Kids Safe and Build Strong Families

For more info scan here.

Like and Follow us!

- saintlouiscrisisnursery
- stcrisisnursery
- stcrisiskids

**MENTAL HEALTH for all**

**NAMI Walks St. Louis**

**2023 Saturday, May 13**

Save the Date

Creve Coeur Park  
Tremayne Shelter  
13725 Marine Ave.  
Maryland Heights, MO 63043

**Check out** the Saint Louis Crisis Nursery's events and activities throughout

Registration now open! It's not how far we walk at NAMI Walks 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

all of April and Child Abuse Prevention Month. There are a variety of ways to support the Crisis Nursery: participate in one of the givebacks, donate to a drive, setup a "Pinwheel Garden" of your very own, and much more!!!



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](#)

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!](#)

during the holidays  
**Boundaries Can Sound Like...**

- I'm not able to attend this year.
  - I don't feel comfortable attending if so-and-so will be there.
  - I appreciate the invite but this year I'm be staying home.
  - I would love to bring that dish but my schedule is full. Maybe next time?
  - I can't make it. Can we plan something later this year?
  - Thank you for thinking of me but I can't.
  - I can come but I have to leave by...
  - I feel un-comfortable when...
  - I'm not discussing politics.
  - I don't feel comfortable talking about that right now.
  - I can host, but I need volunteers to help with...
  - I need some time to decompress upstairs/ in my car/ outside.
  - My weight is not a topic for discussion.
  - I'm focusing on my mental health & doing xyz...
  - I can do xyz instead, would that work?
  - Last year was stressful, could we try...
- SelfLoveRainbow

[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**

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

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