



Preparing all youth and families
to realize a brighter tomorrow.

CARING FOR KIDS - July 2023

Hello Anna,

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.

What's Happening at the CCRB?

Summer is here! Which means it's the season for holidays, heat, and our funding applications.

At the CCRB, we have been busy strengthening our community relationships while keeping in mind our mission is to serve youth and families of St. Charles County. Here's a look at what we are working on and have accomplished in 2023 thus far.

- **2023-2025 Strategic Plan** was approved at the May 22 meeting. The strategic plan focused on succession planning as the agency prepares for Bruce's retirement in July 2024 and revising the grant process. We look forward to putting the plan into action.
- **Zengine application portal** was introduced to agency partners and prospective applicants for the 2024-2025 funding cycle. Concept papers for new and existing programs were submitted by May 15. Staff received 10 applications for new programs and all CCRB partners expressed their intent to re-apply for funding. Applications are due by 2:00 p.m. on August 15.
- **The Center for Advanced Professional Studies (CAPS)** invited Bruce and Michelle to present a request for proposal to the students on May 8 for ideas to

create a career path into the behavioral health and social work fields. Students presented their ideas at the end of the week. Follow-up will be completed in the fall.

- **The CCRB** received 54 applications for additional ARPA funds, for a total of \$2.6 million requested. Subcommittees met and made their recommendations and in May, the Board approved the distribution of \$1.1 million, which expends the full amount of ARPA funds granted to the CCRB. The awards will fund capital projects to improve service delivery and salary increases to retain qualified agency staff so they can continue to provide high-quality mental health-related services.

If you would like more information about these activities, please [reach out to the office](#).



[Read the report](#)

Announcing the 2022 Annual Report

The CCRB is excited to share the release of our 2022 annual report. In the report you'll find:

- Program impact stories about the work being done by our agency partners
- A full listing of program expenditures made in 2022
- A snapshot of our finances and investments
- A look back at the convenings, events, and fun that was had in 2022

[Download](#) your copy today and learn about the impact your tax dollars has for youth, families, caregivers, and professionals in St. Charles County!

Program IMPACT



Boys & Girls Clubs staff, Desmond and Karen celebrate Hawaiian

Through prevention education and academic support, **Boys & Girls Clubs of St. Charles County** staff are working to combat the rise in adolescent suicides, drug abuse, and economic instability. The success of these efforts rests largely on our ability to retain quality staff who develop lasting relationships of trust with our Club members. The CCRB's commitment to funding our programs allowed our Board of Directors to make financial compensation a priority. A direct impact of this investment was the ability to create a staff position whose primary responsibility is to coordinate food, housing, and social-emotional support and resources for families, as well as directly support specific programs included in our program outcomes goals.

The growth in Club member retention is a positive sign of overall agency growth. The CCRB's involvement in and support of these events has contributed to successful partnerships with other youth serving organizations and provided access to more resources for our families. Youth in Need provided trained and licensed therapists to serve our clients during our summer camp program. In September 2022 the Club partnered with the Francis Howell School District to serve 40 students who benefited from our services.

Mental Health News



**The Benadryl
TikTok
Challenge**

What is it?

Teens take 12-14 pills of Benadryl to get high and hallucinate for videos on social media.

Dangerous Internet Challenges – Understanding Their Appeal to Kids Teens on the Internet

Internet challenges can be fascinating to teens, who can be both impulsive and drawn to behavior that gets attention – especially in social media.

Some social media challenges, like the ALS ice bucket challenge or the mannequin challenge, can be fun and positive activities. But other challenges that pop up on the internet are dangerous and can lead to permanent harm.

You may have heard of social media trends like the Tide pod challenge, the choking game or "blackout" challenge, the cinnamon challenge or the salt and ice challenge. Then there's the Benadryl challenge and another that involves cooking chicken in NyQuil (the Sleepy Chicken challenge), which prompted the U.S. Food & Drug Administration to warn against the dangers of medicine misuse.

[Read full article](#)



Study Shows Benefits of Creativity for Youth Mental Health

Young people who engage in creative activities report a reduction in feelings of stress or anxiety, according to a new study. The Adobe Foundation and National Alliance on Mental Illness, or NAMI, found more than 60% of young people surveyed reported an improved sense of confidence through painting, writing or any form of creative expression.

Fredric Miggins, NAMI senior manager, Field, Allies & Professionals, said improving access to creative activities could help turn the tide on a youth mental health crisis.

"Creative expression is something that just about anyone can engage in - in-person or online," he explained. "This makes it one of the most accessible ways for people to invest in supporting their own mental well-being."

[Read full article](#)

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



safer, healthier relationships
for children and families

Adoptive, Foster, and Kinship Parents

FamilyForward offers free classes for parents and caregivers. This month's classes include:

- Spaulding - Making the Commitment to Adoption - July 11, 18
- Prioritize Your Partnership (Virtual) - July 17, 24, 31
- Conquering the Stress Monster (Virtual) - July 21

To register, call 314.968.2350 ext. 7234 or email intake.dept@familyforwardmo.org.

Visit familyforwardmo.org/calendar to view the full training schedule and to sign up for the LifeLines email newsletter.



Virtual Mental Health Awareness Education

Parents/caregivers with a better understanding of mental health will feel more confident in facilitating open communication with their children and helping them understand how to express their thoughts and feelings productively.

We are offering FREE virtual NAMI Ending the Silence presentations for Parents and Caregivers with middle or high school aged children. Each presentation covers the importance of recognizing mental health conditions, identifying warning signs, facts and statistics, and how to talk with your child and work with school staff ☐

St. Charles County Presentations:

- Thursday, July 13th
- Monday, July 24th

Sign up today so you don't miss the opportunity to grow your mental health awareness and knowledge! [Registration](#) is FREE and easy to do!



FREE FAMILY EVENT

- SCHOOL SUPPLIES • BACKPACKS • GAMES • LUNCH •
- AFTER SCHOOL REGISTRATION • TRANSPORTATION SIGN UPS •
- COMMUNITY VENDORS • MEMBERSHIPS •

GREAT FUTURES START [HERE](#).



BOYS & GIRLS CLUBS
OF ST. CHARLES COUNTY

EVENT DETAILS

July 22 | 10AM-1PM
O'Fallon Unit
1 Club Way
St. Peters, MO 63376

July 29 | 10AM-1PM
St. Charles Unit
1211 Lindenwood Ave.
St. Charles, MO 63301



Back to School Fair for Wentzville School District

Saturday, August 12, 2023, from 8- 11 a.m. at Liberty High School.

The event is free for District families and will feature dozens of vendors (last year 50 vendors participated), free school supplies, games and fun activities for children. MOChip will be on hand once again this year to provide free child identification kits for children.

"The Back to School Fair is designed to bring together local businesses, community groups, and our District families in one place to share valuable information, discounts and

free school supplies in a fun and festive atmosphere," said Chief Communications Officer Brynne Cramer. "It is beneficial to our families and our community and it's a tremendous way to kick off the new school year."

While the event is free, District families are encouraged to bring a non-perishable food item to donate to Operation Food Search, which serves local families in need.

Birthright
St. Charles

DIAPER DAYS

Fridays 10 AM - 2 PM
June 2- August 25, 2023

2125 Bluestone Dr.
St. Charles, MO 63303
636.724.12004

In collaboration with
Books for Newborns

Free Diapers sizes 1-4,
wipes and books to enjoy with your baby.
No appointment necessary.
While supplies last!

St. Charles City-County
Library a kaleidoscope of discovery

LUNCH @ THE LIBRARY

Monday – Friday June 5 – August 18
Noon – 1:00 pm

Kathryn Linnemann Branch | Middendorf-Kredell Branch

Free Lunch for all kids 18 and under.
Lunch will be distributed and eaten inside the library.
Child receiving the meal must be present.

NO REGISTRATION REQUIRED

SPONSORED BY
Operation Food Search

Our **Kathryn Linnemann** and **Middendorf-Kredell Branches** will be hosting **free lunches** this summer for children 18 and under. Lunches are made available in partnership with Operation Food Search.

Meals must be eaten in the Library, and the child receiving the meal must be present.

Registration is not required.

Keeping Kids Safe in the Heat!

- Never leave infants or children in a parked car, even if the windows are open.
- Whenever possible, dress infants and children in loose, lightweight, clothing.
- Make sure they're drinking plenty of fluids.

It's important to watch young children closely on hot days. Call your pediatrician or seek medical care right away if you think your child may be sick from the heat.

We are here to help!
If you are worried about keeping your children safe in the heat, call the Crisis Nursery at 314-768-3201

Did you know? A child's body heats up 3 to 5 times faster than an adult's!

For a list of cooling centers in our region, call United Way's 211 or visit Missouri Cooling Sites for a list of local places to cool off.

If you are worried about keeping your children safe in

MPACT JULY 2023 TRAININGS:
Sign up for our free trainings!

HELLO JULY!

MPACT offers parents and students a variety of online and in-person training related to the Special Education process.

ONLINE TRAININGS:

- Transitions from Early Childhood to Elementary School
July 17 @ 9:00 - 10:30 AM
- Transitions from Elementary to Middle School
July 18 @ 9:00 - 10:30 AM
- Transitions from Middle to High School
July 19 @ 9:00 - 10:30 AM
- Positive Behavior Interventions: Challenging the School to Prison Pipeline
July 25 @ 6:00 - 7:30 PM

IN-PERSON TRAININGS:

- Understanding the Evaluation Process
July 13 @ 5:00 - 6:30 PM
Location: Foster Adopt Connect 1802 West 32nd Street Suites F & G Joplin, MO 64804
- Special Education Law
July 15 @ 11:00 - 12:15 PM
Location: Mid-Continent Public Library, 12930 Booth Lane Grandview, MO 64030
- Dispute Resolution
July 15 @ 12:15 - 1:30 PM
Location: Mid-Continent Public Library, 12930 Booth Lane Grandview, MO 64030
- Section 504
July 27 @ 12:00 - 2:00 PM
Location: 675 East Mount Vernon Boulevard, Mount Vernon, MO 65712

Register for these trainings at:
<https://www.missouriparentsact.org/training/>
or scan the code with your mobile device

Contact MPACT via the contact form [HERE](#). You can also call 800-743-7634 or email info@missouriparentsact.org

Check out the FREE MPACT trainings during July! Register [here](#).

- the hot temperatures, we
- re here to help! Call our
- 4-hr Helpline at
- 14-768-3201.

Important Dates

July 2023

- 7/24 - CCRB Board Meeting, 8 AM hosted by St Charles County Ambulance District at 2000 Salt River Road, St. Peters

August 2023

- 8/15 - 2024-2025 Applications for Funding are due by 2:00 PM
- 8/28 - CCRB Board Meeting, 8 AM, hosted by TREE House of Greater St. Louis, 332 Stable Lane, Wentzville

News from the Field

County Update with St. Charles County Executive

Be sure to join the Community Council of St. Charles County for the August Network Luncheon and get an update on all things St. Charles County from St. Charles County Executive Steve Ehlmann. For the month of August only, they will be host the Network Luncheon at the Community Commons at Spencer Road Library.

community council
Network Luncheon

County Update with County Executive Steve Ehlmann

Register Now

Thursday,
August 3, 2023
11:15am - 1:00pm



*** STEVE ***
EHLMANN
ST. CHARLES COUNTY EXECUTIVE

Community Council invites our members, partners and other community members to gather for networking and to learn about services and programs available in our community. These luncheons will be topic specific and focused on education and available resources on a particular topic.

Please [register](#) by August 1



Crisis Nursery Renames Facility

The North City Family Empowerment Center is now known as The William F. Siedhoff Family Empowerment Center! Bill Siedhoff has had a long and distinguished career demonstrating a lifelong commitment to serving children, families, and individuals needing assistance. Over 40 years, he held a

unique blend of leadership roles in the public, not-for-profit and private sectors.

Bill has been involved with the Crisis Nursery for over 30 years and has served as the Chair of the Advisory Board for over 20 years, and his guidance and support have been instrumental to the Crisis Nursery's success.



Students Raise \$2,500 for The Care Service

Sts. Joachim and Ann Catholic School raised more than \$2,500 for Sts. Joachim and Ann Care Service with its annual Egg Roll competition. Led by the school's 8th Grade Student Council, students purchased plastic eggs which were rolled in a series of races for a good cause.

"Having The Care Service right next door, offers our school a unique

opportunity to put our faith into action by having the students participate in service projects to help those in our community that are in most need," said Eileen Emery, Learning Consultant with Sts. Joachim and Ann School. "It helps our students realize that there are people right in their own backyard that need help."

"Students also learn that even kids can help make a difference in someone else's life, no matter how small or big their donation," said Emery.



A Big Day for PreventEd: May 5th

Gerald, a PreventEd team member, celebrated 20 years in recovery AND the state designated PreventEd as a Recovery-Friendly Workplace!

We celebrated with a party with lots of BBQ made by Gerald, coffee and cookies from Coffee Culture, and a celebration with community members.

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

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



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