



Preparing all youth and families
to realize a brighter tomorrow.

CARING FOR KIDS - May 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?



Spring is a time of renewal and opportunity as the weather begins to warm and nature emerges from winter. 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 read at our April Board meeting. We will vote on it at the May Meeting on May 22.

- **Zengine Online Database Opened!** Our new online portal for applications and management opened. All applicants (new or existing) must create a profile and submit Concept Papers by **May 15 at 2pm.**
- **Mental Health Resource App** for youth continues with an expected release date of Summer 2023. The app will be built by St. Charles County CAPS students.
- **Spanish CCRB Brochures** were created for our Spanish speaking neighbors and is available [here for download](#) and printing.

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



CCRB Welcomes Anna Muhm Administrative Assistant

Anna brings over 15 years of administrative experience with her, including social media, website design, and bookkeeping. Anna earned a Master of Arts in Education and BA in Psychology from Truman State University. She is the mother of an autistic child and is a champion for accessible children’s mental health and behavioral services.. A St. Louis City native, Anna is a crafter, conservationist, and writer whose extended family has deep roots in St.

Charles. She is excited to join the CCRB and learn more about the St. Charles County System of Care community.

2024-25 Funding Cycle Opened May 1!

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 opened on May 1 with the release of our new online database and portal, Zengine. All new agencies and existing core partners will need to create a profile on Zengine. A Concept Paper for each program will need to be filled out. Programs which currently receive funding will be asked to answer one question, while new programs will need to submit an entire Concept Paper.

All programs (existing and new) 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.

Click [here](#) for examples of Concept Papers and links to access to the Zengine portal.



The flyer features the CCRB logo at the top left, which includes a stylized figure of a person with arms raised. The text reads "CCRB the community and children's resource board of st. charles county". Below the logo, the main heading is "BOARD MEETING" in large white letters. The date and time are "MON MAY 22, 2023" and "8:00AM" in green. A decorative floral border is on the left side. The text "Meetings are open to the public" is in green, followed by the website "www.stcharlescountykids.org" and "to view the agenda" in white. The location is listed as "Youth in Need, 1851 Boone's Lick Rd, St Charles 63301". The background of the flyer shows a conference room with several tables and chairs.

Mental Health News

May is Mental Health Month

Our children's mental health is vital to their wellbeing. This May we focus on mental health and the many resources available for parents, families, and schools.

Mental Health America has a great toolkit for social media websites and emails to help get the word out about mental health. It is available in both English and Spanish by [clicking here](#).

Take a mental Health Screening from MHA by [clicking here](#).

LOOK
AROUND,
LOOK
WITHIN

A strong sense of community within neighborhoods protects mental health through shared support, resources, and joy.



DOWNLOAD THE MENTAL HEALTH MONTH 2023 TOOLKIT: [MHANATIONAL.ORG/MAY](https://mhanational.org/may)

At www.mhanational.org you can also

- learn about how your surroundings affect well-being,
- find free tools for spreading mental health awareness,
- access new DIY worksheets,
- participate in virtual events throughout the month,
- and more!

NAMI & Baseball

Join us as the St. Louis Cardinals host their second annual mental health awareness night, as a part of their special theme night

promotions for the 2023 season. Tickets purchased through the NAMI St. Louis website will be located in the left-field porch. This is a covered, semi-private porch area. Each ticket purchased includes a mental health awareness Cardinals hat and a FREE hotdog and soda voucher.



Join NAMI St. Louis & St. Louis Cardinals to celebrate

Mental Health AWARENESS NIGHT

Tuesday, May 16th
Busch Stadium

To secure your tickets, please visit namistl.org/event/cardinalsman/

*Fans purchasing a special Theme Ticket will receive a Cardinals Mental Health Awareness cap. A portion of each ticket sold will be donated to NAMI St. Louis.

FREE CARDS MENTAL HEALTH AWARENESS CAP WITH TICKET

NAMI St. Louis x St. Louis Cardinals

Play Ball Here!



Saint Louis Crisis Nursery's 2023 Annual Conference

Friday, June 23rd 8:30am-12:30pm

We will be returning to an in-person event this year and are pleased to share that the conference will take place at the St. Louis Kaplan Feldman Holocaust Museum.

Each year, we work to provide the community with a FREE professional development opportunity that focuses on emergent trends, best practices, and knowledge to help us continue to be the very best at child abuse and neglect prevention. This year is no different and features a lineup of incredible speakers and regional experts discussing advocacy and equity, safety and suicide, empathy and communication, and positive psychology. Learn more by [clicking here](#).

Features of the Month

Tiffany Lacy Clark Named New CEO at BHR



Effective May 1, Tiffany Lacy Clark will become the president and CEO of Behavioral Health Response (BHR), succeeding Pat Coleman who has been with the organization for over 25 years, and ten years as president and CEO.

Since 2020, Lacy Clark has served as chief operating officer for BHR. She brings 20 years of experience in behavioral health and business administration and is passionate about mental health.

Lacy Clark was instrumental in developing BHR's successful partnership with St. Louis City and St. Louis Metropolitan Police Department. Called 911 Call Diversion and Crisis Response Unit, this innovative program sends 911 mental health calls to BHR's trained clinicians for support. If necessary, a clinician accompanies law enforcement to a crisis to help reverse the cycle of outcomes for individuals with mental health disorders. The program's objective is to divert those in mental health crisis from jail and provide the right behavioral health resources to live a healthy life and contribute to society.

Boys & Girls Club Soccer Event

U.S. Sports Camps, Nike, & US Soccer Federation teamed up to partner with Boys & Girls Clubs of St. Charles County to host a soccer activation for youth aged 6-12. The soccer activation was designed to introduce kids to the sport of soccer and provide them with the opportunity to learn from experienced coaches. The following Tuesday, Club kids & staff were treated to the experience of a lifetime. Members & staff traveled downtown to watch the US Women's National Team play Ireland. The USWNT brought home a win, and so did the Club.

[Read the Full Article Here](#)



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](#)



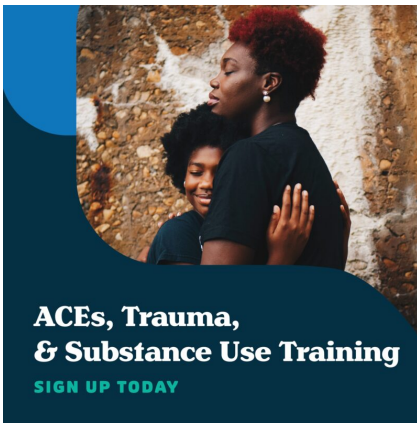
Statewide Gathering Friday 5/12 11:00am

The Missouri Association for Infant and Early Childhood Mental Health is sponsoring a Statewide virtual training to talking about the important

of infant and early childhood mental health.

Missouri celebrated its Endorsement Kickoff last month. We will learn more about Infant Mental Health & what Endorsement means for you!

[Register Here](#)



Trauma and Substance Use Prevention Training

During this training by PreventEd, attendees will learn about ACEs (Adverse Childhood Experiences), the impact trauma can have on children throughout their lives, and how trauma correlates with substance use. Attendees will hear about actionable steps to take to avoid re-traumatization and help identify/refer individuals experiencing the effects of trauma.

Anyone is welcome to attend, but there will be a discussion of trauma which may trigger some individuals who have experienced trauma or other mental health issues in their lives. This training is free, but [registration](#) is required.

Parent Training & Classes

May classes include these and more:

- May 11- Prenatal Drug & Alcohol Exposure
- May 19 - When You Worry Too Much
- May 22 - Healthy Relationships



safer, healthier relationships
for children and families

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

Important Dates

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.

June 2023

- 6/01 - Pride Month
- 6/01 - CCRB Services Funding Applications open
- 6/25 to 7/1 - National Boys & Girls Club Week
- 5/15 - CCRB Concept Papers for New Programs due
- 6/26 - CCRB Board Meeting at Community Living, Inc, located at 1040 St. Peters Howell Road, St. Peters 63376

News from the Field

Shower of Love

During the month of April, throughout St. Charles County, many organizations helped prevent child abuse by donating baby care supplies to Shower of Love - a community-wide baby care drive benefiting



non-profits in St. Charles County. All provide programs that support moms and babies in crisis or living in poverty.

Messiah Lutheran Church on Highway 94 and **St John United Church of Christ** on Fifth Street are just two of the many partners who collected over 45 packages of diapers, 80 packages of wipes and everything else from sippy cups to diaper cream to onesies and pacifiers.

Thank you all for supporting our littlest neighbors!



Foster & Adoptive Care Small Group Therapy

With the support of CCRB, Anne Zink, from the Foster and Adoptive Care Coalition, is positively impacting the lives of foster and adoptive families in the St. Charles community. She's used her expertise in Dyadic Developmental Psychotherapy to equip over 80 regional parents with skills to manage challenging behaviors in children impacted by foster care and complex developmental trauma through DDP Parent Labs.



Parenting a child with complex developmental trauma can be incredibly daunting and lonely. Through small group sessions, this program fosters an environment where parents can connect, learn from one another, and receive the necessary resources to become therapeutic parents. With an emphasis on self-care, empowered parents can make a significant difference in their children's lives.

If you're a foster or adoptive parent struggling to navigate the challenges of raising a child with complex developmental trauma, don't hesitate to contact Anne Zink at annezink@foster-adopt.org or 314-806-2025 to enroll in or learn more about DDP Parent Labs. This could be the support you've been searching for.



Making the Zoo a Sensory Friendly Experience

The St Louis Zoo is committed to creating an inclusive and welcoming environment for all of our guests, including those with sensory needs. The Saint Louis Zoo has earned Sensory Inclusive™ certification through a partnership with KultureCity, a nationally recognized nonprofit that provides sensory inclusion training and tools to venues and large-scale events.

The Zoo is pleased to offer sensory backpacks for individuals with sensory processing challenges.

These backpacks include noise-canceling headphones, weighted lap pads, fidgets and more. They are free to use and are available for checkout at the Welcome Desks, which can be found at the North Entrance and South Entrance of the Zoo.

[Learn More here](#)

[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](#)

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