



Preparing all youth and families
to realize a brighter tomorrow.

CARING FOR KIDS - August 2023

Hello Anna,

August has arrived and school is on the mind of many families and educators as they prepare for a new school year. News from our service partners tells us students are experiencing increased anxiety, emotional outbursts and dysregulation, and depression. Vandalism and discipline incidents have increased in the schools. The CCRB and our service partners are working hard to increase services and make supports available to the schools. To learn more about CCRB-funded services, follow us on Facebook, LinkedIn, or visit our [website](#).

What's Happening at the CCRB?

Orchard Farms and City of St. Charles School Districts Engage ASPEN

The CCRB is excited to collaborate with two of St. Charles County school districts and the ASPEN system developed by the Jefferson County Health Department (JCHD).

ASPEN (Access to Services Providing Essential Needs) is a robust virtual tool that includes a resource directory for multiple community resources, unique behavioral health tools and virtual services. These tools were developed to provide improved awareness of resources and information.



For the past three years, the Jefferson County Health Department has been developing the ASPEN online evaluation system for

mental health risk that students, counselors, teachers, and parents can use. The system alerts school staff of the risk level for a mental health crisis and allows them to develop an appropriate response quickly. The system also possesses a significant **resource directory** of providers who are in network with families' insurance companies.

Representatives from Orchard Farms saw the system demonstrated at a statewide conference and saw the benefits for their student bodies. The City of St. Charles School District was also duly impressed, and they sought inclusion. The ASPEN system is funded through various State and local grants and has been piloted in most of the Jefferson County school districts.

The ASPEN system has a number of key components. Parents must give permission for their children to participate. Once elected to participate, the student, their parents and school personnel can complete a risk assessment. These assessments have been highly vetted for reliability and provide school counselors with the ability to respond quickly by meeting with the student with elevated risk. The system also contains an after-hour emergency response should the assessment be completed in the evening or on weekends. Multiple and appropriate referrals can be then made.

The CCRB's investment in this project will help with the resource development portion. We know that families in crisis need accessible and appropriate resources for the problems they are facing, and our network of agency partners is ready to respond.

LAUNCHING IN SEPTEMBER

Reaching out to the minds of St. Charles County, Missouri youth, **MINDREACH** is free and combines self-assessments, access to mental health hotlines, definitions, parent support, and some fun into a single location. Instead of trying to remember all the phone numbers and organizations that can help when you are in a crisis, all one needs is this app.

With MINDREACH, you can...

- Contact 24/7 Mental Health support via call, text, or chat.
- Fill out self-assessments to learn your risk of anxiety, depression, and more.
- Learn how to help a friend in crisis.
- Take fun quizzes and share the results.
- Share the app with friends.

MINDREACH also includes a section just for Parents to learn about mental health and discover resources to help when a youth is struggling with mental health. Although MINDREACH includes links to national and state hotlines, it was specifically developed for youth in St. Charles County, Missouri. Look for MINDREACH in your Android or Apple store in September.



**EMERGENCY
MENTAL
HEALTH
SUPPORT
FOR YOUTH IN
ST. CHARLES COUNTY
MISSOURI**

Program IMPACT



Carson,* aged 8, was referred to the Counseling program at Lutheran Family and Children's Services (LFCS) due to feelings of anger and stress with thoughts of self-harm. At the start of therapy, Carson exhibited low self-esteem because of his poor academic performance, constant discipline, and few peer friendships.

Through LFCS therapy, Carson learned the cognitive model, emphasizing the impact his thoughts and feelings have on his behavior choices. Carson was then better able to reframe negative thoughts about himself and replace them with more helpful ones.

The LFCS therapist, Carson's mom, and his classroom teacher incorporated a positive reinforcement system to encourage appropriate behavior and social-emotional learning. Because of his hard work in therapy, Carson is free of thoughts of self-harm and able to identify positive traits and qualities about himself. Three words Carson used to describe last school year: *angry, sad, frustrated*; three words to describe this school year: *happy, excited, ecstatic*.

**name changed to protect privacy*

Mental Health News

Poverty negatively impacts structural wiring in children's brains, study indicates



Reducing obesity, boosting cognitive enrichment may improve kids' brain health

A new study from Washington University School of Medicine in St. Louis suggests that growing up in poverty may influence the wiring of a child's brain.

The study, published June 27 in JAMA Network Open, indicates a link between both neighborhood and household poverty and the brain's white matter tracts, which allow for communication between brain regions. White matter plays a critical role in helping the brain process information.

[Read the full article](#)



Community Services Summit Set for October

October 10, 2023, 8:00 am to 3:00 pm

The **Community Services Summit** is a collaborative training at which educators, social workers, first responders, health/mental health professionals and others serving children and families attain information about issues affecting our community and the local resources available to help. Each year, the Summit draws nearly 500 professionals to participate in the Summit, learning about issues including substance abuse, suicide prevention, trauma informed, human trafficking, homelessness, child abuse, therapies and interventions and more.

Along with expert-led, skill-building workshops, Summit participants receive beneficial information from health and human service providers in our extensive Resource Hall.

The Community Services Summit provides professionals valuable resources and information on the topics most critical to working with children and families today. CEUs are also available.

The 2023 Keynote Speaker is Dr. Julie Turner, "Won't You Be My Neighbor? Revisiting What It Means to be Relational - Rebuilding Strong Communities One Block at a Time." Together, we'll reflect on research, surveys, and trends in "neighboring" over the decades, how the pandemic has impacted our emotional health and how we spend our time - alone or with others; and what that means for us, individually and societally.

[More Info](#)



Where to Start: A Survival Guide

Mental Health America recently teamed up with, cartoonist Gemma Correll, to write a book for teens and young adults that takes a jargon-free approach to understanding mental health.

["Where to Start: A survival guide to anxiety, depression, and other mental health](#)

challenges” is a great resource for the young person in your life wondering “ am I okay?”

The book offers clear, honest information about the most common mental illnesses as well as worksheets, a self-assessment test, and tips on talking about mental health. It is a must-have for any young adult library or classroom and comes complete with engaging, humorous illustrations from Gemma Correll.

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

So excited to announce...



**Opening
8/14/23**

ENROLL NOW

the sparrowsnest
CHILD CARE CO-OP

Visit our website
www.thesparrowsneststl.org

Interest Form

The Sparrow's Nest Childcare Cooperative opens on August 14 and will provide free, Christ-centered childcare to families in exchange for one full day of participation in our program per child enrolled. Outside of their day at the Nest, parents are required to work at least 25 hours a week or enroll in an educational program.

The children in our program will receive high-quality care that promotes their healthy development and learning through play. They will also receive early intervention, regular developmental assessments, and age-appropriate therapeutic activities to support their social and emotional growth.

CHADS Coalition for Mental Health offers Social Emotional Well-being services for youth K-12. As a participant in the program, students from grades K-12 will be matched with a CHADS Social Emotional Mentor and meet weekly for 30 minute sessions which follow a curriculum structured on these social emotional learning skills.

Contact CHADS

Q & A

with CHADS SEW Mentor Alanda Anderson

Q: If you could give any advice/tips to parents and caregivers of students in our program, what would it be?



My advice would be to have patience with them. Although they are young, they are experiencing real challenges in real time. Knowing they have support and someone to show them grace and remind them they are loved is needed.

CHADS Coalition
Mental Health
Connecticut's Recovery Resource



Did you know?


44% of teens report that a close friend or family member has used drugs.

Our partners at PreventEd are leading the conversation on alcohol and other drugs. They offer many resources for caregivers and community members, including:

- **Talk about it** talking kits to help start the conversation about alcohol and drugs.
- **Prescription Drug Disposal Bags and Safe Disposal**
- **GuidEd** offers comprehensive evaluations, educational workshops, and counseling for young people up to age 19 and their families.
- **Professional Development**
- **Substance Use Prevention programs for K-12**
- **Youth Leadership** programs

Not My Child

You would never think it could happen to you and your family...until it does.



SCHEDULE A SHOWING NOW

The *Not My Child* film is to help families understand substance use and recovery through stories of lived experience. Hear from parents who have lived through the devastation of watching their child succumb to the disease of addiction.

Missouri Mental Health Foundation

Hear from parents who've lived through the devastation of watching a child succumb to the disease of addiction. Learn what they wish they could have done sooner – the warning signs they could have seen, the conversations they should have had, the early steps that can make a huge difference.

The 'Not My Child' film is available for showings in your community today. Don't wait! [Request a showing](#) by filling out our form.

All screenings must be facilitated by a behavioral health professional or a parent affected by substance use disorders.

NAMI Family Support Group is a peer-led support group for any adult with a loved one who has experienced 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

Groups are offered on multiple dates and online or in person to accommodate a number of families. Lean more at namistl.org.

Youth Mental Health First Aid Training

September 7, 8:30 am to 4:30 pm (in-person) [Register](#)

October 20, 8:30 am to 1:30 pm (blended) [Register](#)

November 21, 8:00 am to 1:00 pm (virtual) [Register](#)

YMHFA is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people.

The course is being provided to you at no cost (\$170 value) by Missouri's Department of Mental Health. Classes fill up fast, so register soon. Please ensure this funding does not go to waste by communicating any cancellations in advance.

PSYCHIATRY FOR CHILDREN AND ADULTS



 Compass Health
Network

844-853-8937

www.compasshealthnetwork.org



LINC St. Charles County
THERAPY FOR CHILDREN IN ST. CHARLES COUNTY
Solutions for Mental Health
If your child is experiencing anxiety or depression
Practical ★ Effective ★ Free

- Speak to your kids heart. Get enlightened on their troubles.
- Find coping techniques that make a difference.
- We respect your privacy and we are guaranteed to be 100% safe.

Get ahead of the school year
Make an appointment
636-332-5127

For adults and children battling depression, attention-deficient disorders, anxiety, grief, or addictive disorders, therapy may relieve some (or all) of the

LINC St. Charles County offers no cost counseling and music therapy to help with issues like anger, self-esteem, social skills and parenting.

symptoms the person is experiencing.

Call Compass Health Network today at 844-853-8937 to book a consultation with one of our psychiatrists or licensed therapists

LINC's mission is to provide support and direction for disadvantaged families and individuals in the community, helping them to set goals and objectives. LINC takes a comprehensive, wholistic approach to meeting physical, educational, social, and spiritual needs.

Call 636-332-5127 to schedule an appointment.

Important Dates

August

- 8/15 - 2024-2025 Applications for Funding are due by 2:00 PM
- 8/17 - Professional Development trainings for CCRB agency partners and clinical staff
- 8/28 - CCRB Board Meeting, 8 AM, hosted by TREE House of Greater St. Louis, 332 Stable Lane, Wentzville

September

- 9/25 - CCRB Board Meeting, 8:30 AM, hosted by the 11th Judicial Circuit Court, 300 N 2nd Street, St. Charles

News from the Field

Community Council Hosts Ribbon Cutting



From
community council

THANK YOU THANK YOU for all of the community support shared today at our Ribbon Cutting on July 20. We could feel the love, and we appreciate each and every one of you! Cheers to the next chapter of Community Council!

The Council recently moved to new office space at 80-Twenty Studios in O'Fallon. Over 100 community members welcomed us to our new space.

CHADS Coalition Awarded \$10,000 Grant

Congratulations to [CHADS Coalition for Mental Health](#)! They have been awarded a \$10,000 grant to fund school outreach programs designed as prevention and intervention tools addressing suicide prevention education, social-emotional skills training, and counseling.

5 On Your Side's Project 5 is committed to standing up for St. Louis by advocating and supporting our community. This year, 5 On Your Side received \$40,000 in grant money courtesy of the TEGNA Foundation, the charitable foundation sponsored by TEGNA Inc.



CHADS COALITION FOR MENTAL HEALTH RECEIVES \$10,000 GRANT FROM KSDK & THE TEGNA FOUNDATION

“It’s going to allow us to continue to advance our mission of prevention of suicide and provide education to young kids and young people because it’s something that does not need to happen,” said Tom Duff, CEO of CHADS.

1 Year of 988

- 100% Answer Rate
- #1 Crisis Line in USA
- 4,913 Lifeline Calls
- 609 Columbia/Safety Plan/Bundles Completed
- 150 Mobile Crisis Outreaches
- 31 Callers had attempted or were in the process of harming themselves - CL was able to dispatch emergency services
- External Agency Collaborations: 1,687
- Total Referral Contacts/Follow-ups: 6,921



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 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. 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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St. Charles, MO 63303
(636) 939-6200



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