



Preparing all youth and families
to realize a brighter tomorrow.

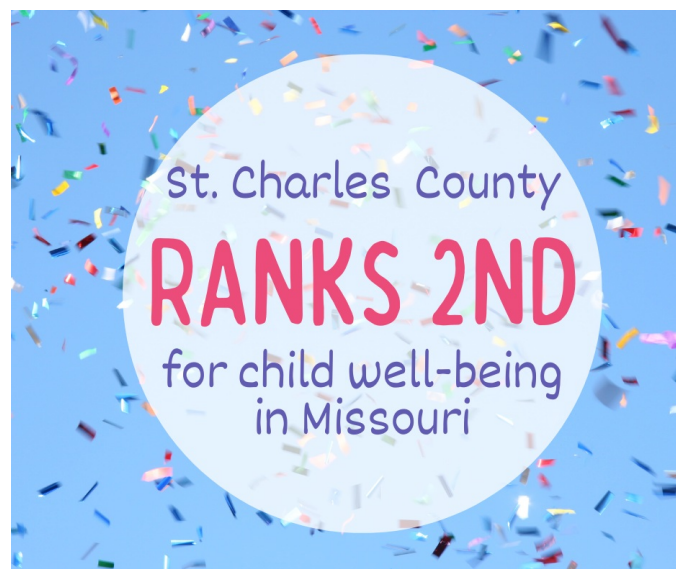
CARING FOR KIDS - October 2023

Hello Anna,

Fall is here, bringing cooler weather, changing leaves, and the start of major holiday season. This can also bring increased symptoms of anxiety, emotional outbursts and dysregulation, and depression. If your child is experiencing increased symptoms of mental illness, caregivers and parents can reach out to their child's school counselor for support.

Local support is available in a variety of ways and places, including virtual, in-school, and in the home. The CCRB and our service partners are working hard to increase services available to the families and youth in the County. To learn more about CCRB-funded services, follow us on Facebook, LinkedIn, or visit our [website](#).

What's Happening at the CCRB?



Missouri KIDS COUNT released its annual snapshot on the well-being of the state's children including indicators tracking trends in four domains, economic, education, health, and family and community!

Overall, **St. Charles County** ranked 2nd in the state for child well-being, improving from #5 in 2019. Of the 409,000 residents, 93,000 are children under 18 and 6% are living in poverty compared to the state average of 16.5%. Since 2015, St. Charles County has experienced decreasing trends in poverty, food insecurity, child homelessness, teen deaths/suicides, and juvenile law violation referrals. However, there has been a significant increase in mental health hospitalizations and substance use hospitalizations for youth.

Missouri ranks 28th in child well-being, according to the 2023 KIDS COUNT® Data Book, a 50-state report of recent household data developed by the Annie E. Casey Foundation analyzing how children and families are faring. Missouri KIDS COUNT is a diverse team of public sector, non-profit and private sector members. This unique team provides a highly collaborative environment for effective policymaking and sound investments using reliable data and research on behalf of Missouri's children.

[Download the Book](#)

MINDREACH for Mental Health

The CCRB launched MINDREACH, a mobile phone app that combines self-assessments, access to mental health hotlines, definitions, parent support, and some fun into a single location. Developed for youth in grades 5 to 12 living in St. Charles County, this FREE app bridges the gap between technology and existing mental health resources. Find it on your system App store. It's compatible with Apple and Android devices.



[Download App](#)

Program IMPACT



A Prevention Specialist at **The Child Advocacy Center of Northeast Missouri** was pulled aside after their Body Safety presentation to a first-grade class. A girl wanted to tell her about her older sister and how she learned about Internet Safety at school.

The older sister came home and shared what she learned with her family. She helped her entire family make their Facebook profiles private and made sure they knew to never reveal personal information or communication with strangers online "because they are probably not who they say they are!"

Mental Health News

October is National Bullying Prevention Month

Bullying directly affects a student's ability to learn. Students who are bullied often do not want to go to school. Students who are bullied report more physical symptoms, such as headaches or stomachaches, and mental health issues, such as depression or anxiety, than other students.

Bullying is when someone aggressively uses their "power" to target another individual with repeated, unwanted words or actions. Those targeted are hurt either physically or emotionally and have a hard time stopping what is happening to them.

October is National Bullying Prevention Month

1 out of **5**
students is bullied

5 out of **5**
can help prevent that

 **PACER's National Bullying Prevention Center.**
Create a World Without Bullying | PACER.org/bullying

What kids want parents to know **Know About Cyberbullying - Episode 17**



[More videos in the series](#)



Adults often joke about the moodiness and unpredictable nature of teenagers. As teens go through puberty, spend more time with friends and less with family and discover their own identities, the shifts don't come easy — for them or their families.

But, as a parent or guardian, when should you be concerned about your teen's mental wellbeing? How can you determine if your child is going through normal adolescent behavior or is experiencing something more serious like a mental health challenge?

[Continue reading](#)

Benefits of Nature Play



Sensory experiences in the outdoors and play in nature can have broad and lasting positive impacts on a child's physical and cognitive development. The OT Toolbox shares specific ways in which you can increase your child's ability to regulate their bodies and emotions, increase their body awareness, build their executive function skills, and more, just by playing outside!

Research has a lot to say about nature play. When it comes to outdoor play, there is a lot that can be discussed too. Occupational therapy professionals encourage a lot of open-ended play, outdoor games, and outdoor play. There is a natural sensory aspect to outdoor play, which supports self-regulation, emotional regulation, attention, and learning, all through just playing outside! Today we are talking all about what the research has to say about outdoor sensory diet activities and outdoor play.

There are quite a few benefits to sensory experiences in the outdoors:

- Outdoor play is a calming environment.

- Nature play adds proprioception input.
- Outdoor play offers vestibular input.

[Read More](#)

St. Charles Counseling Office Gets Major Update

The **Youth In Need** Burkemper Family Counseling Center in St. Charles recently underwent a complete renovation thanks to funding from the CCRB's ARPA grant. The building houses therapists and staff who work in runaway and homeless youth programs. ARPA grants were awarded for improving client service delivery.

Office improvements included painting, flooring, lighting, water heaters, an updated HVAC system, roof, push-button entries, sidewalk, steps and signage.



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](#)

Friday, October 13, 2023
**FAMILY, FRIENDS,
AND COMMUNITY:
THEIR IMPACT IN
SUICIDE SAFETY FOR
LGBTQ+**

12:00 pm - 1:30 pm (CST)

Put on by- The St. Louis Regional Suicide
Prevention Coalition



Virtual Education Opportunity

Members of the LGBTQ+ community are at greater risk of suicide. One safe and trusted person can make a difference for someone who might be struggling with thoughts of suicide. Join Dr. Caitlin Ryan, Director of **The Family Acceptance Project**, and Jess Jones with **Jess Jones Education and Consulting** as they explore how affirmative health care, schools and education, family and friends, and other community connections can be the life-saving difference for members of the LGBTQ+ community. Presented by the **St. Louis Regional Suicide Prevention Coalition**.

Friday, October 15, 12:00-1:30 PM, Virtual event. Registration required.

Register



For **Mental Illness Awareness Week**, we're asking you to do things to benefit your mental health. **Mental Health America** has self-care tasks, mental illness education, and self-screenings you can use to get the conversation started with a professional or friend.

Take a screen today at
MHA screening.org

NAMI St. Louis Offers Support Groups

Even though it's a spooky month make sure you schedule some time for your self-care! Here is **NAMI St. Louis'** October schedule for our Online and In-Person Support Groups, trainings, and classes!

About our Programs:

- They are FREE and confidential; all you have to do is register on our website!
- In-Person Family-To-Family

classes are scheduled for the evening on Mondays in Manchester (last day to register is 10/16), Wednesdays in Florissant (last day to register is 10/4), and Thursdays in St. Ann (last day to register is 10/5).

- An Online Friends & Family Seminar at 9am on 10/25

For more information about our support groups, trainings, classes or to register for any of them, please visit namistl.org



SUN	MON	TUE	WED	THU	FRI	SAT
1 CSG @ St. Louis	2 F2F Class @ Manchester	3 CSG @ Kirkwood	4 F2F Class @ Florissant	5 F2F Class @ St. Ann	6	7
8	9 F2F Class @ Manchester	10 FSG @ Webster Groves	11 FSG @ Arnold F2F Class @ Florissant	12 F2F Class @ St. Ann	13	14
15 CSG @ St. Louis	16 F2F Class @ Manchester	17 CSG @ Kirkwood FSG @ St. Charles	18 F2F Class @ Florissant	19 F2F Class @ St. Ann FSG @ Manchester	20	21
22	23 F2F Class @ Manchester	24 FSG @ Maplewood	25 F2F Class @ Florissant	26 F2F Class @ St. Ann	27	28
29	30 F2F Class @ Manchester	31 Halloween				

In-Person Support Group & Class Calendar

Key:
 SG = Support Group
 F2F = Family-To-Family
 CSG = Connections SG
 FSG = Family SG



More info

Youth In Need is providing office based– counseling services! Starting mid/late September, we will have multiple opening slots for children, youth, and families at our two office locations in St. Charles and St. Louis counties.

All services are FREE through local funding and we have availability on various weeknight evenings and between 2:00-7:30 PM. Clients must be 5-19 year old residents of St. Charles County or St. Louis County.

Please call 314-594-5010 to complete a screening with a therapist and be added to our waitlist.

Volunteer Opportunity

The **Teen Drug Summit** is a grassroots group made up of community behavioral health organizations, local law enforcement, local public and parochial schools, DEA, Prosecuting Attorney's office, and many other local entities to provide an annual Teen Drug Summit to promote and provide healthy drug free lifestyles. Our mission is to work as community partners aiming to educate, equip and support today's youth to be drug free and the best version of themselves.



8:20 to 1:40
 Calvary Church, St. Peters
Sign up to Volunteer
Contact Megan Payton, Preferred Family
 Healthcare



Come join **Growing American Youth's** (GRAMYO)'s in-person meeting each month! GRAMYO is a social support organization for youth living in the St. Louis metro area who may identify as lesbian, gay, bisexual, transgender, asexual or questioning their sexual orientation/gender identity. All youth 13- to 20-years-old are welcome to participate!

The next meeting is October 10 at 7 PM, Youth In Need at 1815 Boone's Lick Road, St. Charles. Enter at the lower level in back of building.

Important Dates

October

- 10/1-10/7 - Mental Illness Awareness Week
- 10/10 - Community Services Summit, 8:00 AM, Calvary Church, St. Peters, MO
- 10/10 - World Mental Health Day
- 10/17 - Megan Meier Day - wear black with white polka dots
- 10/23 - CCRB Board Meeting, 8 AM, hosted by The Child Advocacy Center, 989 Heritage Parkway, Wentzville

November

- 11/15 - CCRB Agency Hearings for New Programs, 8 AM, hosted by SCCAD at 2000 Salt River Rd, St Peters
- 11/16 - CCRB Board Meeting and Agency Hearings, 8 AM, hosted by 2000 Salt

News from the Field

Polka Dots for Megan Meier Day



Megan Meier Day was created by a few students in Australia several years ago. They choose October 17th (the day Megan passed away) to not only remember Megan in a positive way, but to raise awareness about bullying, cyberbullying, and suicide.

On this day, we remember Megan and the life she had as well as the life she deserved. We remember that bullying and cyberbullying are senseless acts that can have devastating effects and could ultimately ruin lives.

We encourage everyone to honor Megan by performing random acts of kindness and use the hashtag #ChangeStartsWithMe. You can download more #ChangeStartsWithMe cards and #MeganMeierDay materials at MeganMeierFoundation.org

Pooper Troopers Diaper Drive

This heartbreaking choice is one that many families in our area must face every day.

The **Pooper Troopers** want to make sure that any family that needs diapers can get diapers. This year is the 9th Annual Pooper Trooper Diaper Drive, and you can help reach the goal of 300,000!

Stop at any St. Louis area **ALDI USA** store and drop diapers in the big box before October 7 or use the Amazon Wish list here - <https://poopertroopers.org/>

All donations benefit the babies and families at Saint Louis Crisis Nursery locations in the STL Metro area, including St. Charles County.

Imagine having to choose between buying diapers or buying food...



[Donate today!](#)

Compass Health Network held a building naming ceremony Thursday, September 28 to honor the legacy of former Crider Health Center CEO, Laura J. Heebner. Her vision and dedication have been instrumental in the growth of Compass Health Network. Laura was also instrumental in the oversight of the federally funded SAMSHA

System of Care Grant called Partnership with Families from 1998-2005. This grant was vital in sustaining and expanding mental health services for children in St. Charles, Lincoln, and Franklin Counties. The building at 102 Compass Point Dr, St Charles, MO provides behavioral health and dental services. Thank you Laura for your service to our community!



Two long-time board members and advocates of **Boys & Girls Clubs of St. Charles County**, Rudy Beck and Bob Cissell, were inducted into the Missouri Area Council Hall of Fame on September 19, 2023, in Branson, Missouri. Beck and Cissell were among 4 new members enshrined in the Hall of Fame.

The Boys & Girls Clubs Area Council Hall of Fame honors those rare individuals whose high achievements have made a mark in their local Club and have impacted the Missouri Area Council of Boys & Girls Clubs. The four individuals honored have shaped and inspired local Clubs in Missouri and have provided innumerable accomplishments and lasting impact.

Beck and Cissell played pivotal roles as members of the Capital Campaign Committee for BGCSTC, securing crucial funding to enrich Club programs and facilities. The O'Fallon Unit campaign was two years long and had challenges from the Flooding of 1993. Beck helped lead the committee to stay focused on meeting the expanding needs of the area, all while helping to raise funds. The O'Fallon Unit will turn 30 next year.

Cissell provided direct oversight for the St. Charles Unit campaign which spanned two years and was a \$7 million dollar project. Cissell was instrumental in transforming the architectural plans into a reality for Club kids. The St. Charles Unit building will turn ten in June 2024.



The **St. Charles County Department of Public Health** has joined forces with community organizations again this year to fight the flu. These professional “Flu Fighters” are hosting a free, drive-thru vaccination clinic from 3-7 p.m., Friday, Oct. 6, at St. Charles Community College.

Standard-dose flu vaccinations are available for those age 6 months and older, and


high-dose vaccinations for age 65 and older. To schedule a specific appointment time, call 636-949-1857. Unscheduled immunizations will be accommodated while supplies last.

St. Charles County's annual "Flu Fighters" event is made possible through the support of dedicated community partners. SSM Health and BJC HealthCare are collectively donating 800 doses of flu vaccine this year, and St. Charles Community College is providing the vaccination site. The college's Nursing Program and the St. Charles County Ambulance District are providing teams to assist in administering vaccinations, and St. Charles County Center for Advanced Professional Studies (CAPS) is offering additional volunteer support.

Schedule an appointment

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.

Contact Us



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