



Preparing all youth and families  
to realize a brighter tomorrow.

## CARING FOR KIDS - September 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?



# CCRB Launches MINDREACH App for Youth

The CCRB is excited to announce the launch of 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.

With MINDREACH you can:

- Contact 24/7 Mental Health support via call, text, or chat.
- Connect to a Peer Helpline hotline.
- Find a Safe Place to stay.
- Fill out self-assessments to learn your risk of anxiety, depression, and more.
- Report cases of bullying, abuse, and trafficking.
- Take fun quizzes and share the results with your friends.
- Share the app with friends.
- And more!

. Promotional materials are available by request.

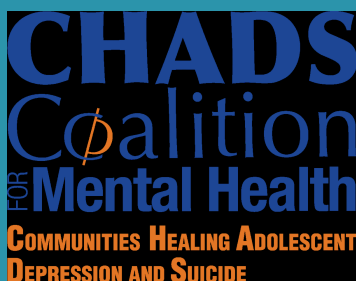
[Download App](#)



The CCRB is on to the next phase of our 2024-2025 Services Funding Opportunity! The application closed on August 15, and our staff will spend the next few months processing and evaluating new program and existing program applications before Agency Hearings and Board subcommittee meetings in November. Funding decisions will be made at the December 18 Board meeting.

The next funding cycle will open May 1 for 2025 New Program funding. Details to be announced!

## Program IMPACT



CHADS Coalition for Mental Health's **Signs of Suicide** program addresses signs and symptoms of depression and suicide, teaches students how to Acknowledge, Care and Tell, and also provides a safe opportunity for those in need of support to receive help. They also offer trainings for the full spectrum of adults and professionals who work and care for students.

As a result of CHADS' efforts, 85% of participating students showed confidence in knowing the warning signs of depression and suicide.

Students speak the loudest about CHADS. At the end of a presentation, staff ask students what they liked and learned. St. Charles County District students shared in response:

- What was most helpful were learning the signs for whenever I see someone showing those signs so I can help them with something.
- I liked the lesson! It was very informing and I now

know much more about identification of signs of depression, anxiety, and suicide.

- I enjoyed how it was said, 'mental health is physical health' I think that's very important.

## Mental Health News

### CCRB is Committed to Suicide Prevention

We can all help prevent suicide. Every year, the 988 Lifeline and other mental health organizations and individuals across the U.S. and around the world raise awareness of suicide prevention during September, National Suicide Prevention Month.

The CCRB is committed to suicide prevention and treatment of mental health conditions that may lead to suicide. We fund multiple programs to help reduce the risk of suicide in youth, as well as the 24/7 Youth Connection Helpline managed by Behavioral Health Response and Youth In Need. Students in St. Charles receive multiple presentations about suicide prevention, with some starting in 5th grade.

Some recent statistics from the 2022 Missouri Student Survey, reports:

- 13% of St. Charles County Youth planned suicide in the past year
- 10% of 10th grade attempted suicide in the past year
- 30% of 12th grade students reported engaging in self-harming behaviors

The statistics are grim and youth are asking for help, if the increase in mental health services in the past 5 years is an indicator. The COVID pandemic exacerbated and contributed to the increased demand. Reports from the CCRB's funded partners repeatedly mention more intense client needs, more requests for school-based services, and a shortage of providers for services like psychiatry and psychological evaluations. The CCRB is in a position to provide increased funding for services, but the current demand often outpaces the ability to provide.

So what can you do as a parent?

- Learn the warning signs of suicide.
- There are many age-appropriate resources available from our funded partners, as well as national organizations such as NAMI and SAHMSA, and MHA.
- Be direct and talk to your kids if you see the warning signs.

Mental health is just as important as physical health and we hope that having these conversations will save one more person from suicide and one more family from devastating loss.

## Suicide **WARNING SIGNS** that may mean someone is *at risk* include:



- ▶ Talking about wanting to die or kill oneself
- ▶ Looking for a way to kill oneself
- ▶ Talking about being a burden to others
- ▶ Increasing the use of alcohol or drugs
- ▶ Acting anxious or agitated; behaving recklessly
- ▶ Sleeping too little or too much
- ▶ Withdrawing or feeling isolated
- ▶ Showing rage or talking about seeking revenge
- ▶ Displaying extreme mood swings



If you or a friend is in crisis, **call or text 988** or chat at **988Lifeline.org**

## Trafficking Training Pays Off for County Deputy

by *The Child Advocacy Center of Northeast Missouri*

We recently hosted a training for local law enforcement with the Human Trafficking Training Center. 15 hours after the training, a trafficking victim and her trafficker were identified by an officer who attended.

The deputy was at the courthouse for court when he saw a male enter the courthouse and go through security. He noticed that this person had what appeared to be a trafficking tattoo on his hand. He struck up a conversation with the male and eventually got his name and discovered that he was in court for a domestic violence case and that he had warrants for his arrest.

The deputy also noticed that a woman was going into the same courtroom as the male. The officer decided to go and speak to her in the hallway as her appearance brought up some concerns. The officer used the Special Victims Methodology he had just learned in training. After several minutes he was able to build a rapport and some trust, and the female started to cry. The deputy discovered that she was the victim in the domestic violence case and that it appeared she was being trafficked by the male. The female was then offered services via an advocate.

The deputy then circled back to the male and arrested him for the warrants as he left the courtroom and during a search of his phone discovered evidence that was consistent with him trafficking the female. The male was transported to jail and the investigation into him trafficking the female is still continuing.

This deputy did this 15 hours after leaving the training. The deputy stated, "I did not expect it to be just like what we learned in class, but it was. It was just right in front of me once I realized what to look for. I also knew what to do now, so I was able to help her and arrest him".

Whether it's a trafficking situation or the suspected neglect of a child, we want to empower professionals to know what to look for and how to respond.

## What Does A Healthy Online Community Look Like?

For many young people, social media leads to better

overall well-being. A majority of adolescents report that social media helps them feel more accepted (58%), like they have people who can support them through tough times (67%), like they have a place to show their creative side (71%), and are more connected to what's going on in their friends' lives (80%). Being a part of healthy online communities has a positive impact on our mental health.



But what does a healthy online community look like, and how do you know if you are a part of one?

[Continue reading](#)

## St. Charles County Police Help Children Experiencing Autism Events

“We get calls quite frequently for kids with autism who are out of control, and their parents are afraid they’ll hurt themselves or someone else,” says Sergeant Dan Asher, the Police Department’s Crisis Intervention Team Coordinator.

According to Autism Speaks, discomfort caused by autism-related sensory difficulties can sometimes result in extreme agitation or uncontrollable outbursts if not calmed by certain types of visual, auditory, or tactile engagement.

To help solve the problem, **The Synapsory**, an area nonprofit that serves children who are struggling with autism-related behavioral issues, is donating 100 “calming kits” to St. Charles County Police.



[Read More](#)

## 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.

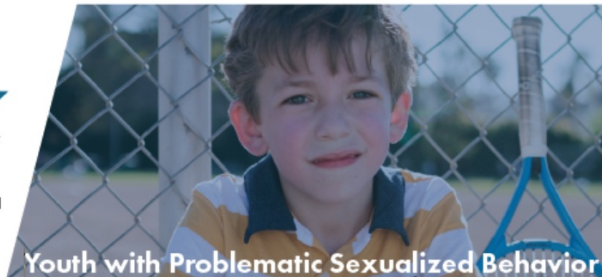




## Community Resources

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



Youth with Problematic Sexualized Behavior

It's healthy and natural for children to be curious about their own bodies and others. Problematic Sexualized Behavior (PSB) is when behavior falls outside of what is developmentally appropriate.

### The Child Advocacy Center's Problematic Sexual Behavior (PSB) Program

- Serving ages 7-12 years old
- Caregiver involvement required
- Evidence-based group therapy modality with a 98% success rate

### The Referral Process

- Submit a referral online
- Phone screening with Mental Health Coordinator
- Interview with therapist to ensure criteria for PSB is met

Make a referral



[www.cacnemo.org](http://www.cacnemo.org) | 636-332-0899 | 1451 Wentzville Parkway, Wentzville, MO 63385

Children can join at any time as long as there is an opening. Groups begin in September. Contact **The Child Advocacy Center of Northeast MO** with any questions.

## New School-Management App Raises Concern for Parents

As the back-to-school buzz begins, a new app called Saturn has hit the scene, aimed at helping students manage their high school life. It promises to



streamline schedules, provide school updates, and connect classmates.

But here's the critical part: Saturn allows anyone to sign up, potentially putting your tweens and teens at risk. Predators could use this access to gather personal info like names, schools, and schedules, opening doors to cyberbullying, grooming, or worse.

For more information on this new app, check out [Bark's review](#).

*Article courtesy of Megan Meier Foundation*



Call Us Today! 314-544-3800 or  
[support@saintlouis-counseling.org](mailto:support@saintlouis-counseling.org)

[More info](#)

Are you looking for a professional therapist or psychiatry specialist, who respects the dignity of their clients, understands their journeys, and supports healing and improved mental health through evidence-based treatments that are tailored specifically to your needs? At Saint Louis Counseling, we walk the journey with you, and we respond with hope.

To provide an enhanced approach to your psychiatry care, Saint Louis Counseling also partners with mental-health provider, ARCA, for psychiatry services. Some youth-focused services are funded by the CCRB for St. Charles County residents.

Our mental-health services include: Counseling, Psychiatry, School Partnership Program (SPP), College Coaching, Employee Assistance Program (EAP), and Parenting Classes.

## Important Dates

### September

- 9/25 - CCRB Board Meeting, 8:30 AM, hosted by the 11th Judicial Circuit Court, 300 N 2nd Street, St. Charles
- 9/30 - Real Champions Fight Night & Mental Health Corner, 5:00 PM, hosted by The Boxing Therapy, 1227 North 2nd Street, St. Charles

### October

- 10/10 - Community Services Summit, 8:00 AM, Calvary Church, St. Peters, MO
- 10/23 - CCRB Board Meeting, 8 AM, hosted by The Child Advocacy Center, 989 Heritage Parkway, Wentzville.

## News from the Field

**Counselors & Social Workers**  
**Attend Professional Development**

Fort Zumwalt School District was thrilled to have the opportunity to partner with both the CCRB and Preferred Family Health to offer countywide training on August 17, 2023.

With their support, we provided *Ethics in Action: How to Put Principles into Practice* and *Well-being and Success Required Inclusion and Multicultural Competence*. These two important training sessions help all St. Charles County local school districts and partnering agencies stay up to date with best practices while also completing required continuing education for maintaining licensure for both Licensed Professional Counselors and Licensed Masters Social Workers.



By coming together as a county it builds stronger partnerships and cohesiveness. We will continue to work together to make our county and its community stronger by being well trained and ready to support their needs.

*Courtesy of Melissa Tichy, M.A., LPC, NCC  
Coordinator of Social Emotional Support Services, Fort Zumwalt School District*



NAMI St. Louis was invited to [Black Rose STL's A Dance for the Nightingale](#) event.

Stone Cook, Ending the Silence Program Coordinator, and Kyle Dooley, Director of CIT Community Policing Programs, had a great time getting all dressed up and spreading awareness on mental health conditions and suicide prevention. Kyle also gave a short presentation on CIT and what to do if someone is in crisis.

This event represented compassion and connection, and NAMI St. Louis was so happy to be a part of it!

*Photos courtesy of NAMI St. Louis*

**Youth In Need's** Counseling program has been chosen to participate in Filament's annual **Thinksgiving Day**, a day that connects St. Louis nonprofits with teams from smart companies for a day of creative problem-solving focused on the future.



As a fee-for-service program, Counseling staff have struggled with accurately predicting the amount of billing therapists will achieve each year, despite tracking it in different ways. Thinksgiving will pair Youth In Need's therapists with strategic thinkers and creative problem-solvers to come up with new ways to solve this prediction puzzle.

The **Boys & Girls Clubs of St. Charles County** (BGCSTC) is thrilled to announce the overwhelming success of its annual **Back to School Bash** on July 22nd and July 29th.

"Our Back to School Bashes are strong examples of collective impact in St. Charles County, where we come together to address complex challenges faced by our young people," said Karen Englert, BGCSTC Chief Executive Officer. "Through fostering collaboration and magnifying our efforts, we are dedicated to creating lasting change. We



are delighted to witness the continued growth of the Back to School Bashes, allowing us to reach and support even more kids and families, all thanks to the unwavering support of our network".

Between the two events, 930 adults and youth attended the event. BGCSTC distributed 519 backpacks to students to ensure they are prepared for the upcoming school year with the necessary supplies. Additionally, a total of 812 meals were served to both families and volunteers.

Back to School Bash displayed the strength of the collaborative network in St. Charles County, with 35 community organizations participating. These organizations came together to amplify the event's impact and reinforce the community's shared commitment to nurturing the next generation by providing access to needed resources.

BGCSTC extends heartfelt gratitude to everyone who contributed to the Back-to-School Bash's success and helped create opportunities for Great Futures for community youth.



*Photos courtesy of Boys & Girls Clubs of St. Charles County*

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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