



Preparing all youth and families
to realize a brighter tomorrow.

CARING FOR KIDS - December 2023

Hello Anna,

The end of the year is often a time of hectic holiday activities, family gatherings, and anxiety over changing routines and unpredictable weather. 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 the BHR Youth Connection Helpline for resources. It's open 24/7 at 314-819-8802.

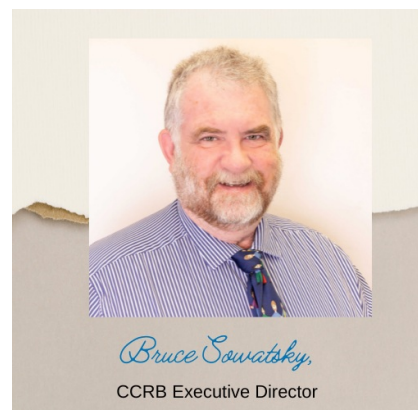
Local support is available in a variety of ways and places, including virtual, in-school, and in the home. The CCRB and our service partners are working hard to increase services available to the families and youth in the County. To learn more about CCRB-funded services, follow us on Facebook, LinkedIn,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

What's Happening at the CCRB?

Looking Back on 2023

While we consider 2023 a post-COVID year, the pandemic continues to impact our youth and our ability to serve all who seek help. We have witnessed greater demand for assistance (particularly during the General Motors strike) and many programs are just now able to find qualified staff to hire. With these hires, we anticipate that our partner agencies will be able to serve more youth moving forward.

Given the hiring struggles in the social work field, we reached out to the St. Charles County **CAPS program** and asked high school students to formulate strategies for educating fellow students about careers in mental health. They came up with several creative projects that



we will be looking to operationalize starting in January. While these solutions will not create immediate success, it's important to plant seeds at an earlier age. In addition, we plan to meet with the local university social work schools to discuss their need for greater recruitment and advocating for the reduction of barriers for reciprocity for licensure with other states. If successful, providers could then market jobs outside the state of Missouri.

We also launched our MINDREACH emergency phone app for youth, which provides emergency mental health numbers on their phone. This approach puts help right at their fingertips, replacing our previous method of passing out business cards.

Lastly, we implemented a new application system for our partner agencies and prospective partners. A lot of hard work has been done to create this platform and feedback has been generally positive as we hope to reduce unnecessary burdens on applicants.

As always, we strive to invest in needed programs and to fill service gaps for all populations and mental health needs. Success occurs through collaborative relationships with our service providers, our schools, local governments, first responders and medical providers, churches and civic organization which is the hallmark of the St. Charles County community.

Wishing you a blessed holiday season,
Bruce



CCRB in the Community

October and November were busy months for the CCRB staff!

The time flew by as we hosted meetings with each of our funding partners and new program applicants, attended outreach events, and laid the groundwork for an executive director search to commence in 2024.

Community outreach is important to the CCRB as it enables us to build strong relationships with agency partners, community leaders, and those seeking services. We often hear how a caregiver has been looking for supports but didn't know who to contact or what is available in the community. Our annual [Resources brochure](#) is dedicated to the no or low-cost CCRB-funded services. A [Spanish version](#) is available, too.

Here are a few of the events we attended recently.

- Naming Ceremony for the Compass Health Network Laura J. Heebner Clinic (photo 1)
- Real Champions Fight Night hosted by The Boxing Therapy
- District System of Care presentation hosted by the St. Charles County System of Care and the DDRB (photo 2)
- Community Services Summit hosted by Community Council of St. Charles County (photo 3)
- Elevate Business Summit hosted by O'Fallon Chamber of Commerce and Industries (photo 4)
- Trunk or Treat hosted by the Boys & Girls Clubs of St. Charles County



- Counseling Office Open House hosted by The Child Advocacy Center of Northeast Missouri
- New Building Open House hosted by United Services for Children (photo 4 & 5)

If you are hosting a resource event featuring youth mental health, and would like a representative or a speaker, please reach out to the CCRB office at 636.939.6200 or info@scckids.org.

Crisis Nursery Honors Bruce

At "Over the Top for Tots," the Saint Louis Crisis Nursery honored Bruce Sowatsky, Executive Director of the Community and Children's Resource Board. For over 30 years, Bruce has been a dear friend and a dedicated and generous champion for the Crisis Nursery. His support has been indispensable to the Nursery's mission to Keep Kids Safe.

Bruce will retire before the next "Over the Top for Tots," so the Crisis Nursery wanted to make sure he knows how much they value all he has done for St. Charles County children. Each November, Over the Top combines shopping and lunch to benefit children's services.

The Saint Louis Crisis Nursery provides a short-term, safe haven for 5,000 children a year, birth through age 12, whose families face an emergency caused by illness, homelessness, domestic violence or overwhelming parental stress. All services are completely FREE and VOLUNTARY.



Mental Health News



Measuring Your Parenting Stress Level

by Susan Newman Ph.D. for *Psychology Today*

In today's parenting climate the bar is high. Parenting has become a competitive sport with efforts directed at raising "star" children who are also empathic, resilient, loving, and yes, happy. Wherever you set the bar for yourself and your children, the demands on parents can affect your stress level negatively.

You may stress about your picky eater, your child's academic performance, a child's not making the team or being left off a party invitation list.

[Read More](#)

5 Easy Emotional Regulation Activities For Kids

Absolutely everyone experiences emotions – you, me, our children, even our pets.

Each day we face many different emotionally stimulating situations that require emotional reactions or responses.

Emotion self-regulation is one of a child's biggest developmental tasks.

Their capacity to regulate their emotional state and responses can affect relationships with family and peers, academic performance and ability to thrive.

In essence, emotional regulation is vitally important!

5	I AM GOING TO EXPLODE!!!
4	I AM GETTING ANGRY
3	I AM A LITTLE NERVOUS
2	FEELING OK
1	CALM AND RELAXED

Image credit, Kari Dunn Buron, MS, Autism Education Specialist

[Continue reading](#)

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](#)

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

NAMI St. Louis Offers Many Ways to Connect

It's another month of holidays! Please make sure you set time aside for your self-care! Here is our December schedule for our Online and In-Person Support Groups, trainings, and classes!

Reminders/Things you don't want to forget about our Programs:

- They are FREE and confidential; all you have to do is register on our website!
- We are offering Online Provider Seminars! 12/19 at 10am.
- An Online Friends & Family Seminar at 9am on 12/27.

For more information about our support groups, trainings, classes or to register for any of them, please visit <https://www.namistl.org/support-and-education/support-groups/>



SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3 CSG @ St. Louis	4	5	6	7 FSG @ Arnold	8	9
10	11	12 CSG @ Kirkwood FSG @ Webster Groves	13	14	15	16
17 CSG @ St. Louis	18 The Connect SG @ Tower Grove	19 FSG @ St. Charles	20	21 FSG @ Manchester	22	23
24 Christmas Eve	25 Christmas Day	26	27	28	29	30
31 New Year's Eve						

In-Person Support Group & Class Calendar

Key:
SG = Support Group
CSG = Connections SG
FSG = Family SG



SUN	MON	TUE	WED	THU	FRI	SAT
					1	2 FSG Facilitator Training
3 CSG @ St. Louis FSG Facilitator Training	4 LGBTQ+SG @ 8-9:30pm CSG @ 6:30-8pm	5 CSG @ 6:30-8pm	6	7	8	9
10 CSG @ 2-3:30pm	11 Provider Seminar @ 9am @ 6:30-8pm	12 CSG @ 6:30-8pm	13	14 FSG @ 7:30-9pm	15	16
17 CSG @ 2-3:30pm	18 FSG @ 6:30-8pm CSG @ 6:30-8pm	19 Provider Seminar @ 10am @ 6:30-8pm	20	21	22	23
24 Christmas Eve	25 Christmas Day	26	27 Friends & Family Seminar @ 9am	28 FSG @ 7:30-9pm	29	30
31 New Year's Eve						

Online Support Group & Training Calendar

Key:
SG = Support Group
CSG = Connections SG
FSG = Family SG



Community Living Opens Young Adult Center

Community Living, Inc is excited to announce they are launching a new program this year! The new **Young Adult Center** offers specialized programming designed to meet the needs and interests of young adults who desire more time to decide upon a future path of pre-employment, competitive employment, supported employment or traditional day habilitation. This program is the first of its kind in our region, and we are thrilled that we will be able to meet the growing need of this segment of our community.

Jenn Braden, the Director of Support Services for Adults at Community Living, has been noticing an increased need for a program of this type as she speaks with families utilizing the existing day habilitation program and those exploring options after high school. "People with intellectual and developmental disabilities used to be able to stay in the school system for much longer," she said. "Now most are graduating at 18 and they aren't ready to commit to entering traditional day habilitation for the rest of their life, but they aren't quite ready to enter the workforce, either."

The new program was created as a response to this rising concern. The **Young Adult Center** will follow a curriculum centered on individual growth, personal choice, skill development, socialization, navigating young adulthood, community involvement, and life transitions. Participants will learn and practice key skills related to self-determination, social and community relations, and daily living. Additionally, they'll be able to explore the different paths available to them, so they can transition with confidence into their chosen future path at the close of their time in the program.

Food Finder by Operation Food Search

Does your family need food or do you know someone who could use community support? Operation Food Search recently updated their resources tab on their website. Check out their resource hub.

<https://www.operationfoodsearch.org/resource-hub/>

They also help individuals and children find food in their neighborhood with their Food Finder search.

<https://www.operationfoodsearch.org/find-food/>



Operation Food Search distributes \$30 million worth of food and necessities each year to 330 community partners in 40 Missouri and Illinois counties. Hunger is a serious problem in the bi-state region, but it is solvable. With the help of their partners, volunteers and donors, OFS is working together to build a healthier and more vibrant region.



The Emergency Weather Response will begin November 19th, 2023 through March 15th, 2024, if temperatures are predicted to be 20 degrees or below overnight, the Continuum of Care will activate a Free Warming Center Response to provide safe sleeping accommodations for the night.

To locate the nearest warming center, call the hotline number at 636-395-0328. Transportation services may be available.

Volunteer Dispatchers will return calls later in the day to arrange transportation to the open shelter. You can find out if the program is activated by calling (636) 395-0328 after 3:00PM on the night that you will be a safe sleep location. The recording will provide the location and time the location is open for safe sleep.

For those wanting to learn more about volunteering with the program, contact Dawn Tegeler at dtegeler@sccmo.org



We know how hard it is to ask for help. It is easy to become overwhelmed by struggles. Life can seem unmanageable. We can help you find hope and discover solutions.

Our team of professional therapists offer a collaborative approach to dealing with your situation. We have experience dealing with issues like:

- Anxiety
- Trauma
- Depression
- Grief & Loss
- Behavioral Problems
- Self-Harm & Suicidal Thoughts
- Helping Children Cope With Separation & Divorce
- Anger Management

If you would like to learn more about our services or have questions about the process, please email help@lfcs.org or call us at 314-787-5100 or 866-326-LFCS (5327).

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 January 9 at 7 PM, Youth In Need at 1815 Boone's Lick Road, St. Charles. Enter at the lower level in back of building.

PSYCHIATRY FOR CHILDREN AND ADULTS



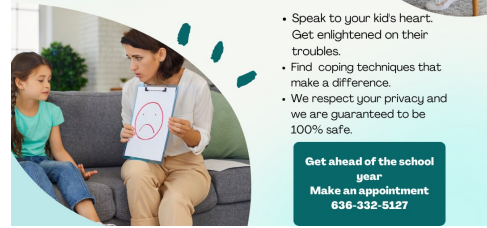
844-853-8937

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 kid's 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

Important Dates

December

- 12/18 - CCRB Board Meeting, 8 AM, hosted by the DDRB at 1025 Country Club Rd, St Charles.
- 12/22 and 12/25 - CCRB office closed for Christmas

January 2024

- 1/1 - CCRB office closed for New Year's Day
- 1/24 - CCRB Board Meeting, 8 AM, hosted by Gateway Alliance against Human Trafficking at Lake St. Louis Police Dept. 200 Civic Center Dr, Lake St Louis.

News from the Field

Teen Drug Summit Welcomes Korn Guitarist



The Annual **St. Charles County Teen Drug Summit** took place on November 2nd. It included over 400 students from public and private schools, 20 community partners providing free and low cost resources, 3 national speakers, and a local musician. The DEA, St. Charles County Ambulance District, Drug Task Force and other first responders presented drug prevention education. The Teen Drug Summit is part of the Prosecuting Attorney's C.R.U.S.H initiative. The summit reaches 6-8th grade students on the dangers of heroin and empower students to make decisions that result in a drug-free life.

The keynote speaker was Wes Geer, Korn guitarist and founder of **Rock to Recovery®**, a program that provides therapeutic songwriting sessions for addicts and co-author of the book *Rock to Recovery, Music as a Catalyst for Human Transformation*.

“It is the greatest honor to get to share my story with the amazing Teen Drug Summit. I room full of middle school kids from all over the St Louis area. Thank you to Derek and the whole crew that put on such an amazing event to help change the trajectory of life for so many young people on the edge of adulthood.”

Youth In Need Counseling Open House

Youth In Need is celebrating the re-opening of our newly remodeled St. Charles County Burkemper Family Counseling Center & Emergency Shelter with an open house! Join us for tours and light refreshments to see the improvements that youth and families are sure to love.

The open house is from 3 to 6 p.m. on Thursday, Dec. 14 at 516 Jefferson Street in St. Charles. Guests will enjoy tours of the Counseling offices as well as our Emergency Shelter, located just across the street.

Thanks to funding from the Community and Children’s Resource Board of St. Charles County and the Missouri Children’s Trust Fund, we were able to update and add painting, flooring, lighting, water heaters, HVAC, roof, push-button entries, sidewalk, steps and signage. Come see it all!



Community Builders Recognized

Each year, the Community Council of St. Charles County recognizes people in the community who embrace and put into action the collaborative work that is key to successfully tackling complex social problems. The award ceremony was held December 7 in O’Fallon.

At the Community Builder Awards event, we celebrate individuals, coalitions, and organizations that exhibit the collaborative spirit that makes our nonprofit network so effective. This year, we recognized 2023 award recipients in these areas:

Community Collaboration Award was presented to The Boys & Girls Clubs of St. Charles County for consistently demonstrating their unwavering commitment to the well-being and development of their Club youth. What truly sets them apart is their dedicated approach to building and nurturing partnerships within the community.

Community Champion Award was presented to Ingrid Casillo. Ingrid collaborates with community members, churches, Chambers of Commerce, and private organizations to bring English learning to rural and urban communities. This year she has worked long hours to ensure that a group of Latino students in the Pike County area have a class to learn English.

Community Spirit Award was presented to Dr. Jose Jones. Jose is a Licensed Professional Counselor, retired professional boxer, and found of The Boxing Therapy Gym. The Boxing Therapy Gym combines mental health therapy and boxing as a way to provide support for individuals. Jose has a passion for diversity. In fact, one of his tag lines is: LOVE, FAITH, UNITY, INCLUSION, & NEURODIVERSITY is what we need!

Frank Martinez Legacy

Award - presented to Nathan Bibb, as his character embodies service, collaboration, diversity, equity, and inclusion. Nathan continually focuses on not only his involvement but also encourages colleagues, associates, and friends to engage in various entities

throughout St. Charles County. His current involvement in St. Charles includes serving as an O'Fallon City Councilman, 2nd VP of the Board of the St. Charles County Municipal League, Board Member for the O'Fallon YMCA, and the O'Fallon Chamber of Commerce - Public Affairs Committee.

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



The CCRB | 2440 Executive Drive, Suite 214, Saint Charles, MO 63303 636.939.6200

[Unsubscribe amuhm@scckids.org](mailto:unsubscribe_amuhm@scckids.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by info@scckids.org powered by



Try email marketing for free today!