



Preparing all youth and families
to realize a brighter tomorrow.

CARING FOR KIDS - February 2024

Hello Anna,
Thank you for taking the time to read through our newsletter and learn more about the mental health services available in St. Charles County.

In 2024, the CCRB and service providers 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?

Caution: Hard Work Ahead!

During the lull of February, the CCRB staff dedicated time to planning for 2024 and how we can maximize funding impact in the community. Here are a few of the things we have been up to at the CCRB:

- Comprehensive planning meetings to evaluate our projects and tasks in 2024. We developed plans and deadlines for each one. Our team of 4 has a lot to do this year!
- Trained funding partners in 2024 billing and reporting processes using our new application portal.
- Met with new agency partners to review the CCRB contract, discuss our grant management processes, and to answer any questions or address concerns they may have about being a CCRB agency partner.
- EMD Consulting is accepting applications for the Executive Director position through February 16. View more info at <https://stcharlescountykids.org/careers/>
- Mindreach and the CCRB website were updated to reflect our new services. We are

working on marketing materials to share.

- Attended a community meeting to discuss potential counseling and social work career path development. We look forward to supporting this effort as community members brainstorm ways to address staff shortages in the social work and counselor professions.
- Agency partners will submit their annual clinical outcomes reports for each program. These goals help us measure the impact on kids under 19 years, professionals who serve youth, and families with children.

CCRB Services Spotlight



Outpatient Substance Use Treatment

A client-centered and strengths-based approach which includes therapies and relapse-prevention programs, such as counseling, psychiatry, and case management. *93% of St. Charles County youth had reduced chemical/substance usage at discharge.*

Team of Concern

School and community-based substance use prevention programming, which includes professional development training, presentations, small groups, crisis intervention, individual services, and linkage to referrals. *92% of St. Charles County youth developed risk management skills to avoid engaging in risky behaviors.*





What is Self-Love & Why is it So Important?

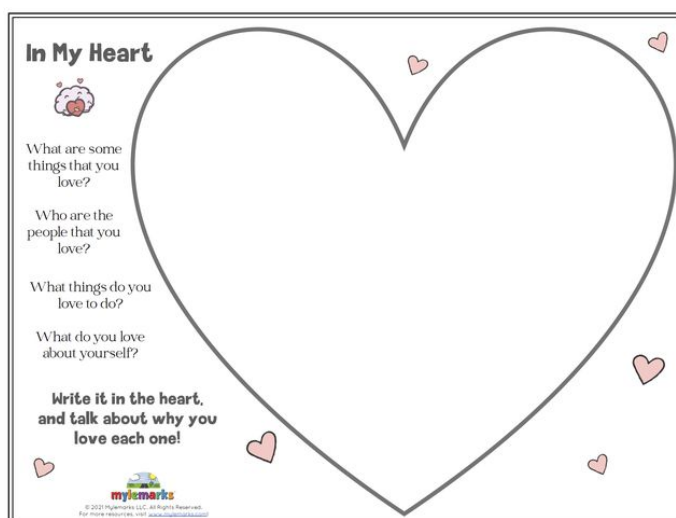
by Sharon Martin, LCSW for PsychCentral

February is often referred to as the month of love and there's a lot of talk these days about self-love. It sounds great, but what does it actually mean? How do we love ourselves and why does it matter?

Self-love means that you accept yourself fully, treat yourself with kindness and respect, and nurture your growth and wellbeing.

Self-love encompasses not only how you treat yourself but also your thoughts and feelings about yourself. So, when you conceptualize self-love, you can try to imagine what you would do for yourself, how you would talk to yourself, and how you would feel about yourself that reflects love and concern.

[Read more](#)



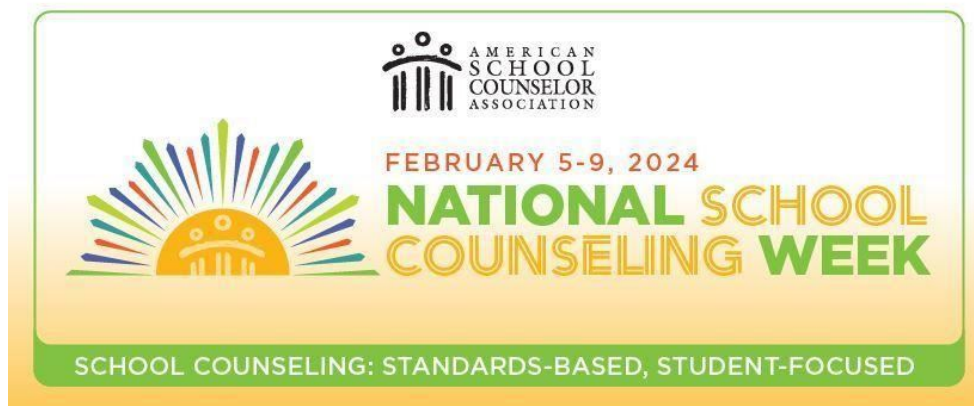
[Free Printable Self-Love Worksheets](#)



Autism awareness event returns April 6

United Services for Children will present its 10th annual Exploring the Spectrum autism awareness event on Saturday, April 6, at the nonprofit agency's new center located at 3420 Harry S. Truman Blvd. in St. Charles, 63301. Doors will open to the public at 9 a.m. Admission is free!

Register to Attend



Celebrating School Counselors!

It's National School Counseling Week (Feb 5-9) highlighting the tremendous impact school counselors can have in helping students achieve school success and plan for a career. **Thank you to all who work as school counselors in St. Charles County.**

School counselors aren't just guidance counselors - they're mental health supports, student advocates, parent liaisons, mentors, & so much more.

How To ...

help youth not drink alcohol



- ✓ talk to them about the dangers
- ✓ serve as a role model
- ✓ get to know their friends
- ✓ create clear messages
- ✓ encourage healthy habits

Underage Drinking Statistics

Many Youth Drink Alcohol

In 2022, according to the National Survey on Drug Use and Health (NSDUH), about 19.7% of youth ages 14 to 15 reported having at least 1 drink in their lifetime.¹

In 2022, 5.9 million youth ages 12 to 20 reported drinking alcohol beyond “just a few sips” in the past month.²

Adolescent alcohol use differs by race and ethnicity. For example, at age 14, White, Black, and Hispanic youth are equally likely to drink. By age 18, White and Hispanic youth are twice as likely to drink than Black youth.³

Source: National Institute on Alcohol Abuse and Alcoholism

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



Family-to-Family Mental Health Education

NAMI St. Louis offers FREE mental health education classes for families called Family-to-Family (F2F) and they have two classes that will start soon.

NAMI Family-to-Family is a free, 8-session educational program for family, significant others and friends of people with mental health conditions. It is a designated evidenced-based program. This means that research shows that the program significantly improves the coping and problem-solving abilities of the people closest to a person with a mental health condition. NAMI Family-to-Family is taught by NAMI-trained family members who have been there, and includes presentations, discussions and interactive exercises. Please contact programs@namistl.org if you have any questions or need assistance with registration!

Registration open until 02/24/2024 or class is filled.
Register for [Family-to-Family](#).

Virtual

Tuesday Evenings, click to [register](#)
Start date: 01/23/2024
End date: 03/12/2024
Time: 6:00pm-8:30pm
Location: Zoom

In-Person

Tuesday Evenings
Start date: 03/05/2024
End date: 04/23/2024
Time: 6:00pm-8:30pm

Location:
Hope Vineyard Church
2923 Telegraph Rd.
St. Louis, MO 63125

In-Person

Saturday Afternoon
Start date: 02/10/2024
End date: 03/30/2024
Time: 4:00pm-6:30pm

Location:
New Hope United
Methodist
3921 Jeffco Blvd
Arnold, MO 63010



F.A.C.T.'s Focus On Workshop: BULLYING | CIVIL RIGHTS | SEXUAL HARASSMENT

We are excited to announce our upcoming workshop where we will be focusing on the critical issues of bullying, civil rights, and sexual harassment in education. This workshop aims to provide valuable insights and knowledge on the law surrounding these topics, district policies, identifying signs in students, and the range of resources available support families.

SATURDAY, FEBRUARY 17, 2024 | 9AM-12PM
DEACONESS CENTER FOR CHILD WELL-BEING | JUSTICE COMMUNITY ROOM
1000 N. VANDEVENTER AVENUE | ST. LOUIS, MO 63113

Please RSVP by **Thursday, February 15, 2024**
by clicking, touching or scanning the QR code below.
Childcare will be provided.

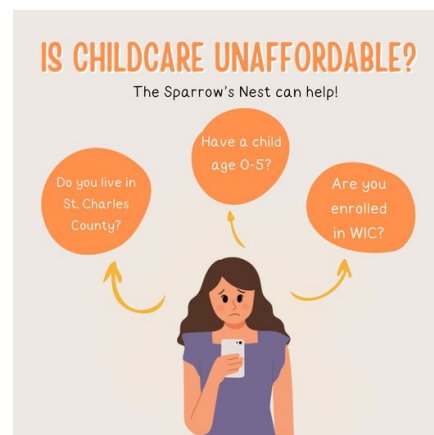


Signup by **Thursday, February 15th** by scanning the QR code or [clicking the link](#).
Focus on Workshop - Bullying, Civil Rights & Sexual Harassment in Education, Saturday,
February 17, 20224 | 9am-12pm.
Childcare will be provided.

Childcare Cooperative

Finding affordable childcare can be difficult or even impossible. The Sparrow's Nest is a Childcare Cooperative that offers NO COST childcare to families. Our program requires participation that is designed to empower families to succeed. Enrollment starts with the interest form at this link <https://buff.ly/3LS7IQG>.

The Sparrow's Nest has a community resource room fully stocked with diapers, wipes, cleaning products, toilet paper, and paper towels? These resources are available at no cost to all community members but an appointment is required. Please call 636-336-2534 Monday through Friday 9-3 to schedule and appointment.



PSYCHIATRY FOR CHILDREN AND ADULTS



844-853-8937

www.compasshealthnetwork.org

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

Important Dates

February

- 2/19 - CCRB office closed for President's Day
- 2/26 - CCRB Board Meeting, 8 AM, Location: DDRB, 1025 Country Club Rd, St. Charles.

March

- 3/6 - St. Charles County System of Care, 9 AM, Calvary Church - St. Peters
- 3/25 - CCRB Board Meeting, 8 AM, Location: DDRB, 1025 Country Club Rd, St. Charles.


News from the Field

Excellence in Mental Health Nominations

Nominations are now open for the 2024 John M.

Anderson Excellence in Mental Health Awards!
The St. Louis County Children's Service Fund is celebrating two mental health professionals who have helped reduce the stigma of mental health in the Black/African American community in the St. Louis region.

See the qualifications for each award, and tell us who you think is doing excellent mental health work in St. Louis!



[More Info](#)

DiAnne Mueller Celebrates 30-Year Career as Crisis Nursery CEO



Mueller's Term was Marked by Expansion of Programs and Services

The Saint Louis Crisis Nursery, a national leader in the prevention of child abuse and neglect, announced today that, after 30 years of dedicated, dynamic leadership and passionate advocacy for children and families, CEO DiAnne Mueller, MS LPC, will conclude her illustrious chapter of service at the Crisis Nursery in March.

Under Ms. Mueller's stewardship, the Crisis Nursery has become one of the premier resources for families in crisis in the greater St. Louis region and beyond. Since being appointed CEO in 1994, Ms. Mueller has been the guiding force in expanding the Crisis Nursery's footprint, scope, and capacity to serve thousands of children and families.

Under her leadership, the organization grew from two 24-hour Nursery locations to five and established 11 Crisis Nursery Family Empowerment Centers in at-risk communities. In addition, the Crisis Nursery launched an innovative Latinx Outreach Program, a Trauma Informed Art & Play Therapy program, a DEI-B team, and a Holiday Hearts community support program. The organization also started four additional Boards, offered services for the unhoused, created a Rent and Utilities Emergency Fund Request Program, a Transportation Fund, and began an innovative Compassionate Care Program.

Ms. Mueller said: "I am most grateful for my incredible staff: our Leadership and Administrative Teams, the Front-line staff that cares for our kids 24/7, and the Family Empowerment staff and Latinx Team who go into the community to meet families in their homes. What I will miss most is holding babies, playing with our kids, and meeting with the mothers who have graduated from our program and are now members of our Parent Advisory Board."

Ms. Mueller continued, "The Crisis Nursery is the strongest it has ever been. The reputation of our life-saving child abuse prevention agency is synonymous with the values that have guided our mission. I am so humbled and proud of what our Crisis Nursery Leadership Team has been able to achieve, and I am confident about our future."

Titan 100 and Junior Youth of the Year



Boys & Girls Clubs of St. Charles County is thrilled to announce that Karen Englert, Chief Executive Officer of Boys & Girls Clubs of St. Charles County, has been honored as one of the distinguished **2024 St. Louis Titan 100!**

This prestigious accolade celebrates Karen's exceptional leadership, vision, and passion, recognizing her as one of the top 100 CEOs & C-level executives in St. Louis.

Karen's dedication to the community and her outstanding contributions to BGCSTC have not only made a significant impact locally but also inspired others in the industry. Her innovative approach and unwavering commitment have transformed lives and uplifted countless individuals within our community. We extend our heartfelt congratulations to Karen for this well-deserved recognition. Your leadership exemplifies the essence of what it means to be a Titan, and we are privileged to have you at the helm of BGCSTC.

Thank you, Karen, for your exceptional leadership and tireless dedication to making a difference in the lives of others. Here's to many more achievements and milestones ahead!



After thoughtful deliberation, a panel of 5 volunteer judges named Zoey R. as the 2024 Boys & Girls Clubs of St. Charles County (BGCSTC) Junior Youth of the Year.

Zoey and other youth completed 12 weeks of workshops, practice, and unit level competitions, before competing at the Organization Level **Junior Youth of the Year Competition** on January 13, 2024. Brielle F., Radia J., Zoey R., and Lillian T. did an incredible job sharing their unique Club stories and representing their individual Club units through essays, speeches, and interviews with judges from the community.

Zoey is a sixth-grade member of the St. Charles Unit and attends City of St. Charles School District. She describes herself as caring, funny, and friendly. She is a motivated young lady with a heart for community service. She enjoys volunteering with younger Club members and helping Club staff. Outside of the Club, she enjoys participating in tennis and dancing. In April, Zoey and the BGCSTC team will travel to Jefferson City to compete for the statewide title of Junior Youth of the Year and participate in a legislative day of advocacy.

Locally sponsored by Toyota Missouri and Zach Plackemeier State Farm Agency and nationally sponsored by Toyota, Kohls, and Mondelez International, the Junior Youth of the Year program provides opportunities for local youth to gain essential career skills and increase their confidence. Club youth become



Youth Scholarship Available

NAMI Missouri is accepting applications for their NAMI Missouri Youth Ambassador Mental Health Scholarship through March 29, 2024.

NAMI Missouri will award \$1,000 scholarships to TWO Missouri high school seniors who demonstrate an understanding of the significant role mental health plays in our everyday lives.

Students are to write a 500-700 word essay on what mental health means to them. Additional points will be awarded to students who also submit a video presentation with their application. Visit to apply: www.namimissouri.org/YouthAmbassador

[Apply Here](#)

Justice for Children Conference

The Child Advocacy Center of Northeast MO would like to invite you to attend their **Justice for Children Conference on September 11 & 12, 2024** at Water's Edge Banquet Center in St. Peters, Missouri. The goal of this conference is to bring together local and national speakers related to the field of child protection to you at a low cost or no cost.

Scholarship Applications should be submitted by Friday, March 15th. If you should have any questions please reach out to **Michelle Stille** at mstille@cacnemo.org and we hope to see you in September!





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

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