



Preparing all youth and families
to realize a brighter tomorrow.

CARING FOR KIDS - March 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 contracted 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?

Recognizing STL Crisis Nursery Director

I have had the privilege of working with DiAnne Mueller for over 30 years and the conclusion of her tenure at the Nursery this month marks an incredible record of success in preventing child abuse and serving young families. I met Dianne when she became the Director of the Nursery back in 1993 when the St. Charles nursery was opened and again through the Family Stress Council to form what is now the Child Advocacy Center in 1999. We continued our mission under the CCRB by adding two additional nurseries in St. Charles as well as with the Shower of Love which raised over \$1.5 million in necessary baby item donations.

DiAnne has lived and breathed the Crisis Nursery, putting her heart and soul into saving the lives of infants and children while supporting and strengthening parents to prevent child abuse and neglect. She values the competencies of each family and believed in the talents of her staff which she often shared. I don't ever



remember hearing DiAnne saying “no”, rather she continually explores ways to fund unmet needs so she could say “yes we can help you with that”. She grieves with families and loves them with all her heart.

The Nursery has grown under her leadership, expanding locations, services, and the number of children served. She is very proud of the accomplishments of her staff and their ability to prevent child abuse and keep families together 99% of the time! As a result of their dedicated and intentional efforts, The Nursery has become a national model for providing respite and family empowerment services.

While I will miss working with DiAnne, she has enabled her staff to continue their work without her and her legacy will live on. I wish her the best in the next steps of her life’s journey knowing full well that her presence will make a positive difference in the lives she will touch.

-Bruce Sowatsky, CCRB Executive Director

2025 New Funding Cycle Opening Soon



The CCRB will accept proposals for new program funding from current and prospective agency partners. The CCRB operates on a fee-for-service reimbursement model. Services should improve overall child wellbeing. The deadline for submission is May 15.

Interested parties who meet the CCRB's [eligibility](#) criteria may schedule a meeting with the CCRB Executive Director before May 1. Learn more at www.stcharlescountykids.org.

CCRB Services Spotlight



Coordinated Entry provides assessment, crisis counseling, linkage with resources, and case coordination services for persons experiencing a housing crisis. Staff assist with finding safe shelter for children in the household, reducing parent stress, and housing stabilization for families.

95% of families with children increased their knowledge and options for safe sleep/shelter within 24 hours of a crisis assessment.



Family Strengths is a long-term residential program for women who are pregnant and homeless, along with their children. Services promote and secure the mental, emotional, physical, social, and educational well-being of the children and their pregnant mothers residing at the facility.

100% of mothers showed progress in parenting and life skills after 60 days of residency.



What is Autistic Burnout? How Can It Be Prevented?

by Behavioral Innovations Blog

Many individuals with autism experience autistic burnout, a state of physical, emotional, and mental exhaustion experienced by individuals with autism spectrum disorder. It typically occurs when individuals face prolonged periods of intense stress, sensory overload, and/or social demands without sufficient support or accommodation.

[Read more](#)

FAST FACT:

CHILDREN WHO EXPERIENCE TRAUMA ARE APPROXIMATELY
1.3X MORE LIKELY
TO DEVELOP A MENTAL HEALTH CONDITION AS ADULTS THAN CHILDREN WHO DON'T EXPERIENCE TRAUMA.



LEARN MORE
NOCHILDABUSE.ORG



Exploring the Spectrum
Autism Awareness Event

8:30 a.m. Saturday, April 6, 2024
3430 Harry S. Truman Blvd.
St. Charles, MO 63301
Admission is free

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



Each spring, a nation-wide high school arts competition is sponsored by the Members of the U.S. House of Representatives. **The Congressional Art Competition** is an opportunity to recognize and encourage the artistic talent in the nation, as well as in our congressional district. All high school students are allowed to compete in the competition.

Students submit entries to their representative's office, and panels of district artists select the winning entries. Winners are recognized both in their district and at an annual awards ceremony in Washington, DC. The winning works are displayed for one year at the U.S. Capitol.

The winner from Missouri's 3rd District, which includes St. Charles County, will attend a ceremony in Washington, D.C. to unveil the winning artwork from around the nation.

2024 CONGRESSIONAL ART COMPETITION

All entries must be delivered to Congressman Luetkemeyer's Jefferson City or Cottleville, MO office by **5 p.m. on Thursday April 18.**

[View the 2023 Missouri winners.](#)

[Read More](#)

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](#)



Out Front with FamilyForward brings forward candid conversations, bridging the gap between research and real-world parenting. Our host, Sharon Skidmore Stern,



explores a range of topics through a trauma-informed lens designed to bring you expert insights, heartfelt stories, and practical tips to navigate the beautiful chaos of raising a family.

QUEUE UP OUR FIRST SERIES: STAYING CONNECTED

The need for humans to cultivate connection now is more important than ever. Despite being easily connected in this digital age, people are feeling more isolated than before. Listen to this first series as it tackles the importance of connectedness: why it matters, what its impacts are, what support looks like, and how we can reconnect.

[Download Now](#)

Co-Parenting Education at Kids In The Middle

Kids In The Middle offers COPE, a specialized education course for parents in the process of separation, divorce, modification, and otherwise unmarried parents of minor children who come before the courts in need of educational tools and knowledge. KITM's COPE class has been designed to assist parents in understanding the effects of family changes on their child(ren), as well as keep the child(ren) from being put "in the middle" of parental conflict. This class meets state and local requirements for a one-time, two-hour mandated class per Missouri Revised Statute 452.600. **Register here.**



[Co-Parenting Resources](#)

The COPE program focuses on the physical, emotional, and legal impact of separation and divorce on parents and children.

Immersive Summer Camps



Embrace Peace, Spread Love, and Groove Towards Great Futures at Peace Love Great Futures Summer Camp!



Want to make your child's summer unforgettable? United Services for Children has the perfect solution! The 2024 Summer Camp program features exciting and enriching activities tailored to

Join us for an extraordinary journey filled with laughter, learning, and lifelong memories at 2024 Peace Love Great Futures Summer Camp! Located at our St. Charles Unit and O'Fallon Unit, our camp offers 9 weeks of non-stop excitement for youth aged 6-18.

Exclusive Offer: Register by April 1st and receive \$25 off per child for one week of camp! Don't miss this opportunity to save on the summer of a lifetime.

Make this summer unforgettable as you Embrace Peace, Spread Love, and Groove Towards Great Futures with Peace Love Great Futures Summer Camp. Enroll now and embark on an adventure you'll cherish forever!

[Register Here](#)

your little one's needs and interests. Camps are full of immersive programs catering to children aged 2 1/2 to 8, offering speech and vocabulary enhancement, occupational therapy, and social skills development. It's all about fun, growth, and joyful summer memories!

Visit our website for more information on each of our camps.

- Speech Phonology Camp (Age 3 1/2-5)
- Vocabulary Camp (Age 2 1/2-4)
- Let's Get Moving! (Age 2 1/2-4)
- Sensory Play With Food (Age 3 1/2-5)
- Handwriting Helpers (Age 5 1/2-7)
- ABA Social Skills (Age 4-8)

To register, contact Simone Walker at swalker@unitedsrvcs.org or call (636)-926-2700.

[Register Here](#)



PFLAG Greater St. Louis offers monthly peer support meetings for members of the St. Louis area community. Whether you're an LGBTQ+ person who is "coming out" to your family and friends OR a parent who has just learned that your child identifies as LGBTQ+ or is questioning, PFLAG Greater St. Louis is here for you.

Meetings provide a safe, confidential space for individuals to discuss topics related to sexual orientation and gender identity. Additional meetings are available in virtually in Ferguson and in-person in Mid-County.

[Email to Learn More](#)

Virtual, all areas: Thurs 3/14, at 7pm
In-person, St. Charles: Tues, 3/26 at 7 pm



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

SSM HEALTH ST. JOSEPH HOSPITAL - LAKE ST. LOUIS

FOOD FAIR

Foodbank
St. Louis Area Foodbank

Free Food Distribution Near You!

Where:
SSM Health St. Joseph Hospital
Lake St. Louis
100 Medical Plaza
Lake St. Louis, MO 63367

SSMHealth
St. Joseph Hospital
LAKE SAINT LOUIS

When:
Tuesday, March 19th, 2024
Starts at 9:00am

Follow event signage.



PRE-REGISTRATION IS NOT REQUIRED FOR THIS EVENT!

MEMBER OF
FEEDING AMERICA

For schedule updates, please visit stlfoodbank.org/events or check our social media by scanning the QR codes:

@STLFoodbank
Facebook

Instagram

Twitter

For more information on places and events where you can get food or for assistance with SNAP or Medicaid benefits.



Find More Events

Important Dates

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. Open to the public.

April

- 4/3 - St. Charles County System of Care, 9 AM, F.A.C.T. - St. Charles
- 4/22 - CCRB Board Meeting, 8 AM, Location: Boys & Girls Clubs of St. Charles County, 1211 Lindenwood Ave., St. Charles. Open to the public.

News from the Field



Join Community Living in welcoming Cathi Bornhop in her new role of Director of Respite Services. Cathi's background and connection with the community has prepared her to step into this role. Over the past 10 years she gained a wide range of experience at another nonprofit in St. Charles County, where she supported families that have children and young adults with developmental disabilities and/or severe emotional disabilities. Along with her work experience, Cathi has a National Certification for Family Peer Specialists™ (CFPS) and state certification (FSP). She is a Family Support Provider instructor for the Missouri Credentialing Board and a Member of the State Advisory Council for the Division of Behavioral Health.

Cathi oversees Community Living's Respite Center, Respite Care Home, and In-Home Respite programs, each tailored to meet the needs of different people. The Respite Center is a weekend-only program serving children with significant behavioral challenges. The Respite Care Home is a home-like, fully accessible facility open 24/7 to children and adults who stay for a few hours, days, or even a week or more. The In-Home Respite program is a unique program that uses independent contractors to provide respite in an individual's own home. Community Living helps connect families and providers and handles payment reimbursement.

Cathi is most looking forward to meeting new people and expanding support for families in our county and state. She said, "I love the people that work for Community Living and the clients that we support."



Youth Scholarship Available



Justice for Children Conference

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.

Apply Here

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!



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

SATURDAY, APRIL 20, 2024 | 9 AM - 12 PM
 DEACONESS CENTER FOR CHILD WELL-BEING | JUSTICE COMMUNITY ROOM
 1000 N. VANDEVENTER AVENUE | ST. LOUIS, MO 63113




Our Expert Panel of Speakers:

Kennedy Hunt Law
 Sarah Jane Hunt, Managing Partner | Michelle Faron, Attorney
 Ellen Bruntrager, Attorney
The Law & How it Applies to School When Looking at Bullying, Civil Rights, Sexual Harassment

Mandy Nolan, F.A.C.T. Community Advocacy Liaison
Understanding District Policy & Steps to Reporting Bullying, Civil Rights Violations, and Sexual Harassment in the School

Keitt Statham, LPC
The Impact of Bullying/Harassment - Specifically About Suicide Prevention, Resources, Mental Health, and Quality of Life Empowerment

Please RSVP by **Thursday, April 18, 2024** by clicking, touching, or scanning the QR code below.
Childcare will be provided.


FREE OIL CHANGE FOR SINGLE PARENTS & LOW-INCOME FAMILIES
 at Calvary Church in St. Peters

APPOINTMENT REQUIRED
 Please Note
 We're unable to do repairs or accommodate hybrids & diesels.

SATURDAY, APRIL 27, 9 AM - 12 PM
 3998 Mid Rivers Mall Dr., St. Peters, MO 63376
 Register online at: calvary.church/register/oilchangespring24

We must have the year, make, model and complete vehicle identification number, which can be found on your insurance card or dashboard.

Space is limited and appointments are required. You can set up an appointment online by visiting the link above.

If you have problems registering online, call 636.939.4343, Mon - Thurs, 9 am - 4 pm. Appointments accepted until one week prior to the oil change date (subject to availability).

Special thanks to Olympia Automotive, Mid-Nite Auto Supply, and Chick-fil-A for their support!

Scan the QR code to sign up or learn more.

www.calvary.church  **CALVARYCHURCH**
 where Jesus matters most

Register today!



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



Community & Children's Resource Board | 2440 Executive Drive, Suite 214, Saint Charles, MO 63303 636.939.6200

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