



Preparing all youth  
and families to realize  
a better tomorrow.

[www.stcharlescountykids.org](http://www.stcharlescountykids.org)



**988** | SUICIDE & CRISIS  
LIFELINE

## CARING FOR KIDS

April 2026

*CCRB Monthly News &  
Updates*

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### Early Intervention & Mental Health Benefits

This month, we're focusing on the importance of early intervention when it comes to a child's mental health and well-being.

*Early intervention* means recognizing the signs of a mental health or substance use challenge and taking action *before* concerns escalate. It is not a pre-determined set of activities, but rather a proactive strategy designed to prevent or reduce the impact of behavioral challenges. By identifying risk factors and concerning behaviors early, we can intervene at a critical time.

The lack of early intervention can have serious outcomes, including increased risk of suicide, substance use, school dropout, and ongoing mental health challenges. In contrast, early support is associated with improved long-term mental health outcomes. It is also cost-effective – addressing concerns early can reduce the need for more intensive, expensive, and resource-heavy services later.

At its core, early intervention is about getting care to young people sooner rather than later, before symptoms become severe or entrenched. The most effective early intervention services meet kids where they are, including school, home, and the community. These programs help build the social and emotional skills that are essential for both learning and everyday life, support positive mental health into the future, and discourage risky behavior.

CCRB is proud to support a wide range of early intervention services for children in St. Charles County. Research consistently shows that proactive, early support makes a lasting difference—and the work being done through these programs is truly changing lives.



Melinda McAliney

EXECUTIVE DIRECTOR

✉ mmcaliney@sckkids.org

CCRB is seeking an experienced strategic planning consultant to guide the organization through a comprehensive planning process. The selected consultant will bring added capacity and leadership to support the development of a strategic plan that will shape CCRB's future work and funding framework.

All proposals must be electronically submitted no later than **5:00 p.m. CST on May 8, 2026**. Late, hand-delivered, or mailed submissions will not be accepted. To download the RFP, visit [stcharlescountykids.org](http://stcharlescountykids.org).

**Help CCRB shape their future work!**

DYNAMIC CONSULTANT WANTED

View the Request for Proposal

[stcharlescountykids.org](http://stcharlescountykids.org)

**CCRB**  
The Community and Children's Resource Board of St. Charles County

## Staff Updates



**Happy work anniversaries** to Melinda (2 years) and Anna (3 years)! Thank you both for all the energy, dedication, and care you bring to CCRB every day. Congratulations on another year!

**Around the Office:** Staff are hard at work on many projects-including Group 2 Board subcommittee meetings, Group 3 Funding Applications, the 2025 Annual Report, an updated Services Brochure, and preparing for the next funding cycle.



Michelle and Jeanne attended the **Community Builder Awards**, where Michelle was recognized as a Community Champion nominee by Community Council. They are pictured with Community Council Executive Director, Samara Mitchell, and Community Council Board Member, Dr. José Jones



Melinda attended **Child Advocacy Day** at the Missouri State Capitol on March 25. Hosted by Kids Win Missouri, the annual rally brings together educators,

## Monthly Board Meeting

The public and interested parties are invited to CCRB's monthly Board meeting on **April 27, 2026, at 8:30 AM.**

Meeting Host:  
**DDRB-Developmental Disabilities Resource Board**  
1025 Country Club Road  
St. Charles, MO 63303

The **meeting agenda** is available 24 hours in advance.



## Services Spotlight

By offering support during the earliest years of life, early intervention programs help children build strong emotional, social, and behavioral foundations that support long-term mental health and well-being. When families receive guidance, encouragement, and resources early on, challenges can be addressed before they grow, and children are better equipped to thrive. The following CCRB-funded programs highlight how early intervention is making a meaningful difference for young children and their families in St. Charles County.



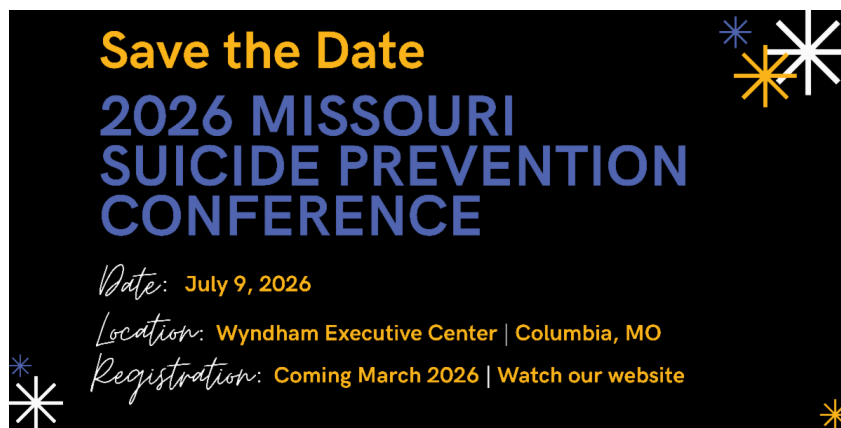
**Nurses for Newborns** provides home visiting services for infants from birth to age two and their mothers, delivered by Registered Nurses. Through health screenings, parenting education, and referrals to community resources, the program strengthens families, promotes healthy development, and helps prevent infant mortality and child abuse or neglect.



Healing Hearts Outreach at **St. Louis Crisis Nursery** provides trauma-informed art and play therapy for children ages 3 to 5 in childcare settings. The program helps young children build coping skills and learn to identify, express, and regulate their emotions, while also equipping caregivers with tools to support long-term positive mental health.



**United Services for Children** provides early behavioral intervention for young children, ages 18 months to three years, who are diagnosed with or show signs of autism. Through a structured, evidence-based approach, the program helps children build essential skills in communication, self-regulation, and social development, supporting healthy growth during a critical stage of early childhood.



## Call for Nominations - Suicide Prevention

*Do you know someone making a meaningful difference in suicide prevention?*

Nominations are now open for the **2026 Missouri Suicide Prevention Conference Awards**, which honor individuals, schools, coalitions, and organizations working to reduce suicide and support mental well-being across Missouri. Nominations are accepted in five categories, including Loss Survivor, Lived Experience, Suicide Prevention Innovation, Coalition of the Year, and Suicide Prevention in Schools. **Nominations are due by 5:00 p.m. on Wednesday, May 6, 2026.** For questions or additional information, please contact **Megan Kempker**.



Most parents know they should talk to their kids about drugs. Few feel equipped to do it—especially now, when the drug landscape looks nothing like it did a generation ago. Fake prescription pills, high-potency cannabis, kratom—the risks are real, they're evolving, and the conversation can't wait.

**When: Wednesday, April 29, 2026**

**Time: 5:00pm CST**

**Location: Virtual**

**RSVP Now**

Hosted by **Song for Charlie** on **National Fentanyl Awareness Day** this session brings together a parent and coach who has lived the stakes firsthand and a physician who works directly with teens and families for an honest, practical conversation about how to approach drug safety talks with your kids. No slides, no jargon—just the information and perspective parents need to feel prepared.

If you can't attend a webinar live, the session will be recorded and made available for on-demand viewing after April 29. **Register** to receive the recording link directly in your inbox

once it's available.



**NAMI Sharing Hope** is designed to introduce discussions on mental health and wellness in the Black/African American community through a three-part community conversation series grounded in sharing sacred stories and guided dialogue on mental wellness and support.

NAMI St. Louis, a CCRB Partner Agency, provides high-quality videos, facilitator guides, and other resources you can use to organize community conversations rooted in sacred storytelling and ancestral wisdom. Facilitators help prompt discussion on community needs, challenges with mental health, wellness, and coping strategies. [View the calendar](#) for upcoming events. For more information, contact [Mya Canty](#) or call (314) 962-4670.

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**NAMI St. Louis Advocacy Committee** is looking for passionate individuals who want to make a difference in mental health policy and support efforts to improve lives across our region. Please fill out the form below to speak up for individuals and families living with mental health conditions and to help build a system of care that truly supports them.

**Advocacy Committee Meeting**  
**Thursday, April 23, 2026**  
**5:30 to 7:30 PM**

Submit an [interest form](#) to learn more.



The Brown School Professional Development Program is proud to offer Capacity Building Scholarships to support professionals working in nonprofit organizations. Each scholarship provides full tuition support (a \$650 value) for one of the Summer Institute courses in June.



Vision for Children at Risk's **Children's Data Center** continues to grow as a resource for understanding and improving child well-being across our region. The data has been recently updated and they expanded the Data Center to include Monroe County, bringing the total to six

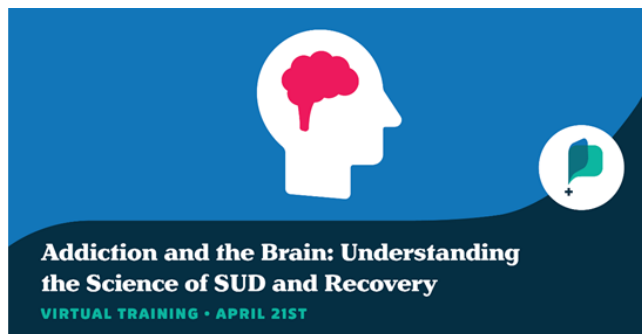
These scholarships are designed to strengthen small agencies by investing in leadership development, fundraising capacity, and operational effectiveness. By expanding access to high-quality executive education, the Brown School aims to increase the impact and sustainability of nonprofit organizations serving our communities.

Applications are due by **May 15, 2026**. [Learn more](#) about this opportunity.

counties (including St. Charles) and more than 40 indicators.

Designed as an interactive space, the Data Center makes children's well-being data more accessible while highlighting inequities in outcomes. Whether you're writing a grant, preparing for a meeting with a legislator, or simply wanting to better understand the factors affecting children and families, this tool is for you.

[Explore the Data Center](#)



## Addiction and the Brain: Understand the Science of SUD and Recovery

Join **PreventEd** for a one-hour virtual session that dives into the neurobiology of Substance Use Disorder (SUD). This training moves beyond the “willpower” myth to explore how substances hijack the brain's communication systems and reward circuitry. By understanding the physiological changes that occur in the brain, participants will gain a deeper perspective on addiction as a treatable medical condition.

**Tuesday, April 21st • 10:00am - 11:00am**

They will also discuss the power of neuroplasticity, offering a science-backed foundation for long-term recovery. This virtual training is free, but **registration** is required.

PreventEd is a CCRB-funded partner providing services to children and families in St. Charles County.



**SATURDAY, MAY 16, 2026**  
**4:00 P.M. - 10:00 P.M.**  
Frenchtown

The City of Saint Charles invites the community to the **Fifth Annual Real Champions Boxing Event** on **Saturday, May 16** in Frenchtown St. Charles. Hosted in partnership with Dr. Jose Jones and **The Boxing Therapy Gym**, this event highlights how boxing can support mental health, confidence, and emotional well-being.

**When: Saturday, May 16, 2026**  
**Time: 4:00 p.m. – 10:00 p.m.**  
**Location: 2nd Street-St. Charles**

In addition to amateur boxing matches, the event will feature special exhibitions by Boxing Therapy students, showcasing the skills, discipline, and personal growth they've gained through the program. The event also raises awareness of local mental health services and resources available in our community.

The event is open to the public with no registration required.



**FOSTER & ADOPTIVE CARE COALITION**  
FOR EVERY CHILD... A PLACE TO CALL HOME

**Big Behaviors: Making Sense of Lying, Stealing & Meltdowns** training focuses on youth who have experienced trauma. They often have behaviors that can be frustrating and challenging to manage. Traditional parenting techniques can be ineffective, leaving caregivers baffled and overwhelmed. *Presented by Foster & Adoptive Care Coalition.*

**When:** April 23, 2026 & April 30, 2026  
**Time:** 6 PM to 8 PM  
**Where:** Virtual  
**Register to Attend**

This training addresses three behaviors which often confound parents the most: lying, stealing, and meltdowns. Attendees will take away strategies for how to manage family dynamics and conflicts, identifying triggers, and effectively managing stress. (2 sessions, 4.0 hours credit)

**Secondary Traumatic Stress** training addresses the complex impact of secondary traumatic stress. Attendees will learn about the risk factors for and signs of secondary traumatic stress as well as techniques for prevention and self-care. *Presented by Foster & Adoptive Care Coalition.*

**When:** Wednesday, April 22, 2026  
**Time:** 6 PM to 9:30 PM  
**Where:** Virtual

This course is intended for anyone who works directly with the child welfare population, such as resource parents or child welfare workers.

**Register to Attend**

Foster & Adoptive Care Coalition is a CCRB-funded partner supporting child safety and family well-being in St. Charles County.

Hosted by: STLRSPC and Safer Homes Collaborative

**COMMUNITY CONVERSATIONS: SUICIDE PREVENTION AND LETHAL MEANS SAFETY**

An interactive workshop on upstream suicide prevention, focusing on early identification, safe environments, and supportive conversations to reduce risk before crisis. Includes a respectful, evidence-informed look at lethal means safety and opportunities to connect with community partners.

**WEDNESDAY, JUNE 17, 2026**  
9:30 AM - 12:30 PM

St. Louis County Library - Grant's View Branch  
4700 Musick Ave, St. Louis, MO 63123

SPONSORED BY: mtb, Prevent-Ed

Save the Date for the June 17 event - please share broadly! **Community Conversations: Suicide Prevention and Lethal Means Safety**

**SUMMER MENTORING**

**WHEN:** June 1-Aug 15 (weekly sessions)

**LOCATION:** In-person and virtual (select preferred location when registering)

**COST:** \$5-\$30/session (sliding scale based on income)  
*\*Students continuing services from the school year can participate at no cost*

**STUDENTS IN GRADES K-12 WILL MEET WITH A CHADS MENTOR FOR 30-MINUTE SESSIONS TO FOCUS ON:**

- How to identify and manage emotions
- Identifying strengths and gaining self-confidence
- Understanding others and maintaining healthy relationships
- Making responsible decisions

**SPOTS ARE LIMITED! REGISTER NOW!**

For questions, reach out to [cate@chadscoalition.org](mailto:cate@chadscoalition.org)

**CHADS Coalition of Mental Health**  
Communities Helping Adolescents' Development and Success

**CHADS Coalition for Mental Health** has openings in its Summer Social Emotional Wellbeing (SEW) program, a CCRB-funded program. Sessions are held weekly from June 1 through August 15 and are available in person or virtually. For more information or to enroll, contact **Cate Perry**, SEW Program Manager.

**2026 CHILDREN'S MENTAL HEALTH DAY ANNUAL CELEBRATION!**  
 YOUTH REPRESENTATION MATTERS ALWAYS!

**JOIN US**  
**SATURDAY | MAY 9**  
**11 AM - 3 PM**  
 Deaconess Center  
 1000 N. Vandeventer Ave.  
 St. Louis, MO 63113

**FEATURING**  
 VCR's Youth Advisory Council Representation Exhibition

Interested in being a Sponsor or Vendor?  
 Please contact Jawana Hammonds: [jhammonds@visionforchildren.org](mailto:jhammonds@visionforchildren.org)

**OUTDOOR EVENT**  
 Activities & Games  
 Music  
 Food Trucks  
 Entertainment  
 Mental Health Resources  
 Give-a-ways  
 Free event!

Support is at hand from SYSTEM OF CARE, ST. LOUIS REGION

VISION for CHILDREN

DEACONESS FOUNDATION

**Children's Mental Health Day**  
 Saturday, May 9, 11 AM to 3 PM -  
 Deaconess Center, St. Louis  
 Sponsor and Vendor opportunities are  
 available. Contact **Jawana Hammonds**  
 for info.

**Saint Louis Crisis Nursery**

**Welcomes You to Open Door Hours**

To Offer Assistance with Items Needed to Care for your Family (diapers, wipes, formula, food bag and personal hygiene products, as available).

**Wednesdays 2 - 4 pm**  
**St. Charles Outreach Center**  
 328 South 4<sup>th</sup> St., St. Charles, MO 63301  
**636-940-0742**

**St. Louis Crisis Nursery-St. Charles**  
 offers families caring support with basic needs such as diapers, wipes, food, and personal hygiene items. Families in need are encouraged to register for assistance by calling **636-940-0742**. Crisis Nursery is a CCRB Partner Agency.



Network for Strong Communities' **Leadership 1.0** is an engaging, practical workshop designed to help individuals understand leadership as a daily practice, not a title. The session emphasizes that leadership happens at every level and is expressed through influence, relationships, decision-making, and care for others.

**When: Friday, April 24, 2026**  
**Time: 9 AM to 11 AM**  
**Where: St. Louis, in-person**  
**Registration**

Leadership 1.0 is ideal for emerging leaders, experienced professionals, and teams seeking to strengthen leadership

**Preparing for an Executive Transition** is an interactive two-hour online workshop offered by Network for Strong Communities that lays out a roadmap in preparation for an Executive Transition. This workshop will cover the transition process (more than a search!), address options for internal candidates, the challenges faced when a long-time leader or founder leaves and provide a decision tool that you can adapt for emergency absences at multiple levels within your organization.

**When: Thursday April 23, 2026**  
**Time: 9 AM to 11 AM**  
**Where: Virtual**  
**Register for the Session**

capacity, collaboration, and organizational culture at every level.

Anyone is welcome to attend but this is specifically tailored to leadership and board members.



Missouri Mental Health Foundation **Director's Creativity Showcase** is an annual art contest celebrating the creative talents of individuals receiving mental health services across the state. Each year, the Foundation proudly features artwork in the categories of mental illness, substance use disorder, developmental disability, crafts, and photography.

A heartfelt thank you to every artist who submitted work this year. The virtual showcase featuring all winners and submissions is available now. A traveling exhibit will launch this summer. [View the virtual gallery](#)

The image shows the logo for the Community and Children's Resource Board (CCRB). The logo features a stylized figure of a person with arms raised, set against a blue and green circular background. Below the logo, the text 'CCRB' is written in large blue letters, followed by 'the community and children's resource board of st. charles county' in smaller blue text. Below the text, there are two social media icons: Facebook and LinkedIn.

Using a voter-approved 1/8 cent sales tax, the **Community and Children's Resource Board** (CCRB) funds local nonprofits to provide essential mental health and substance use treatment services for children 19 years of age or younger in St. Charles County. Our mission is to build and sustain a comprehensive system of services for children and families in need, preparing them for a brighter future. CCRB is an independent political subdivision of St. Charles County.

CCRB-funded programs and services aim to:

- Improve child emotional and mental wellbeing
- Strengthen and stabilize children and families
- Respond to the shifting mental health needs of youth

Over the past two decades, key indicators of youth and family health in St. Charles County have shown positive changes. We are committed to continuing our investment in effective mental and behavioral health services. Together, we are creating a community where every child and family can thrive.

2440 Executive Dr., Suite 214 | Saint Charles, MO 63303 US

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