Caring for Kids

CCRB Monthly News

August 2026

Supporting Student Success Through School-Based Mental Health Services

Research shows that a child's mental health has a direct impact on their ability to learn, engage in the classroom, and succeed in school. When children are struggling with anxiety, depression, trauma, behavioral challenges, or other mental health concerns, their academic performance and overall school experience can be affected

For the 2026-2027 school year, 44% of CCRB's funding, or $4.3 million, will support 17 school-based programs that provide mental health and substance use services in St. Charles County schools. In 2025, CCRB-funded programs reached more than 89,000* children across all five St. Charles County public school districts and several private schools.

These services address a wide range of needs. Students receive education on topics such as human trafficking awareness, body safety, positive peer relationships, suicide prevention, and healthy self-talk. Programs also provide short-term and crisis-based counseling, longer-term therapy, educational advocacy, and case management. School staff and agency providers work together to ensure services are tailored to the unique needs of each school community and responsive to the challenges students face. By offering services during or after the school day, schools and providers reduce barriers to care and make it easier for students and families to access support when it is needed.

As students across our County head back to the classroom, we want to recognize the strong partnerships between our Partner Agencies and schools that help our community's children succeed both academically and emotionally. We recognize our Partner Agencies for their dedication and expertise, and our schools for welcoming these services into their buildings. Collectively, we are helping create safe, supportive environments where children can learn, grow, and thrive.

**numbers may be duplicated across services*

Staff Updates

Our team recently gained certification in Youth Mental Health First Aid. This training will help us better understand the mental health challenges St. Charles County youth may face.

Michelle, Melinda, and Taylor attended Saint Louis Crisis Nursery's 2026 Annual Conference, Hope in Action: Supporting Children & Families Across Missouri. Through educational sessions and networking opportunities, CCRB staff gained valuable insights into child well-being, family support, crisis intervention, and community collaboration.

Strategic Planning Announced

CCRB began working with Platform Civic Strategies and Rooted Strategy on a comprehensive Strategic Planning process to create a framework defining CCRB's vision, mission, values, priorities, roles, funding models, and measurable outcomes, along with a final actionable strategic plan. The process will conclude in May 2027.

This work will strengthen CCRB operations and enhance the broader children's mental health and substance use system, including identifying opportunities to improve service delivery and leverage additional community resources.

Monthly Board Meeting

The CCRB Board of Directors meets monthly. Meetings are open to the public and the **meeting agenda** is made available on the Friday preceeding the meeting.

August 24, 2026 | 8:30 AM
Meeting Host:
The Care Service
4116 McClay Road
St. Charles, MO 63304

Services Spotlight:
School Based Programs & Educational Advocacy

School is more than a place for learning. For many children and teens, it is where they build confidence, form relationships, develop coping skills, and access the support they need to thrive. When children struggle with anxiety, trauma, behavioral challenges, bullying, or unmet educational needs, their ability to succeed in the classroom can be affected. Likewise, academic difficulties and school instability can contribute to increased stress levels, frustration, and emotional challenges.

This month we highlight three CCRB-funded programs that help students build social-emotional skills, access educational resources, and overcome barriers to success.

CHADS Coalition for Mental Health's Social Emotional Wellbeing (SEW) program provides school-based mentoring and social-emotional learning services for K-12 students experiencing behavioral challenges, bullying, social skill deficits, and difficulties with emotional regulation. The program is available at City of St. Charles, Fort Zumwalt, Francis Howell, and Wentzville school districts.

F.A.C.T.'s Educational Advocacy program helps parents and caregivers secure appropriate educational supports and accommodations for children ages 3-19 with mental health diagnoses. Advocates assist families in navigating special education processes and empower parents to advocate effectively for their children's educational needs.

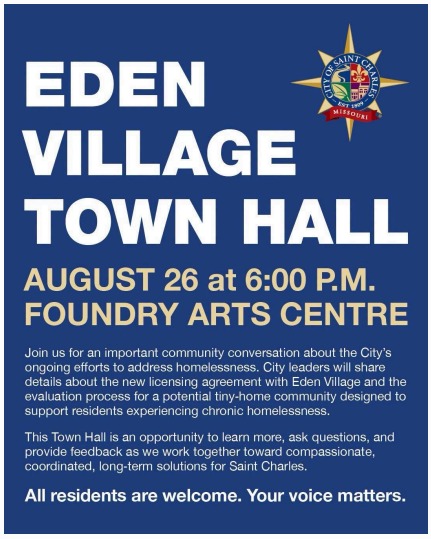
Megan Meier Foundation's Counseling program provides individual and group counseling services to youth ages 10-19 years experiencing bullying, anxiety, depression, and other mental health challenges.The program is available at City of St. Charles, Fort Zumwalt, and Orchard Farm school districts.

Eden Village Housing Town Hall

Join the City of Saint Charles for an important community conversation about the City's ongoing efforts to address homelessness. City leaders will share details about the new licensing agreement with Eden Village and the evaluation process for a potential tiny-home community designed to support residents experiencing chronic homelessness.

August 26, 2026 | 6 PM
Foundry Arts Center - St. Charles

This Town Hall is an opportunity to learn more, ask questions, and provide feedback as the community works toward compassionate, coordinated, long-term solutions for Saint Charles.



Youth Mental Health Service Brochure

CCRB's **2026 Service Brochure** is a comprehensive resource that provides an overview of all CCRB-funded programs and services available to St. Charles County children, youth, and families. Available in English and Spanish, the brochure is designed to help community members, schools, healthcare providers, and Partner Agencies easily connect individuals with needed supports and resources.

We encourage community partners, educators, healthcare professionals, and families to review the brochure and share it widely to help connect children and families with the services they need. Download and share today!

English Brochure **Spanish Brochure**

Hope Starts With Us: Back to School Anxiety Podcast

NAMI's *Hope Starts with Us: Back to School Anxiety* podcast features NAMI CEO Daniel H. Gillison Jr., who speaks with Willa Amai, a NAMI ambassador, singer/songwriter and newly enrolled Harvard student, and Angel Zhong, a NAMI Next Gen youth advisor, rising senior and newly elected class president at University of the Pacific, about students' anxieties as they head back to school.

The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

Youth Mental Health First Aid Training

Mental Health First Aid (MHFA), from the National Council for Mental Wellbeing, offers trusted, evidence-based training that equips adults with the skills to recognize when a young person may be experiencing mental health or substance use challenges — and the confidence to provide initial support and connect them with appropriate resources.

Youth Mental Health First Aid (Youth MHFA) teaches adults how to support young people ages 12–18. By recognizing concerns early and responding effectively, you can help youth thrive at school, at home, and in their communities.

Youth MHFA training is available in three formats:

- Fully in person
- Partly in person (called Blended In-person)
- Fully virtual (called Blended Virtual)

FIND an MHFA training or Instructor near you.

Community Services Summit - Sept 15

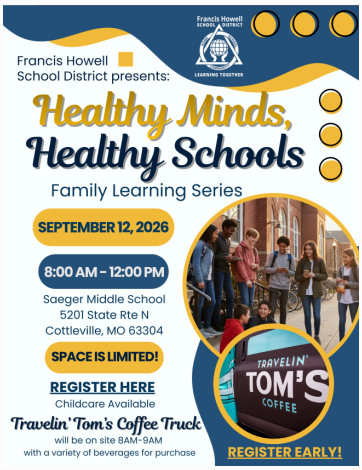
This incredible event brings together hundreds of professionals who are passionate about supporting children, families, and communities across our region.

September 15, 2026 | 7 AM to 3 PM
Calvary Church - St. Peters
REGISTER

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. Along with expert-led, skill-building workshops, Summit participants receive beneficial information from health and human service providers in our extensive Resource Hall. CEUs are available.

Healthy Minds, Healthy Schools Family Event

Are you a parent/caregiver looking for practical tools to support your child's emotional well-being, mental health, and success in school? Healthy Minds, Healthy Schools Family Learning Series, hosted by Francis Howell School District, is a free, in-person parent education event open to ALL families in St. Charles County.



September 12th | 8AM - 12PM
Saeger Middle School
Register

Participants can choose from a variety of workshops focused on topics that matter most to families. The event also includes childcare. Space is limited, so early registration is encouraged.

Searchable Resource Directory for Tri-County Area

The **Community Council** maintains a comprehensive, searchable resource directory designed to connect individuals, families, and professionals with services available throughout St. Charles, Lincoln, and Warren counties. The directory serves as a centralized source of information for a wide range of community resources, making it easier to find help when it is needed most.

Users can search for organizations and programs that provide support in areas such as mental health, healthcare, housing, food assistance, family support, education, employment, substance use treatment, transportation, and other essential services. The directory is regularly updated and organized by service type, helping users quickly identify appropriate resources and connect with local agencies that can meet their specific needs.

By bringing community resources together in one accessible location, the directory helps reduce barriers to finding assistance, strengthens connections between service providers and residents, and supports a more coordinated network of care throughout the region.

Search the Directory

Preventing Adverse Childhood Experiences

Adverse Childhood Experiences (ACES) impact our physical and mental health, and their effects can be passed from one generation to the next. But the science of ACEs also reveals opportunities for all of us to improve the lives of children and adults in our communities. This presentation will review the research behind both ACEs and Positive Childhood Experiences (PCEs) and will explore the specific ways we can help ensure that PCEs are provided for the overall health of our communities.

September 1, 2026 | 9:00 to 10:30 AM
In Person, St. Louis
Register

This presentation is free and open to the public; registration is required. Presented by PreventEd, a St. Louis-based non-profit working to reduce or prevent the harms of alcohol and other drug use through education, intervention and advocacy.

CCRB
the community and children's resource board of st. charles county

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 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.

ABOUT CCRB | NEED HELP | CCRB SERVICES

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

Unsubscribe | Update Profile | Constant Contact Data Notice

Constant Contact
Try email & social marketing for free!