



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

# ANNUAL REPORT 2022

to the St. Charles  
community



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

# LETTER FROM THE EXECUTIVE DIRECTOR

Dear St. Charles County Residents:

The mental health and substance use services field continues to be challenged by a shortage of quality staff. This impacts our ability to serve all youth and their families who are seeking help, but we saw some signs of stabilization in the latter months of 2022. In spite of shortages, families are still experiencing the same great level of care with 90% of outcomes being met. In addition, the CCRB has been able to respond to programs with higher demand so they can expand their contracts and keep services stable.

St. Charles County Government leadership was extremely generous awarding the CCRB \$2.1 million in ARPA funding in 2022. Just over \$1 million was awarded to local nonprofits in the first round of applications to provide capital funding for necessary infrastructure needs of our agency partners as well as grant funding to increase salaries of frontline workers. The remainder will be allocated in 2023.

2023 portends to be a year of improvements and growth. The CCRB is implementing our new online application portal which should make us more efficient, and we will be making changes to our grant review process to meet the challenges of program expansion and growth. We are developing a mobile app to provide youth with emergency contacts and working on ways to solve mental health workforce shortages.

We recognize youth are still facing many challenges in a world recovering from a pandemic, political division, and gun violence, and we strive to be responsive and available to all youth when they reach out for help.



*Bud Salway*  
Executive Director



*Nancy Schneider*  
Board Chair

## Board of Directors

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Michelle McElfresh  
*Director of Contracts &  
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Jeanne Spencer  
*Program Specialist*

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## Our Vision

Preparing all youth and families to realize a brighter tomorrow.

## About

The Community and Children's Resource Board (CCRB) collaborates with and funds nonprofit agencies to provide mental health and substance use treatment services which improve the quality of life for children, youth, and families in St. Charles County.

For every dollar spent in St. Charles County, 1/8 of a cent is dedicated to services for resident children and youth up to 19 years of age. The CCRB oversees the administration, allocation and distribution of this local sales tax fund.

## Our Mission

Maximizing community resources to build and sustain a comprehensive system of services for children and families in need.

## Funding Categories

- Counseling
- Crisis intervention
- Home and community-based
- Outpatient psychiatry
- Outpatient substance use treatment
- Respite
- School-based prevention
- Teen parents
- Temporary shelter
- Transitional living

## Community Trends Report

The CCRB contracted with Berry Organizational and Leadership Development (BOLD) to conduct an analysis of St. County youth data, utilizing key findings of the demographic data and the community indicators. The table represents a brief overview of the key findings. The full report is available upon request.

	Strengths	Mixed Results or Needs Attention
Economic	<ul style="list-style-type: none"> <li>• Children living in two-parent, higher-income households</li> </ul>	<ul style="list-style-type: none"> <li>• Youth homelessness increased 66% since 2010</li> </ul>
Education	<ul style="list-style-type: none"> <li>• High school graduation rate is 94%</li> <li>• 73% decrease in disciplinary incidents</li> </ul>	<ul style="list-style-type: none"> <li>• MAP Scores for 3rd, 4th, and 8th grades are high, but 4-year trends are negative.</li> <li>• Kids in free/reduced lunch program had the lowest attendance rates.</li> </ul>
Health - Behavioral	<ul style="list-style-type: none"> <li>• Juvenile law violation referrals decreased by 71% since 2004.</li> <li>• More youth are receiving substance use and behavioral health services</li> </ul>	<ul style="list-style-type: none"> <li>• 13% increase in substantiated cases of child abuse and neglect</li> <li>• Trauma &amp; stress disorders are increasing</li> <li>• Youth suicide rate was 10.3 per 100,000 between 2009-2019</li> </ul>
Health - Physical	<ul style="list-style-type: none"> <li>• 27% fewer infant deaths since 2004</li> </ul>	<ul style="list-style-type: none"> <li>• Child deaths increased from 7 in 2002-2006 to 44 in 2016-2020</li> <li>• 38 violent teen deaths from 2016-2020</li> <li>• 19% increase in the number of babies born with low birthweight</li> </ul>

# FINANCIALS

## REVENUE

Sales Tax	\$9,469,491.76
Investment	\$77,560.59
Fundraising	\$889.29
Miscellaneous Revenue	\$1,964.21
Refund of TIF Taxes	(33,402.47)
<b>Total Sales Revenue</b>	<b>\$9,516,503.38</b>

## EXPENSES

Accounting Services	\$15,480.00
Administration	\$452,916.44
Service Contracts	\$7,447,943.11
<b>Total Expenses</b>	<b>\$7,916,339.55</b>

## ASSETS

Checking Account	\$138,244.53
Services Fund	\$5,782,126.51
Sales Tax Receivable	\$1,116,365.45
Capital Assets	\$113.15
Deposit	\$1,385.00
<b>Total Assets</b>	<b>\$6,976,047.78</b>

## LIABILITIES

Accounts Payable	\$559,846.96
FED/FICA Payable	\$4,162.92
<b>Total Liabilities</b>	<b>\$564,009.88</b>

## NET POSITION

Investment in Capital Assets	\$113.15
Unrestricted	\$6,411,924.75
<b>Total Net Position</b>	<b>\$6,412,037.90</b>

## EXPENDITURES



Counseling  
\$1,675,959.85



Crisis Intervention  
\$555,672.05



Home & Community  
\$2,886,534.52



Outpatient Psychiatry  
\$7,210.69



Outpatient Substance  
Use Treatment  
\$375,169.59



Respite Care  
\$421,806.27



School-Based Prevention  
\$1,084,709.43



Teen Parents  
\$207,667.46



Temporary Youth Shelter  
\$73,453.65



Transitional Living  
\$159,759.60

**TOTAL \$7,447,943.11**

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## POPULATIONS SERVED



101,950 Children\*



3,677 caregivers



12,056 professionals

*\*many youth received services in multiple programs*

# Funded Agencies and Programs



## Youth Connection Helpline

Amount Spent  
\$51,265.21

Clients Served  
398

A 24/7 access point for youth and their families to access crisis intervention and other behavioral health services. Licensed mental health professionals and specialists provide assessments and follow-up case management to clients. Staff also provide community presentations on mental health topics.

*Outcome: 73% of youth with suicidal or homicidal ideation who participated in the follow-up program obtained a safety plan.*



## Safe Families for Children

Amount Spent  
\$942.40

Clients Served  
3

Safe Families for Children extends community support by hosting vulnerable children and strengthening their families through a network of volunteers motivated by compassion.

*Outcome: Prevented entrance into the foster care system for 100% of the children in the Safe Families program by temporarily placing them with a Safe Family.*



## Mentoring

Amount Spent  
\$19,706.03

Clients Served  
145

Young people, aged 5-17, are served in various mentoring programs designed to:

- Pair children and teens in 1:1 relationships with adult mentors.
- Bring together other supporting adults to provide any additional support and assistance.
- Develop positive relationships with parents and peers.

*Outcome: 100% of mentored youth avoided risky behaviors (skipping school, aggression toward others, etc.).*



## The Formula for Impact: Project Learn

Amount Spent  
\$160,713.21

Clients Served  
465

A comprehensive structure of programming aimed at serving the holistic well-being of youth. Services are provided through a mentorship lens and focus in three priority areas: Academic Success, Character Development, and Healthy Habits. Services are offered after school and during the summer.

*Outcome: 100% of Club members who attended regularly and participated in PowerHour completed homework assignments and participated in activities to develop positive habits and encourage lifelong learning skills.*



## 1. Family Support

School-based program that prevents suicide and reduces symptoms of mental illness by providing individual, intensive, and short-term counseling.

## 2. Signs of Suicide

School-based program that addresses signs and symptoms of depression and suicide, and provides a safe opportunity for those in need of support to receive help.

## 3. Social Emotional Well-Being

Students from grades K-12 are matched with a Social Emotional Mentor who provides a structured, evidence-based curriculum of one-on-one 30 minute sessions to youth to teach social and emotional skills.

Amount Spent  
\$251,908.07

Clients Served  
13,070

*1. Outcome: 76% of youth presenting with anxiety reported a reduction in symptoms of anxiety.*

*2. Outcome: 87% of students who showed little to no confidence in knowing the warning signs of depression and suicide showed confidence after the presentation.*

*3. Outcome: 93% of youth who completed at least two modules gained improvement in understanding of self-management as evidenced by an increase in stress management and improved coping skills.*

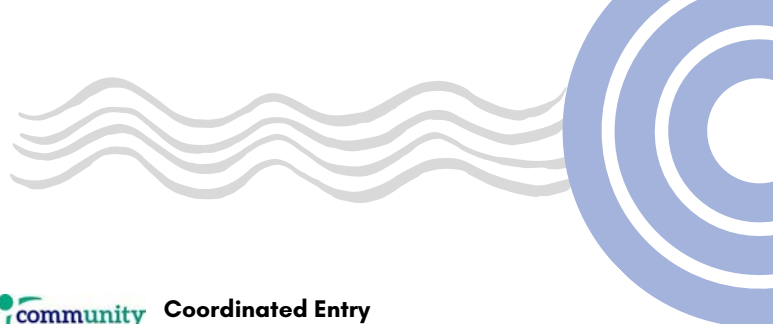
## Program Impact...

Through prevention education and academic support, **Boys & Girls Clubs of St. Charles County** staff are working to combat the rise in adolescent suicides, drug abuse, and economic instability. The success of these efforts rests largely on our ability to retain quality staff who develop lasting relationships of trust with our Club members. The CCRB's commitment to funding our programs allowed our Board of Directors to make financial compensation a priority. A direct impact of this investment was the ability to create a staff position whose primary responsibility is to coordinate food, housing, and social-emotional support and resources for families, as well as directly support specific programs included in our program outcomes goals.

The growth in Club member retention is a positive sign of overall agency growth. The opportunity to connect with both existing and potential Club families through face-to-face engagement has been essential to the introduction of our programs and services to families. CCRB's involvement in and support of these events has contributed to successful partnerships with other youth serving organizations and provided access to more resources for our families. One example is Youth in Need provided trained and licensed therapists to serve our clients during our summer camp program. In September 2022 the Club partnered with the Francis Howell School District to serve 40 students who benefited from our services.

*Karen Englert, Executive Director  
Boys & Girls Clubs of St. Charles County*





Amount Spent  
\$844,351.00

Clients Served  
37,374

### 1. Counseling

Evidence-based, trauma-informed counseling services to support healing in children who have experienced abuse.

### 2. Forensic Services

Interview and advocacy services for children who have experienced sexual abuse or violence.

### 3. School-Based Prevention

Child abuse prevention education programs designed to teach children about appropriate boundaries and empower victims to disclose abuse to trusted adults. Mandated Reporter training and caregiver education programs are also provided.

1. Outcome: 93% of children receiving counseling understood the abuse was not their fault.

2. Outcome: 100% of the children interviewed displayed a reduction in anxiety and/or fear by the end of their sessions.

3. Outcome: 97% of Pre-K through 4th grade students knew the Body Safety Steps after participating in the Body Safety program.



Amount Spent  
\$40,008.31

Clients Served  
2,307

### Coordinated Entry

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.

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



Amount Spent  
\$65,977.20

Clients Served  
11

### Respite Center

Periodic weekend relief for families whose child displays significant challenges due to mental health conditions and developmental disabilities.

Outcome: 100% of families utilizing the respite program maintained or improved their ability to cope with behavioral issues of their children.

### Program Impact...

Student opinion speaks the loudest about **CHADS Coalition for Mental Health's Signs of Suicide** program. At the end of a presentation, we ask students to respond to this question: "What did you think of the presentation."

- I thought what was most helpful was learning the signs for suicide and when I see someone showing those signs, I can help them.
- It was very informing and I now know much more about identification of signs of depression, anxiety, and suicide.
- 'Mental health is physical health,' I think that's very important.

CHADS is making a difference in countless lives of students, schools, and families in St. Charles County and beyond!

Families consistently share with **Community Living, Inc.'s** Respite Center staff that they do not know how they would get through parenting without having the scheduled breaks they get because of the Respite Center. Parents are able to give some much needed time and attention to their other children, spend time with their spouse, do routine household chores and tasks without interruption, and have a restful break.

### The Child Advocacy Center of Northeast Missouri's

Prevention Specialist was pulled aside after speaking to a first-grade class about *Body Safety*. The girl wanted to tell her about her older sister and how she learned about *Internet Safety* at school. The older sister came home and shared what she learned with her family. She helped her entire family make their Facebook profiles private and made sure they knew to never reveal personal information or communication with strangers online "because they are probably not who they say they are!"



Amount Spent  
\$1,738,506.98

Clients Served  
32,958

### 1. Partnership With Families

A "system of care" built to serve children who are diagnosed with a Serious Emotional Disturbance. The program coordinates services from all agencies involved in treatment of the child.

### 2. Pinocchio Program

Evidence-based program that offers early identification/intervention services to students K-3rd grade who are screened as having mild to moderate school adjustment concerns.

### 3. School-Based Mental Health Specialists

In-school and home-based mental health services, direct therapeutic intervention, and supports for children diagnosed with a serious emotional disorder. The program allows for easy access and timely interventions for the child and family.

### 4. School-Based Violence Prevention

Interactive programming that educates, heightens awareness, and teaches anger management, conflict resolution, bullying, internet safety, and critical thinking skills to students in grades K-8.

1. Outcome: 100% of youth served were free from critical incident event such as violence towards others or suicide attempts.

2. Outcome: 94% of classroom teachers reported an improvement in student behaviors at school, within one school year.

3. Outcome: 96% of all youth served remained in their own home/community setting, out of residential placement, psychiatric hospitalization, juvenile detention, or Division of Youth placement.

4. Outcome: 97% of youth reported being able to recognize at least two signs of inappropriate responses to anger in themselves.

# Funded Agencies and Programs



Amount Spent  
\$475,313.57

Clients Served  
1,465

## Family Empowerment

The program uses a trauma-informed framework, providing evidence-based and therapeutic interventions to help families move beyond crisis to stability.

## Respite

A 24/7 short-term, safe haven for children birth through age 12, whose families are in crisis caused by mental health concerns, substance use, domestic violence, poverty, or lack of social supports.

*Outcome: 100% of families served did not have a substantiated child abuse/neglect hotline report while receiving services.*

*Outcome: 100% of children avoided out of home placement when discharged from respite care.*



Amount Spent  
\$61,200.00

Clients Served  
77

## Eleventh Circuit Family Court - Therapeutic Supervised Visitation

Co-joint parent-child therapy conducted by a licensed mental health professional that enhances parenting knowledge and skills in order to "normalize" the parent-child relationship. Services are contracted with Youth In Need.

*Outcome: 90% of parents increased normalcy of the relationship between the parent and the child(ren).*



Amount Spent  
\$70,872.44

Clients Served  
95

## Family Support Network

Weekly, intensive home-based family counseling and psychoeducation for children in order to reduce child abuse and neglect.

## Psychological Services

Outpatient psychological services including comprehensive psychological evaluations and follow-up case management services.

*Outcome: 100% of families increased their family strengths that promote resilience against child abuse and neglect.*

*Outcome: 100% of clients and/or caregivers gained knowledge about their mental health conditions.*

## Program Impact...

**Compass Health Network and F.A.C.T.** shared a letter from a client.

"Coming to terms with knowing that your child acts differently than what is considered "the norm" is hard. There are a whirlwind of emotions you experience such as guilt, uncertainty, and helplessness. You experience feelings of uncertainty about what the future of your child will look like. You feel helpless in the beginning, because you have no clue where to even start with this journey. With support from the *Partnership With Families* program, my wife and I have learned key skills on how to navigate through these challenges.

We started seeing John\* thru Compass and our son instantly connected with him. This was very out of the ordinary that he "allowed someone in" so quickly. They played games, got to know each other, and one awesome day led to another.

Beth,\* a F.A.C.T. Peer Support Partner, helped us realize all we can do each day is celebrate the small successes. Otherwise, we feel like failures, even though deep down we know we have done our best. She made us feel "enough" and that small steps each day will improve our son's quality of life in the future. As a result, our son hasn't been suspended since we started services with Compass and F.A.C.T.!! And most importantly he exceeded his goal of accomplishing a play date. Today, he plays with other boys, he initiates conversations, and he goes around with other boys doing boy things!

The journey hasn't been perfect. It's been quite a rollercoaster actually. Some days it still can be quite exhausting. However, the tools we have in our toolbox are priceless."

*\*name changed to protect privacy*



Amount Spent  
\$359,419.62

Clients Served  
1,460

## Family Advocacy and Community Training - F.A.C.T. Parent Support Partner

As part of Compass Health Network's Partnership with Families program, F.A.C.T.'s Parent Support Partners (PSP) use a peer-to-peer model to support families who have a child diagnosed with a mental health condition. PSPs help caregivers find local resources, social support, and navigate education systems; increasing resiliency and family stability.

*Outcome: 98% of children at risk of out-of-home placement remained with their families after six months of service.*



Amount Spent  
\$191,471.84

Clients Served  
121

## Counseling

Office and home-based counseling as well as psychological evaluations for children experiencing emotional, behavioral, and relational issues resulting from prior trauma such as abuse and/or neglect. Staff specialize in working with children in foster care or who have been adopted.

*Outcome: 73% of children demonstrated an improved level of functioning evidenced by improved relationships with family members and/or caregivers.*



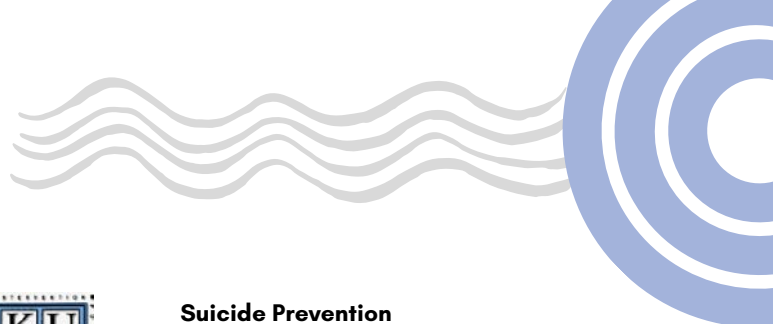
Amount Spent  
\$43,017.89

Clients Served  
326

## Trafficking Prevention & Video Project

*Breaking the Chains of Human Trafficking* raises awareness about human trafficking through information, networking, and community resources. The video project program engages the community through educational video modules and Public Service Announcements.

*Outcome: 90% of participants increased their knowledge of types of trafficking and at-risk populations.*



Amount Spent  
\$94,270.06

Clients Served  
52

### 1. 30 Days to Family

A short-term intervention to diligently search for a child's relatives and kin in order to identify potential placement options and supports for children in foster care.

### 2. Educational Advocacy

Serving students impacted by foster care who have mental, emotional, or behavioral health concerns. Education advocacy assists with special education plans, enrollment, and/or suspensions.

### 3. Family Works

24/7 support to foster, adoptive, and guardianship families to increase parent capacity and placement stability for youth. Families receive education about complex trauma and connect with long-term supports.

1. Outcome: 92% of youth were placed with relatives or kin by the conclusion of services.

2. Outcome: 100% of children and youth served reported achieving at least one of their educational goals.

3. Outcome: 100% of families had improved relationships with family members and caregivers at case closure.



Amount Spent  
\$69,002.00

Clients Served  
5,596

### Suicide Prevention

This school-based prevention program delivers emotional wellness and suicide prevention education to students, school staff, and community service providers to help prevent loss of life to suicide.

Outcome: 71% of students completing pre/post surveys reported greater recognition of warning signs of emotional distress and/or suicide.



Amount Spent  
\$37,610.88

Clients Served  
759

### Crisis Intervention

Services that address the needs of at-risk youth and their families with an emphasis on developing and strengthening youth, reducing the risk of abuse, neglect, and homelessness. Supports include individual counseling, music therapy, case management, and wraparound services for caregivers and children.

Outcome: 94% of youth demonstrated improved social skills as evidenced by improved social relationships with peers and school personnel.

### Program Impact...

Carson,\* aged 8, was referred to the Counseling program at **Lutheran Family and Children's Services (LFCS)** due to feelings of anger and stress with thoughts of self-harm. Carson reported hitting himself, making self-disparaging comments, and being bullied by other students in the afterschool program, which increased his stress and anxiety during the school day. At the start of therapy, Carson exhibited low self-esteem because of his poor academic performance, constant discipline, and few peer friendships.

Through LFCS therapy, Carson learned the cognitive model, emphasizing the impact his thoughts and feelings have on his behavior choices. Carson was then better able to reframe negative thoughts about himself and replace them with more helpful ones. The therapist and Carson worked on increasing his emotional vocabulary as well as his ability to rate the severity of his emotions. This skill has assisted Carson in being better able to effectively express his needs and wants to others.

The LFCS therapist, Carson's mom, and his classroom teacher incorporated a positive reinforcement system to encourage appropriate behavior and social-emotional learning. In time, Carson proudly informed therapist that he no longer needed the system in class because his behavior had been consistently good for almost the whole year. He was also receiving more positive attention at school. Because of his hard work in therapy, Carson is free of thoughts of self-harm and able to identify positive traits and qualities about himself. Three words Carson used to describe last school year: *angry, sad, frustrated*; three words to describe this school year: *happy, excited, ecstatic*.



Amount Spent  
\$243,603.24

Clients Served  
212

### Counseling

This program serves children aged 5-19 years, who exhibit serious mental, emotional, and/or behavioral health symptoms that impact their functioning, relationships, or school performance. Services are office and school-based.

Outcome: 85% of children who present with behavioral problems showed improvement in behavior at home or school.



Amount Spent  
\$88,898.62

Clients Served  
93

### Resource Center Counseling

Promotes resiliency and recovery among youth and their families who are negatively affected by bullying and cyberbullying by establishing a network of support, mental health counseling, and mentorships. Methods are short-term, solution-focused, and strength-based.

Outcome: 100% of children and youth served experienced an improved level of functioning in the home and/or school, within 6-10 weeks of services.



Amount Spent  
\$59,075.15

Clients Served  
135

### Nurse Home Visits

In-home nurse services for women who are pregnant, for infants zero to two years of age, and families with newborn infants. An RN Home Visitor provides physical and mental health assessments of the mother and the infant.

Outcome: 100% of caregivers with children demonstrating developmental delays used and demonstrated methods to increase developmental skills.



# Funded Agencies and Programs



### 1. Presentations

Presentations are provided to youth, professionals, and the community to help participants better understand mental health conditions and fight stigma.

### 2. Crisis Intervention Training

Training for law enforcement officers and first responders to recognize and respond effectively to individuals experiencing a mental health crisis.

### 3. Ending the Silence

Mental-health-focused presentations for students in grades 6-12, professionals, and caregivers that includes warning signs, facts and statistics, and how to get help for themselves or a friend.

Amount Spent  
\$60,859.50  
  
Clients Served  
3,208

- 1. Outcome: 100% of participants attending presentations reported a less judgmental view of people with mental illness.
- 2. Outcome: 75% of officers who attended courses gained skills in crisis de-escalation related to their responses to individuals experiencing a mental health crisis.
- 3. Outcome: 89% of Ending the Silence student participants indicated they knew the early warning signs of mental illness at the conclusion of the presentation.



### Family Strengths

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.

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

Amount Spent  
\$207,667.46  
  
Clients Served  
37



### 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.

### 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.

Amount Spent  
\$551,021.54  
  
Clients Served  
871

- Outcome: 93% of youth had reduced chemical/substance usage at discharge.
- Outcome: 92% of youth developed risk management skills to avoid engaging in risky behaviors.

### Program Impact...

Sam\* was referred to **Preferred Family Healthcare's Outpatient Substance Use Treatment** services by the juvenile justice system in September of 2018. At this time, he was using marijuana and Xanax, selling marijuana, and contemplating dropping out of high school. When he first entered services, Sam was not motivated in his recovery and continued to use marijuana while engaged in treatment services. Following the end of probation in December of 2018, Sam stopped attending services.

Sam was again referred to outpatient services in 2019 and at that time, he was more motivated towards treatment services. He was able to open up about struggles with depression and anxiety, and began receiving psychiatric services as part of his program.

Sam also made the decision to complete the High School Equivalency exam. He continued to engage in services through Preferred, as he had little supports in other areas of his life. Sam engaged in post-treatment services and took on a mentor role for other consumers. He was able to find full time employment with a painting company. As of 2022, Sam had aged out of the CCRB's direct services but continues to stay involved in Alumni services. We are so proud to see him succeeding in sobriety.

\*name changed to protect privacy

In Spring 2022, **Saint Louis Counseling's Crisis Intervention** program began treating a student with really high levels of anxiety. The student struggled in social situations and had a strong fear of speaking out and using his voice. As he progressed, the student developed much higher levels of confidence and the ability to use his "lion voice" to discuss needs and articulate emotions. Over the summer, he had enough courage to not only audition for, but was selected for the lead role in a musical! The client did a wonderful job and continues to explore musical theater and even joined the soccer team for the first time.



### 1. Counseling

Office-based individual, group, and family counseling services, and Love and Logic parenting skills classes.

### 2. Crisis Interventions

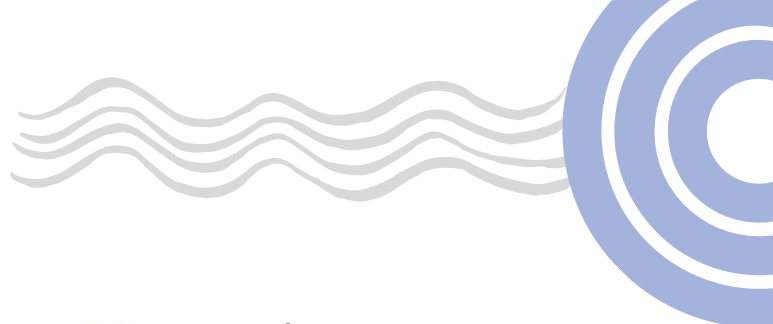
School-based, short-term counseling for children and their families when a crisis interferes with their academic process.

### 3. Outpatient Psychiatric

Psychiatric evaluation, consultation, and ongoing medication management for children, in collaboration with therapeutic treatments.

Amount Spent  
\$166,810.95  
  
Clients Served  
460

- 1. Outcome: After three counseling sessions, 74% of children & youth participants demonstrated stability or a reduction in mental health symptoms.
- 2. Outcome: After three counseling sessions, 65% of youth demonstrated stability or improved functioning.
- 3. Outcome: 93% of youth participants demonstrated a reduction in mental health symptoms as evidenced by Psychiatrist report regarding medication compliance.



### Saints Joachim & Ann Care Service - Children & Family Development

Amount Spent  
\$92,626.60

Clients Served  
333

Wraparound services aimed at addressing the immediate and long-term needs of families with children who are homeless, on the verge of homelessness, or in crisis. Mental health, physical, basic, and educational needs of the child and family are assessed.

*Outcome: 94% of children served showed improvement in one area of the physical and emotional well-being assessment within 12 months.*



### Best Choice Program

Amount Spent  
\$87,255.36

Clients Served  
4,770

Provides Missouri statute-compliant, medically accurate, culturally sensitive information and activities to encourage youth ages 12-18 to eliminate risk through practicing sexual abstinence or delay until marriage or a long-term, committed, mutually monogamous relationship.

### Stay Safe Self Defense

An interactive program that equips and empowers youth 11-18 years to recognize, avoid, and defend themselves against assault and violence.

*Outcome: Students reported a 14% increase in behavioral intention regarding communication with caregivers or a trusted adult, regarding questions about sex.*

*Outcome: 95% of students learned at least one new useful skill that they can use if an assault happens.*



### Equine-Assisted Therapy

Amount Spent  
\$12,968.75

Clients Served  
6

Equine-assisted activities and therapy focused on client goal achievement through interacting with horses in a variety of ways, ultimately helping clients develop positive patterns outside of the therapy session.

*Outcome: 100% of youth reported a reduction in psychological symptoms.*



### Building Blocks—Intensive Behavioral Intervention Classrooms

Amount Spent  
\$246,691.98

Clients Served  
55

Provides educational, therapeutic, and behavioral supports to children ages 18 months to 3 years who have been diagnosed with a developmental delay, disability, behavior disorder, and/or Autism Spectrum Disorder.

*Outcome: 96% of children participated in 75% of group activities with prompting as needed, after 3 months of services.*



### Psychological Assessments

Amount Spent  
\$285,596.35

Clients Served  
157

Provides a full range of psychological evaluation services to children aged 3-18 years who are in need of an psychological evaluation due to a suspected or previously diagnosed mental health disorder.

*Outcome: 98% of youth or their caregivers understood how the child's condition affects their daily life.*

## Program Impact...

**United Services for Children** shared the impact their *Building Blocks-Intensive Behavioral Intervention Classroom* program has on young children. The classroom is designed for kids 18 months to 3 years who need greater support in order to build social motivation and attend to people in their environment. Specialists work with the family, and as a team they develop comprehensive strategies to assess the child's strengths and needs, and build a program for each individual child. One young learner, Layla\* has made tremendous progress!

When Layla started the program, she attended 2 days per week, but after a few weeks staff recommended 3 days per week would best fit her needs. For the first few months, Layla would come to school and head directly to the classroom Cozy Corner where she remained for much of the time. This area consists of a basket that children can sit in with blankets, pillows and other soft toys that may help children feel comfortable. She would use this space everyday and the classroom teachers brought the basket to other rooms she visited. As time went on, Layla became more comfortable with her surroundings and began exploring the classroom; eventually she explored other rooms in the building.

Layla used songs to communicate and staff would try to figure out what song she was singing so they use it to interact with her. Slowly, she began letting us into her world and allowed us to join in with the song. Layla would even fill in some of the missing words. Staff is pleased to share, Layla is running around the rooms, jumping on trampolines, crashing into soft pillow seats, playing in the play kitchen, and participating at circle and music time. She is labeling objects around the room and repeating words that they say to hear without singing. Layla has made great progress and the staff is excited to see her continued progress in the program.

*\*name changed to protect privacy*

# Funded Agencies and Programs



Amount Spent  
\$757,567.00

Clients Served  
708

**1. Counseling**  
Comprehensive school and office-based counseling for individual, family, and group counseling. Issues addressed include anxiety, depression, trauma, family violence, and school-related problems.

**2. Crisis Intervention**  
In conjunction with the Youth Connection Helpline, and Safe Place, crisis intervention services are available to youth and include access to emergency shelter, food, hygiene items, clothing, and mental health services.

**3. Temporary Shelter**  
*Therapeutic services and emergency housing shelter for youth 10-19 years of age. Services include counseling, education, life skills, crisis intervention, and other support services.*

**4. Transitional Living**  
*Assists youth in the development of skills they need to live independently and maintain employment as they transition from the program to long-term housing in the community.*

*1. Outcome: 73% of youth clients showed improved interpersonal functioning as evidenced by an increase in stable and consistent relationships with caregivers and family members and a decrease in conflict in those relationships.*

*2. Outcome: 100% of youth and families who requested services via Safe Place or the Youth Connection Helpline participated in service linkage, safety planning, or received referrals to address their crisis issue.*

*3. Outcome: 96% of youth clients lived in a safe, stable living situation with family or an alternative solution in the community after receiving services.*

*4. Outcome: 83% of clients increased life skills, including budgeting and money management, self-care, housekeeping, nutrition, transportation, and use of community resources in order to live independently.*

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## CCRB Distributes ARPA Funds

In July, St. Charles County allocated \$2.1 million to the CCRB to increase youth mental health and substance use treatment services and to offset lost revenue and increased expenses as a result of the COVID-19 pandemic. The Board awarded \$1,002,647.97 to local fifteen nonprofits providing mental health-related services to St. Charles County children.

Across the county, service providers are reporting increased levels of anxiety, depression, grief, and emotional dysregulation in youth, many of whom have been directly impacted by COVID. The grants will be used hire new staff, retain current staff, improve service delivery, and expand services to youth throughout the county. A second round of funds for the remaining funds will be issued in 2023. Recipients must use their awards by December 2026.

## Celebrating 25 Years of Services

In August, the CCRB celebrated their 25th anniversary with Board members (past & present), community partners, and agency staff. Attendees had a wonderful time reminiscing and talking about the impact 25 years of youth mental health and substance use treatment services funding has had for St. Charles County youth, caregivers, and professionals. The CCRB began with a 7-year federal grant and evolved into a partnership that currently funds 54 programs with a Services budget of over \$9 million.

The CCRB sends a HUGE "thank you" to all who have supported and continue to support us over the years. Thousands have worked diligently to deliver services, create programs, and address the needs of youth in our community. We also thank the many volunteer Board members who have dedicated their time and talent to ensuring the agency operates efficiently and ethically. These partnerships enable the CCRB to put kids first.



Saint Louis Crisis Nursery staff with the CCRB staff.

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## Sowatsky is 2022 ATHENA Ally

The CCRB was excited to announce Bruce Sowatsky was selected as the 2022 ATHENA Ally by ATHENA Leadership Foundation of St. Charles County. This award recognizes a man who is active in advancing, including, and supporting women in their organization, industry, and community.

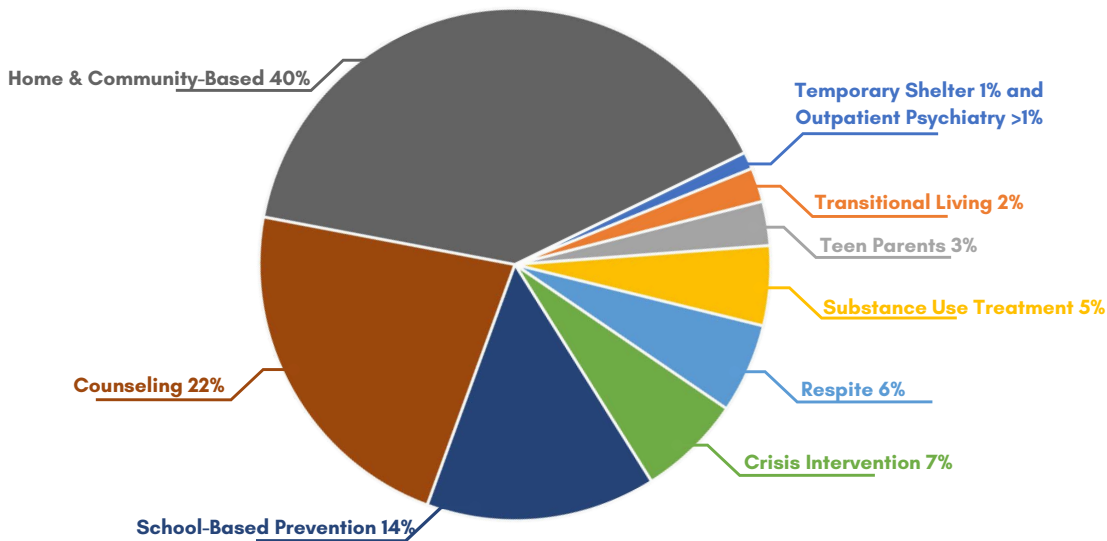
In March, ATHENA Board Members Sissy Swift, Kacie Derby, Michelle Woods, and Lindsey McCabe surprised Bruce at the CCRB office and informed him of the award. The CCRB staff attended the ATHENA Leadership Summit and Award Luncheon on May 6, 2022 where Bruce and other award winners were honored.



# Additional Service Data

## Funding by Service Category

Total funded: \$7,447,943.11

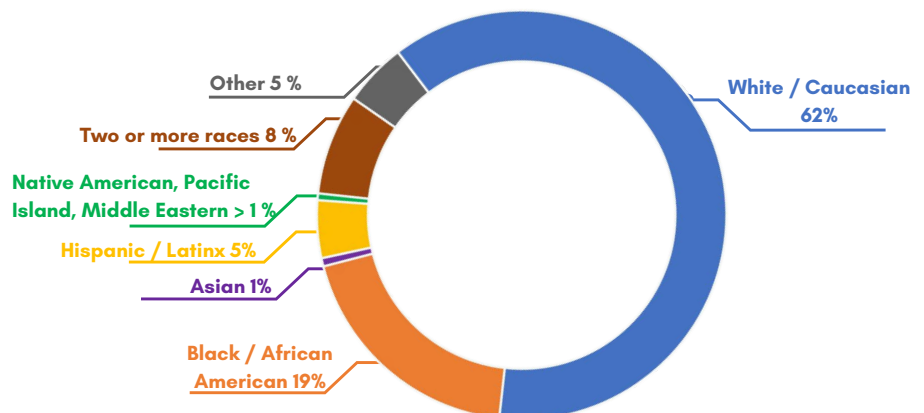
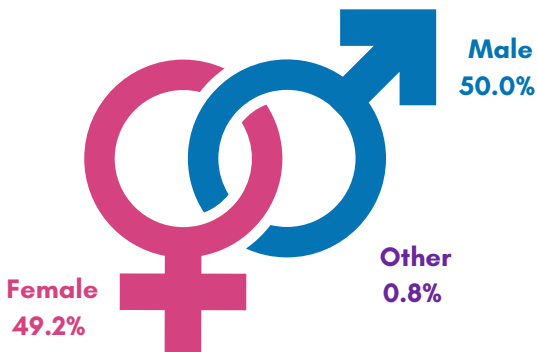


### Number of Programs

**Counseling - 10**  
**Crisis Intervention - 7**  
**Home & Community - 21**  
**Outpatient Psychiatry - 1**  
**Substance Use Treatment - 1**  
**Respite - 3**  
**School-Based Prevention - 7**  
**Teen Parents - 3**  
**Temporary Shelter - 1**  
**Transitional Living - 1**

**Program Total - 55**

## Populations Served



A total of 9,077 individuals provided data

## Get Help Now

**BHR Youth Connection**  
Helpline - 24/7 access



call.  
toll free  
1-844-985-8282



text.  
BHEARD to  
31658



chat.  
online at  
bhrstl.com



go.  
to your local  
Safe Place



2440 Executive Drive  
Suite 214  
St. Charles, MO 63303  
636.939.6200  
[www.stcharlescountykids.org](http://www.stcharlescountykids.org)