

## Shower of Love Helps St. Charles County's Tiniest Residents

The 7th annual Shower of Love, sponsored by The Community and Children's Resource Board (CCRB), raised almost \$85,000 in basic baby-care items including 180,000 baby wipes, 62,000 diapers, 1,385 bottles of baby lotion, wash and shampoo, 1,500 baby bottles and cups, 500 cans of infant formula, and thousands of other items. Since the first Shower of Love in 2007, over \$450,000 in donations have been collected. Items collected will be distributed to moms and babies at Birthright-St. Charles and Wentzville, Crisis Nursery, Mary Queen of Angels, Nurses for Newborns, Our Lady's Inn, ThriVe St. Louis, The Sparrow's Nest Maternity Home and Youth in Need.



Sanford Brown College collects for Shower of Love

"This event will stock the shelves for approximately six to twelve months for the benefiting agencies; providing basic baby-care necessities for moms and babies in need in St. Charles County," says Michelle McElfresh, coordinator of the Shower of Love. During the month of April, many area businesses, churches and schools held collection drives or baby showers to benefit the event. On April 25, 2013, over 300 volunteers donated 680 volunteer hours collecting baby-care items at participating Dierbergs, Mid Towne Market, Schnucks, Walmart and Shop 'n Save grocery stores. "The CCRB continues to be in awe of the generosity of the citizens of St. Charles County who donated baby care items this year. We are most appreciative of the businesses, churches and volunteers who made our event a success. Baby-care items will be distributed to young mothers through our nine agencies in the hopes of reducing stress and the risk of child abuse. We were amazed by how many people gave of their time and talents to help support this worthy cause," said Bruce Sowatsky, Executive Director of the CCRB.

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## 2012 Satisfaction Survey Results

The CCRB contracted with Cynthia Berry, Ph.D., of Berry Organizational & Leadership Development (BOLD), to conduct our biannual Satisfaction Survey of parents whose children received services through 29 of our intensive programs in 2012. The Board's desire to include family voice in the delivery of services and to confirm clinical results reported by our partner agencies were the driving forces behind this survey with 23% of families responding. The Board also sought to look at these programs longitudinally with three questions being compared to 2010 results. We found a 3% improvement across the board in understanding youth's needs (87% to 90%) and a 7% improvement in getting youth the services needed (82% to 89%). Improving the youth's situation at home remained steady at 82%. Agencies also received high scores for communicating with youth, advocacy, providing helpful information, timeliness of services and response, and convenience and accessibility.

The results ultimately confirmed what was being reported by the agencies in their clinical reports that a very high majority of the families that received services saw improvement at home and at school and many were satisfied with the help they received. Each participating agency was provided specific feedback regarding strengths and complaints with the assignment of taking the feedback to further improve the delivery and quality of services.

## Mid-Year 2013 Agency Reports (January-June 2013)

Over 48,000 St. Charles County children, youth, and families received services provided through CCRB funded-agencies during the first six months of 2013. The following lists the types of services and agencies funded through the CCRB:

**Respite services** were provided to 282 children through the Crisis Nursery, Children's Home Society, and Community Living, Inc.

**School-based prevention services** involved 38,846 children and youth in programs such as bullying prevention (Crider Health Center and Catholic Family Services), sexual abuse prevention (The Child Center), and substance abuse prevention (Preferred Family Healthcare). Suicide prevention education is provided at the Francis Howell and Ft. Zumwalt School Districts through Kids Under Twenty One (KUTO). ThriVe St. Louis provides sexual abstinence education through the Best Choice Sexual Integrity program at Ft. Zumwalt and Francis Howell School Districts. Over 600 parents/care providers and over 2,000 professionals also received prevention trainings.

**Substance abuse outpatient treatment services** engaged 409 youth in programs sponsored by Bridgeway Behavioral Services and Preferred Family Healthcare.

**Home and community based services** reached 1,605 children and youth in St. Charles County with programs offered through Saints Joachim and Ann Care Service, Crider Health Center, the Crisis Nursery, Eleventh Circuit Court, FACT (Family Advocacy and Community Training), National Alliance for Mental Illness, and United Services. FACT provides a family-based component that works in conjunction with Crider Health Center's Partnership with Families program. The Foster and Adoptive Care Coalition works with families with foster and adoptive children.

**Crisis intervention, counseling, and psychiatric services** were provided to 1,344 children and youth through Behavioral Health Response, Catholic Family Services, Crider Health Center, Salvation Army, Lutheran Family and Children's Services, and Youth In Need. A new program through the Children's Home Society offers counseling services for families whose adopted or fostered children need counseling supports.

**Teen parent programs** were provided to 154 youth through Nurses for Newborns, Our Lady's Inn, and Youth In Need.

**Temporary shelter services** were offered by Youth In Need to 37 youth. **Transitional living services** were also provided to 6 youth by Youth In Need.

**95% of all clinical outcomes were met or exceeded!**



Applications for the 2014 Children's Trust Fund License Plate program fund are available online ([www.stcharlescountykids.org](http://www.stcharlescountykids.org)) or through the agency's Sharepoint online portal system. Funds must be used to support, develop, implement, and evaluate child abuse and neglect prevention programs and services in St. Charles County.

"We receive funds annually from the Children's Trust Fund through the sale of specialty license plates. Since 1998, this program has provided \$245,000 for child abuse prevention services in our community," says Jan Lewien, Grants Administrator for the CCRB.

The deadline for submitting applications is 2:00 p.m. on Friday, December 27, 2013. Applications are reviewed by the CCRB Directors and allocation decisions will be announced in January 2014.

## CCRB and Partner Agency News

The Sts. Joachim & Ann Care Service welcomes Women's Place to the agency offices at 4116 McClay Road. Women's Place is a safe and welcoming drop-in center serving adult women in the metro St. Louis and now in the St. Charles area. For more information about the services, call their office at 636-373-7911 or go to their website <http://womansplacestl.org/>

Lutheran Family and Children's Services is hosting an open house and ribbon cutting on October 9th. The Open House is scheduled from 3:30 - 6:30 p.m. at their new St. Charles location, 3660 West Clay in St. Charles.

Catholic Family Services will offer Divorce Groups for children. The 6-8 year old group begins Saturday, Oct. 5 and runs 6 consecutive Saturdays (10-11:30 a.m.). The 9-12 year old group begins Tuesday, Oct. 1 and runs 6 consecutive meetings (6-7 p.m.). Also, the Love and Logic Parenting Group begins meeting Wednesday, Oct. 23 for 4 weeks. These sessions are free to St. Charles County residents. All classes are held at the O'Fallon office (311 South Main Street, Suite 100). Call the office (636-281-1990) to reserve spots.

Community Living, Inc. is hosting a free educational workshop, which will be open to all family members, friends, and guardians of individuals with special needs. Planning the Future - Dealing with the Greatest Fears will have discussions centering around government benefit eligibility, guardianship and conservatorship/Guardian Ad Litem, Financial Security and Funding Options, and Tax Strategies. The workshop is scheduled for October 29 from 11 a.m.- 1 p.m. (lunch provided) or 6-8 p.m. (dinner provided). The workshop will be held at the Community Commons at Spencer Road Library, 427 Spencer Road, in St. Peters.

Children's Home Society of Missouri, based in St. Louis County, Mo., is among nine businesses and three charities that will be presented with BBB TORCH Awards for exceptional ethical business practices and customer service from the Better Business Bureau (BBB) serving Eastern Missouri and Southern Illinois on Oct. 24.

United Services for Children announces the launch of Uncommon Grace Pediatric Therapy. This new outpatient program delivers life-changing services for children ages birth through 8 years old, performed by an expert staff of licensed therapists. They offer individual and group therapy to advance children in physical, occupational, speech, language, and social skills development. Uncommon Grace Pediatric Therapy builds on the agency's 38-year history of preparing children of all abilities to reach their full potential. They accept major insurance carriers and Medicaid. Watch for the agency's new Uncommon Grace Pediatric Therapy website, launching in October or call 636-926-2700 for more information..

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## Mental Health First Aid Training To Be Offered

In January, County Executive Steve Ehlmann convened a task force to look at school safety within St. Charles County following the Sandy Hook, Connecticut tragedy. A panel of county leaders heard testimony over two months and developed a priority list of recommendations, including the expansion of Mental Health First Aid training. In response to these recommendations, the CCRB convened other regional children's mental health taxing districts to explore a train-the-trainer workshop for school districts. Under this model, school representatives from across the region could become trained and then they would train other personnel (a minimum of 90 additional trainees each year) within their district. Through this course, school representatives will learn about mental illness in youth and how to respond to mental health crises. As a result, the hope is to reduce mental health stigma and de-fuse situations that may become violent. Four school representatives from St. Charles County are scheduled to attend the workshop from October 21-25 and as word gets out, CCRB hopes that future workshops for other districts can be provided. This effort demonstrates again the collaboration of the regional taxing districts in improving the welfare of youth within the St. Louis region.



Bruce Sowatsky, CCRB Executive Director

As I recently surpassed my 14th anniversary as Executive Director of the CCRB, I took a moment to reflect on the journey of the development of our children’s mental health system of care and what we have accomplished. I am extremely proud of our achievements as evidenced in other articles in this publication, and although it is a little early for Thanksgiving, I wanted to take this opportunity to thank you for your contributions to this effort.

To our partner agencies who work diligently, collaboratively, and caringly every day with families who struggle with painful and difficult situations, and with your help, they get better. It is evident in your clinical reports, and confirmed in your satisfaction survey results. You are moving the needle and making a difference not only in the lives of individual families, but in the community as a whole. Thank you.

To my board members through the years who are and have been tremendously dedicated stewards, you take your responsibilities for the funds with which you are entrusted most seriously, ask the tough questions and have been wise in the distribution of funding. Without your considerate and visionary leadership, we would not be seeing the results we are. Thank you.

To Jan and Michelle, who work tirelessly to insure compliance and provide the agencies with a process that is flexible and equitable so that the Board can make wise decisions. Congratulations on another successful Shower of Love. Thank you.

From the bottom of my heart, my deepest appreciation for making it a joy to come into work every day. We can be proud of the achievements we have accomplished in the past and we can look forward to more success in the future.

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CCRB FUNDED AGENCIES

Table listing CCRB funded agencies and their phone numbers, including Behavioral Health Response (BHR), Bridgeway Behavioral Health, Catholic Family Services, Child Center, Children’s Home Society, Community Living, Inc., Crider Health Center, Crisis Nursery-St. Charles/Wentzville, Eleventh Circuit Family Court, F.A.C.T., Foster & Adoptive Care Coalition, Kids Under Twenty One, Lutheran Family & Children’s Services, NAMI, Nurses for Newborns, Our Ladies Inn, Preferred Family Healthcare, Saints Joachim and Ann Care Service, Salvation Army, ThriVe St. Louis, United Services, and Youth In Need.