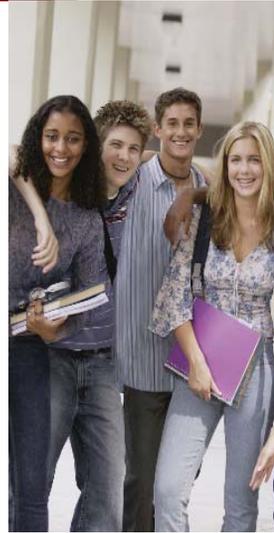




**We're  
Putting  
Kids First  
in St. Charles  
County**



**2007 ANNUAL REPORT**  
to the St. Charles County Community

## MISSION

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

## VISION

Preparing all youth and families to realize a brighter tomorrow.

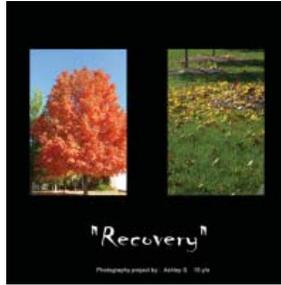
## VALUES

*Collaboration:* The CCRB will encourage collaboration and integration of mental health services and public funds to deliver services that are effective, efficient and continually improved.

*Family Voice:* The CCRB will ensure that children and families in need of services will have a voice and are true partners in the planning, development and delivery of those services.

*Accountability:* The CCRB will help to develop accountable service delivery systems that are responsive to the community as well as public health and welfare authorities.

*Strength Based:* The CCRB will encourage service providers to be strength-based in their approach to providing services to children and families.



*"Addiction" and "Recovery"  
student project from  
Preferred Family Healthcare*

## **BOARD OF DIRECTORS**

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Bruce Sowatsky  
Executive Director  
  
Janet Lewien  
Grants Administrator  
  
Michelle McElfresh  
Administrative Assistant

March 2008

Dear St. Charles County Residents:

I recently presented an address at the St. Charles Business Magazine's Honors program on the subject of making a difference. For many of us who work with children and families, there is often a question, and sometimes a doubt, as to whether we are making a difference. We are often left in a position of not knowing how life turned out for individual families and sometimes it is hard to see if our work in making a dent in the overall problems of a community. In my remarks to that audience, I stated that "yes" we are making a difference. Here is why I believe that answer is true.

The Community Children's Services Fund, administered through the CCRB, funded agencies that provided quality services to over 63,800 children and youth with our county last year, an increase of over 11,000 from 2006, or an increase of 17.7%! This figure doesn't even include the estimate 25,000 parents and faculty members that participated directly in the services provided. Our partnering agencies have set high clinical standards for themselves and for their clients, and they achieved 92% of their clinical outcome goals at year end.

We continue to see a decline in the total number of runaways in our community as we are able to intervene at points prior to situations becoming a crisis. The number of pregnant teens is dropping, and those young mothers who are giving birth are having children at healthier birth weights. Child abuse and neglect rates continue to drop as prevention programs have been effective and respite is utilized. Drop out rates are improving and juvenile justice involvement is decreasing among high risk populations, and more youth are becoming free from the bondage of drugs and alcohol. It is no wonder that St. Charles County was again named the number one child friendly county in the state of Missouri by Missouri Kids Count.

While these numbers and trends are impressive, we recognize that there are still children who need help. We believe that services can always become more responsive, and that we shouldn't rest until all who seek help can get it. We strive to educate the public about the availability of quality services and providers.

Together we are making a difference. Together we are changing lives for the better and making our community an example for others to follow. As always, we thank you for your support and welcome your questions or concerns.

Sincerely,

Bruce Sowatsky  
Executive Director

Vince Schneider  
Chairman of the Board

## ***2007.....A Year in Reflection***

### **Temporary Shelter Services**

As a result of providing a wide array of services to youth, from low to higher intensive services, the number of runaway youth in St. Charles County has continued to drop. A trend that started in 2006 has witnessed a continued decrease in the number of runaway youth. For years, *Youth In Need* served about 50% of the runaway youth who sought services, and it appeared that additional beds would be required. Yet, as school based services, prevention programs and counseling services have increased and as interventions are occurring before they become crisis situations, families are receiving the help they need earlier and the demand for more intensive shelter services has waned significantly.

In 2007, 73 runaway youth found safe shelter from either a conflictual or abused home through *Youth In Need*. Of the 73 youth receiving help, 78% saw a decrease in destructive, aggressive and/or illegal behavior and 71% saw a decrease in family conflicts. Overall 79% of the youth were able to return to safe and stable family living situations. Additionally, three youth entered the shelter through Safe Place businesses and all were returned to safe and stable environments. *Youth In Need* also handled 216 crisis calls from youth on their 24-hour hotline, referring them to appropriate resources.

### **Respite Care Services**

For families struggling with poverty, severe mental illness, physical disability, or numerous crises, having a short term place that offers respite can mean the difference between abuse and neglect and resolution. In 2007, three agencies received respite care funding: the *St. Louis Crisis Nursery*, *Family Support Services*, and the *Children's Home Society*.

The *Crisis Nursery* provided short term respite to 913 children in 2007, an increase of 14.8% over 2006. Of the children they served, 99% of the children were able to return to their own natural family home and 100% of the children remained free from any abuse or neglect. In addition, 89% of the parents achieved their treatment goals, learning new ways of managing stress and crises and further reducing the risk of abuse.



Two of our funded agencies work with children with very severe developmental problems. *Family Support Services* provided respite to 11 youth in 2007. Of the children receiving services, 100% were able to remain at home and out of institutional care, and 90% of the families were able to maintain stable lives for their children. In addition, 90% of the parents reported a greater ability to cope with their child's behavioral problems. The *Children's Home Society* was able to provide 942 respite hours to nine youth. All of the families receiving help reported a reduction in stress, being able to keep their children at home, and were handling stressful situations without abuse or neglect.

## Services to Teen Parents

According to *Missouri Kids Count*, St. Charles is making progress when it comes to low birth weight and infant mortality, now ranking 21st and 47th respectfully. While mothers who are pregnant with multiple children is still the highest risk factor, teen mothers who are receiving care from our services providers are giving birth to healthier babies at a very high success rate.

*Youth In Need* provided nursing, supportive services and parenting education to 135 teen mothers in 2007. Of the mothers who gave birth last year, 94% of their babies weighed in over the 5½ lb. threshold for maturity! In addition, 88% of the girls made progress toward completing their high school degree or program, and between 91 and 100% of the girls learned a large variety of parenting skills that will help them care for their children appropriately.

*Our Lady's Inn* also received funding in this area. They served 27 mothers and 51 children during 2007, many of which were homeless. Of the children they served, 88% of them were enrolled in school, Parents as Teachers, and Early Headstart within five days of admission, and 86% of the children made progress in at least one area of physical development within three months of admission. Eighty-five percent (85%) of the mothers learned at least six new parenting skills during their stay.



## Outpatient Substance Abuse Treatment

While the penetration of youth who need outpatient substance abuse treatment remains low, progress is being made as more high schools are moving to random testing and as school faculties are becoming better educated about the warning signs. Through the work of *Bridgeway Behavioral Health* and *Preferred Family Healthcare*, 247 youth received outpatient substance abuse treatment in 2007. Both agencies are getting strong participation from parents, which is a key element in treatment success.

*Bridgeway Behavioral Health* provided help to 99 youth last year. Of the youth they served, 78% of the youth had reduced or no further chemical usage, 73% demonstrated improved school performance and 73% had less family conflict with parents. *Preferred Family Healthcare* provided services to 148 youth in 2007. Of the youth they served, 87% showed reduced or the elimination of chemical usage at three months and 97% at six months. Eighty-seven percent (87%) of the youth showed improvement in school and with peer relationships at three months and 94% at six months of treatment, and 70% had fewer conflicts with their family at three months and 78% had fewer conflicts at six months.

## Outpatient Psychiatric Services

The shortage of available child psychiatric services seems to be an opinion widely held by many people within the social service arena, yet the demand for these services through our funded agen-

cies remains surprisingly low. *Catholic Family Services* and *Crider Health Center* combined to serve 41 youth in 2007. Despite the low demand, the services were effective. *Catholic Family Services* helped 24 youth in 2007. Of the youth they served, 90% showed a reduction of psychological symptoms, 95% were medication compliant and 90% made progress on their individual treatment plan goals. *Crider Health Center* saw 17 youth in 2007 with 94% of their youth served reaching 75% of their treatment goals, 81% showing a reduction in psychiatric symptoms and 88% were medication compliant.

### **Transitional Living Services**

*Youth In Need* provides these services to older adolescents who are for the most part homeless, have dropped out of school, and are at risk of committing or becoming a victim of crime. In 2007, they served 35 youth. Of the youth they served, 80% made progress toward completing an education degree or program, 81% were able to secure and maintain employment, and 100% of them learned necessary life skills to succeed independently.

### **Crisis Intervention Services**

*Catholic Family Services* provided assistance to 25 students in six local Catholic elementary schools. These children were referred by faculty for a number of reasons including divorce of parents, depression, phobias, and social anxiety, all of which were interfering with the children's academic learning. Of the 25 students receiving help, 90% developed at least two new coping skills for dealing with their crisis, 85% made progress on meeting their treatment plan goals, and 90% were reported to have significantly fewer psychological symptoms.

### **School Based Prevention Services**

The CCRB funded four school based prevention programs during 2007: one program provided by *The Child Center* to help prevent childhood sexual abuse; two programs to address anger and bullying, one provided to public elementary schools by *Crider Health Center* and one provided to local parochial schools by *Catholic Family Services*; and one program to address substance abuse prevention provided by *Preferred Family Healthcare*.

The sexual abuse prevention curriculum provides useful information to children in the 1st, 4th and 7th grades, and provides training to parents and faculty so that they know how to handle disclosures from their children or students. *The Child Center* provided their programming to 9,338 students in 2007, and trained 478 parents and 276 school professionals. Of the 1st and 4th graders who received help, 97.5% were able to learn and recall their "Bill of Body Rights". Eighty-six point seven percent (86.7%) of the 7th graders learned about the various forms of sexual harassment and understand the consequences of these behaviors, and 99.65% of participating parents learned appropriate responses to disclosures.

*Crider Health Center* provided anti-bullying prevention services to 38,177 students from the 1st to the 8th grade during 2007 and they achieved extremely successful results. Of the children and youth receiving help, 96% were able to identify at least two different types of bullying, 95% were able to verbalize their feelings when faced with peer pressure, and 96% reported that they learned

how and when to physically get away from a potentially violent or threatening situation. In addition, 96% of the children were able to identify at least two inappropriate responses to feeling angry within themselves, and 96% reported feeling better prepared to seek adult support when faced with a violent situation.

*Catholic Family Services* made 42 presentations to 960 children at four parochial schools in 2007. Their programs also were well received and very successful. Of the children receiving their programming, 95% learned to identify at least two different forms of bullying, and 100% were able to verbalize at least two methods for self-protection against bullying. All of the schools that received this curriculum reported at least a 50% drop in bullying behavior at their schools.

*Preferred Family Healthcare's* Teams of Concern worked in three public school districts during 2007: Wentzville, Fort Zumwalt and Orchard Farm. Their staffs provided 142 staff training events and 106 student awareness activities. These programs were attended by 9,924 students, 1,536 faculty and staff, and 19,384 parents who received information about the warning signs of use and abuse. These Teams of Concerns trained school faculty in order to identify behaviors that might indicate substance abuse and how to refer them for help. Of the youth that were referred, 107 students received additional counseling and the results are as follows: 74% of the students reported the reduction or elimination of chemical usage at 90 days and 83% at 180 days; 68% of them exhibited fewer behavioral problems at school at 90 days of service and 78% exhibited fewer problems at 180 days; and 60% of the parents reported improvement at home after 180 days.

### **Home based and Community Based Services**

During 2007, five programs worked with youth in schools, at home and in their community. In total, 3,286 children were served through these programs provided by *Crider Health Center*, the *Crisis Nursery*, *FACT*, and *St. Joachim & Ann Care Services*.

These children often have some of the most difficult challenges and are often involved with many service providers.



*Crider* and *FACT* have been operating the Partnership with Families program for the past nine years. *Crider* staff work primarily with the children providing care coordination, respite and family assistance while *FACT* works primarily with the parents providing support and coordination of treatment with school personnel. Together, they work to keep at risk youth at home, succeeding in school and out of the juvenile justice system. In 2007, *Crider* worked with 225 youth and achieved the following results: 84% of these youth remained out of residential care and were able to reside in their own home; 99% of these youth remained free from having a critical incident at school or home that would lead to a hospitalization; 87% remained free from any further law enforcement involvement; 99% of the youth actively participated in their own goal oriented education plan, and 95% remained free from out of school suspensions.

*FACT* worked with 360 parents last year and also did some additional work with 65 children, primarily siblings. They achieved the following results: 100% of the parents who requested a least restrictive school environment received it; 100% of the children that were residing in out-of-home placement returned to their own homes; 80% of the parents received Behavioral Support Plans at school; 100% of the parents reported a greater ability to advocate for their children with less dependence on a Parent Partner; 100% of families developed crisis intervention plans, and 95% of the families entering the program as an intact family unit were able to access community resources in order to prevent their problems from escalating.

*Crider Health Center* also worked in all of our public school districts with their school-based mental health specialists. These workers serve children who are at risk of suspensions and who behave in ways that interfere with their learning. In 2007, they served 285 youth. Of the youth they served, 91% of them achieved at least 75% of the individualized treatment goals, 100% remained in school and free from suspensions and 96% remained free from any law enforcement involvement.

The *Crisis Nursery* helped families in the western portion of our county, working in the homes and the neighborhoods to prevent child abuse and stress. In 2007, they worked with 1,230 families and 2,497 children. Of those, 99% of the children were able to remain residing in their own family home; 100% were free from a substantiated child abuse hotline report, and 86% of families reported learning at least one new strategy for coping with stress and frustration.

*St. Joachim & Ann Care Services* worked with families who are often homeless to provide the necessary support and guidance to help them find the resources necessary to move into a home and out of poverty. Last year, they served 93 families and 214 children and youth. They achieved the following results: 100% of the children became enrolled in school; 96% showed improvement in a least one physical and/or emotional area; 94% of the children showed greater participation in school activities and improved social interaction with peers, and 97% of the families were residing in a stable housing situation within six months of starting services.

### **Individual, Family and Group Counseling**

Traditional office-based counseling was provided by three agencies in 2007: *Lutheran Family and Children's Services*, *Salvation Army*, and *Youth In Need*. In total they served 362 youth and their families.

*Lutheran Family and Children's Services* worked with 108 children and their families. They worked with children with adjustment issues and those who have more severe diagnoses. Of the children served in 2007, 86% reported a reduction in psychological symptoms related to the trauma, 80% demonstrated improvement with fewer behavioral problems at school and at home, and 86% demonstrated fewer conflicts with parents and siblings.

*Salvation Army* served 14 children and their families. All families were seen at their shelter as the families were temporarily homeless. Of the families served, 88% learned at least two new skills for managing stress and anxiety, 100% demonstrated at least two new skills for dealing with all of the emotions of being homeless, and 86% of the parents learned new parenting skills.

*Youth In Need* worked with 240 children and youth. Their caseload spanned the gamut of diagnoses from depression, to chemical dependency, to hyperactivity. Of the children they worked with, 79% showed fewer emotional and somatic symptoms, 80% demonstrated fewer behavioral problems associated with their diagnosis and increased stability. Additionally, 88% of the youth demonstrated improved family and social functioning.

### **New Services for 2008**

The CCRB has added one new partner and three new programs in 2008. In addition, nine programs were expanded in order to serve more children and their families. *United Services* is our newest funding partner, as we are funding additional support to their classroom that works with children with autism. The CCRB also funded the *Crider Health Center's* Pinocchio Program in the Wentzville School District, which screens kindergarten through third grade students for emerging behavioral and emotional problems and provides support at school throughout the year. *Lutheran Family and Children's Services* was funded to provide longer term respite to children who are at risk of entering the child welfare system.

As stated above, nine additional programs were expanded to meet the growing demand for services. They include: additional substance abuse treatment through *Bridgeway Behavioral Health*; additional funds to expand the Partnership with Families program through *Crider* and *FACT*; additional sexual abuse prevention services through *The Child Center*; additional services for children residing at *Our Lady's Inn*; an additional Team of Concern was added to the Francis Howell School District through *Preferred Family Healthcare*; additional funds to work with homeless families was given to *St. Joachim and Ann Care Services*; additional respite services were funded for the new *Crisis Nursery*; and additional counseling dollars were given to *Youth In Need*.

### **New Crisis Nursery to Open in 2008**

After over a year of planning, a new Crisis Nursery will open in the spring of 2008. Located on the campus of the SSM Hospital in Wentzville, this facility will better serve the families of our western neighbors. Transportation and access have contributed to over 450 children being turned away from valuable respite services each year, and this new facility will have a tremendous impact in reducing the current demand and need. This project is truly a testimony in partnerships, as the City of Wentzville and Mayor Lambi, SSM Healthcare, the T.R. Hughes Corporation and other businesses have worked together to make this dream a reality. The CCRB is providing funding for the construction and the services that will be provided.

### **ORGANIZATION AND MEMBER ACHIEVEMENTS**

- Heroes for Mental Health Award to Board Member Liz Birchen from Crider Health Center
- Hugs and Kisses Award for Organization of the Year by the St. Louis Crisis Nursery
- Child Advocate of the Year to Executive Director Bruce Sowatsky from The Child Center
- 50 Over 50 Awards to Board Members Vince Schneider and Frank Martinez from the St. Charles Business Magazine

## **Total Number of Children Served Through the 2007 Community Children's Services Fund**

Temporary Shelter for Runaways	299
Respite Services	933
Teenage Parents	186
Substance Abuse Treatment	247
Psychiatric Services	50
Transitional Living Services	35
Crisis Interventions	25
School-based Prevention Programs	58,399
Home and Community-based Family Intervention Services	3,286
Counseling Services	<u>362</u>
<b>TOTAL</b>	<b>63,822</b>

This total reflects an increase of over 11,000 children and youth served from 2006. In addition, based on agency reports, 22,061 parents and faculty members also received direct services during 2007. There were nine other programs that didn't track the total number of parents directly receiving help while their child was receiving assistance. While we will track this figure for next year's report, it is estimated that the total for the year exceeded 25,000. In total, approximately 89,000 St. Charles County residents received help through our fund last year.

### **CCRB Sponsored the 1st Countywide Baby Shower**



In response to a number of tragic abusive situations and deaths to small infants in our community, the CCRB hosted a child summit to address these concerns as they relate to teen parents. Since poverty is highly correlated with the risk of child abuse and neglect, we wanted to do something tangible for these young parents and their children. As a result, the Shower of Love was born.

On April 12th, 2007, over 120 volunteer collected over \$24,000 in cash donations and baby items at six grocery store locations. All proceeds were equally divided between Youth In Need, the Crisis Nursery, Mary Queen of Angels and Healthy Beginnings.

The 2nd annual Shower of Love will take place on April 10th, 2008 at 11 locations across the county. This event is expected to raise \$50,000 in needed baby items, and could become a model for other communities who want to establish a tangible way to help young parents and reduce some of the financial stress that often leads to child abuse and neglect. We are happy to include Our Lady's Inn as a recipient this year, and we are thankful to the grocers, local businesses, churches, and the Kiwanis and Rotary Clubs that contribute.

## ***FINANCIAL INFORMATION***

### **REVENUES**

Sales Tax	\$5,643,190.34
Investment Income	184,096.09
Miscellaneous Income	23,938.06
Reimbursement of TIFs	(169,154.01)

**TOTAL REVENUES** \$5,682,070.48

### **EXPENSES**

Accounting	\$ 7,322.00
Administration	258,053.56
Bridgeway Behavioral Health	194,100.00
Catholic Family Services	37,487.19
Child Center	197,218.00
Children's Home Society	11,148.83
Crider Health Center	1,642,939.76
Crisis Nursery	382,250.00
F.A.C.T.	350,406.00
Family Support Services	26,830.01
Lutheran Family & Children's Services	63,933.09
Mary Queen of Angels	5,000.00
Our Lady's Inn	20,249.25
Preferred Family Healthcare	930,701.99
St. Joachim & Ann Care Services	47,424.00
Salvation Army	12,825.00
Youth In Need	614,343.88
Capital Projects	485,225.00
Depreciation	5,677.39

**TOTAL EXPENSES** \$5,293,135.75

**Excess Revenues over Expenses\*** \$ 388,934.73

\* 2007 Excess revenues will be rolled back into 2008 and 2009 service and capital projects.



2440 Executive Drive, Suite 214  
St. Charles, MO 63303  
636-939-6200 636-939-2223  
Fax: 636-939-6202  
[www.stcharlescountykids.org](http://www.stcharlescountykids.org)



*Smiling,  
by Elizabeth  
Youth In Need*



*Happy Girl,  
child drawing from  
Youth In Need*

*Photos and artwork used in the 2007 Annual Report  
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