



## 2008 ANNUAL REPORT to the St. Charles County Community

*CCRB Mission: Maximizing Community Resources to Build and Sustain  
a Comprehensive System of Services for Children and Families in Need*



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\* Deceased  
Our Chair, Vince Schneider,  
faithfully served as CCRB  
Chair from 1998-2009

**About the CCRB:** The Community Children’s Resource Board (CCRB) was formed in 1997 when the Board replaced the St. Charles County Community Mental Health Board of Trustees. The Resource Board was created by the St. Charles County Council by County Ordinance 97-152. Board members are appointed by the County Executive, with approval by the St. Charles County Council.

The Board’s purpose is to oversee the administration, allocation and distribution of funds authorized through the passage of Proposition 1 in November 2004 (Community Children’s Services Fund) for the purpose of providing funds to establish, operate and maintain community mental health services for children, youth, and their families.

**Funded Services:** The following lists the types of services funded through the CCRB:

- Temporary shelter for youth
- Outpatient substance abuse treatment
- Transitional living services
- Home-based family intervention services
- School-based mental health prevention
- Outpatient psychiatric services
- Crisis intervention
- Respite services
- Counseling services
- Services to unwed teen mothers

**Our Agency Vision:** Preparing all youth and families to realize a brighter tomorrow

**Our Agency Values** illustrate the standards by which we expect our partner agencies to demonstrate. These include:

1. 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.
2. 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.
3. 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.
4. Strength Based: The CCRB will encourage service providers to be strength-based in their approach to providing services to children and families.



## A Note to St. Charles County Residents

Driven by our mission to maximize community resources to build and sustain a comprehensive system of services for children and families in need in St. Charles County and guided by our agency strategic plan, the members of the Community Children's Resource Board of Directors and its staff want to share the results of services provided to our County's children and youth during this past year.

2008 was the third full year that the Community Children's Services Fund has been in place and providing allocations to agencies serving our area youth. The good news is that St. Charles County is seeing improvements in many service areas funded through the CCRB. These include: reduced rates of child abuse and neglect reported, increased numbers of children and youth with a serious emotional disturbance are receiving mental health services, and reduced percentage of births to teen moms. Our partner agencies are delivering quality services to over 75,000 of our County's children and youth in a wide variety of programs.

We appreciate the hard work of our partner agencies for their commitment to our children and youth, to legislators, community leaders, and our County officials for their support of our efforts. We are cognizant of our economic times and realize our responsibility toward the stewardship of community funds. Our goals include the assurance that quality services are made available to as many residents of St. Charles County as possible. We faithfully monitor these services for their clinical effectiveness and their adherence to the County ordinance. We remain committed to upholding the continued delivery of these urgently needed programs and services for our most vulnerable children and youth.

Ron Berrey, Ed.D.  
Chairman, Board of Directors



## 2008 Support Areas

### Temporary Shelter Services

In 2008, 77 runaway youth found safe shelter from either a conflictual or abused home through *Youth In Need (YIN)*. Additionally, YIN continued to involve more businesses in the agency's Safe Place program and 1,603 students have received Safe Place training through schools participating in that program. *Youth In Need* also handled 272 crisis calls from youth on their 24-hour hotline, referring them to appropriate resources.

### Respite Care Services

In 2008, The *Crisis Nursery* provided short term respite to 1,021 children. 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. Two of our funded agencies work with children with very severe developmental problems. *Family Support Services* provided respite to nine youth. Of the children receiving services, 100% were able to remain at home and out of institutional care, and 100% of the families were able to maintain stable lives for their children. The *Children's Home Society* was able to provide 1,300 respite hours to five 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. Lutheran Family and Children's Services initiated a new respite program that provides emergency foster care placement for children of families experiencing instability and/or crisis. One family began receiving services during the summer.

### Services to Teen Moms

According to *Missouri Kids Count*, St. Charles is making progress when it comes to low birth weight and infant mortality. *Youth In Need* provided nursing, supportive services and parenting education to 143 teen mothers. Of the mothers who gave birth last year, 90% of their babies weighed in over the 5½ lb. threshold for maturity! In addition, 87% 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* served 35 children and 18 mothers, many of which were homeless at the time of admittance. Of the children they served, 90% of them were enrolled in school, Parents as Teachers, and Early Headstart within five days of admission, and 85% of the children made progress in at least one area of physical development within three months of admission. Ninety percent of the mothers learned at least six new parenting skills during their stay. *Mary Queen of Angels* distributed baby care essential items to teenage mothers at their distribution site.

### 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 2008, they served 14 youth. Of the youth they served, 57% made progress toward completing an education degree or program, 71% were able to secure and maintain employment, and 91% of them learned necessary life skills to succeed independently.

### **School Based Prevention Services**

The *Child Center* provided sexual abuse prevention curriculum to children in the 1st, 4th and 7th grades, and provided training to parents and faculty so that they know how to handle disclosures from their children or students. They provided their programming to 9,707 students, and trained 611 parents and 627 school professionals. Of the 1st and 4th graders who received help, 94% were able to learn and recall their “Bill of Body Rights”. Ninety three percent of the 7th graders learned about various forms of sexual harassment and understood the consequences of these behaviors, and 99% of participating parents learned appropriate responses to disclosures.

*Crider Health Center* provided anti-bullying prevention services to 43,547 students from the 1st to the 8th grade and they achieved extremely successful results. Of the children and youth receiving help, 98% were able to identify at least two different types of bullying, 97% 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, 97% of the children were able to identify at least two inappropriate responses to feeling angry within themselves, and 97% reported feeling better prepared to seek adult support when faced with a violent situation.

*Catholic Family Services* made 26 presentations to 645 children at four parochial schools. Of the children receiving their programming, 88% learned to identify at least two different forms of bullying, and 80% of the classrooms receiving services adopted anti-bullying and/or conflict resolution techniques as part of their discipline policies. 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 four public school districts: Francis Howell, Wentzville, Fort Zumwalt and Orchard Farm. Their staffs provided 28 staff training events and 136 student awareness activities. These programs were attended by 15,459 students, 523 faculty and staff, and 5,500 parents who received information about the warning signs of substance use and abuse. These Teams of Concern 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, 144 students received additional counseling and the results are as follows: 100% of the students reported the reduction or elimination of chemical usage; 71% of them exhibited fewer behavioral problems; and 94% of the parents reported improvement in at least one life area.

### **Outpatient Substance Abuse Treatment**

*Bridgeway Behavioral Health* outpatient substance abuse services to 112 youth last year. Of the youth they served, 81% of the youth had reduced or had no further chemical usage, 74% demonstrated improved school performance and 71% had less family conflict with parents. *Preferred Family Healthcare* provided services to 166 youth. Of the youth they served, 92% showed reduced or the elimination of chemical usage. Eighty-two percent (82%) of the youth showed improvement in school and with peer relationships and 70% had fewer conflicts with family members.

### **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 agencies remains low. *Catholic Family Services* served 79 children and youth and *Crider Health Center* served 21 children and youth. Despite the low demand, the services were effective. Of the youth served through *Catholic Family Services*, 92% showed a reduction of psychological symptoms, 85% were medication compliant and 90% made progress on their individual treatment plan goals. *Crider Health Center* saw 21 youth with 85% of their youth served reaching 75% of their treatment goals, 85% showing a reduction in psychiatric symptoms and 87% were medication compliant.

### **Crisis Intervention Services**

*Catholic Family Services* provided assistance to 44 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 childrens' academic learning. The agency has seen an increase in crisis counseling related to parental job losses and economic difficulties in families. Of the students receiving help, 90% developed at least two new coping skills for dealing with their crisis, 88% made progress on meeting their treatment plan goals, and 88% had significantly fewer psychological symptoms.

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

*Lutheran Family and Children's Services* worked with 109 children and their families, from adjustment issues and to more severe diagnoses plus they offered psychoeducational programs to 390 youth. Of the children counseled, 91% reported a reduction in psychological symptoms related to the trauma, 87% demonstrated improvement with fewer behavioral problems at school and at home, and 78% demonstrated fewer conflicts with parents and siblings. The *Salvation Army* served 34 children (23 parents). All families were seen at their shelter as the families were temporarily homeless. Of the families served, 95% 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 78% 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, and 80% demonstrated fewer behavioral problems associated with their diagnosis and increased stability. Additionally, 88% of the youth demonstrated improved family and social functioning. *Catholic Family Services* counseled 77 children and youth with 91% demonstrated improved levels of functioning; 92% with decreases in psychological symptoms, and 98% showed progress on meeting their treatment goals.

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

Seven programs worked with youth in schools, at home and in their community. In total, 2,813 children were served through these programs provided by *Crider Health Center*, the *Crisis Nursery*, *FACT*, *United Services*, and *St. Joachim & Ann Care Services*.

*Crider* and *FACT* have been operating the Partnership with Families program for the past 10 years. *Crider* staff work primarily with the children by providing care coordination, respite and family assistance while *FACT* works primarily with the parents providing support and coordination of treatment with school personnel. In 2008 *Crider* worked with 212 youth and achieved the following results: 82% of these youth remained out of residential care and were able to reside in their own home; 98% of these youth remained free from having a critical incident at school or home that would lead to a hospitalization; 91% remained free from any further law enforcement involvement; 99% of the youth actively participated in their own goal oriented education plan, and 93% remained free from out-of-school suspensions. *FACT* worked with 504 parents last year and also did some additional work with 252 children, primarily siblings. They achieved the following results: 90% of the parents who requested a least restrictive school environment received it; 73% of the children that were residing in out-of-home placement returned to their own homes; 87% of the parents received Behavioral Support Plans at school; 75% of the parents reported a greater ability to advocate for their children with less dependence on a Parent Partner; and 100% of families developed crisis intervention plans.

*Crider Health Center* also worked in all of our public school districts with their school-based mental health specialists and served 349 children and youth. Of the youth they served, 94% of them achieved at least 75% of the individualized treatment goals, 99% remained in school and free from suspensions and 98% remained free from any law enforcement involvement. *Crider* also initiated the Pinocchio program for children kindergarten through third grade who are at risk of developing behavioral, social or mental health issues and who would benefit from early intervention. The schools included St. Cletus, Heritage, and Prairie View and 199 children participated in the program.

The *Crisis Nursery's* Family Empowerment program worked with 776 parents (1,423 children) delivering parent education and counseling services. Of those, 100% of the children were able to remain residing in their own family home; 100% were free from a substantiated child abuse hotline report, and 97% of families reported learning at least one new strategy for coping with stress and frustration.

*St. Joachim & Ann Care Services* provided wraparound services to families who were either homeless or at risk of being homeless. Last year, they served 255 parents and 388 children and youth. They achieved the following results: 100% of the children became enrolled in school; 93% showed improvement in a least one physical and/or emotional area; 92% of the children showed greater participation in school activities and improved social interaction with peers, and 95% of the families were residing in a stable housing situation within six months of starting services.

*United Services for the Handicapped* received funding for their Intensive Behavioral Intervention Classroom to work with 33 children who have autism. Goal attainment was significant with 79% of the children increasing their cognitive skills, 84% increased adaptive skills, and 91% increased academic skills by completing teacher-directed tasks in 80% of opportunities presented.

## Calendar Year 2008 Fund Distribution by Agency

<b>Service Provided</b>	<b>Agency</b>	<b>FY 2008 Expenditures</b>
<b>Temporary Shelter</b>	Youth In Need	\$ 242,737.39
<b>Respite Care</b>	Children's Home Society	12,390.00
	Crisis Nursery	345,950.00
	Family Support Services	27,475.81
	Lutheran Family and Children's Services	6,226.80
<b>Services to Teen Parents</b>	Mary Queen of Angels	7,500.00
	Our Lady's Inn	34,000.00
	Youth In Need	100,185.60
<b>Transitional Living Services</b>	Youth In Need	152,953.92
<b>School Based Prevention</b>	The Child Center	272,218.00
	Crider Health Center	152,352.00
	Catholic Family Services	9,140.56
	Preferred Family Healthcare	398,186.00
<b>Outpatient Substance Abuse Treatment</b>	Bridgeway Behavioral Services	281,430.00
	Preferred Family Healthcare	624,180.91
<b>Outpatient Psychiatric Services</b>	Catholic Family Services	11,902.77
	Crider Health Services	29,983.65
<b>Crisis Intervention Services</b>	Catholic Family Services	11,348.64
<b>Individual, Group, and Family Counseling</b>	Lutheran Family and Children's Services	63,805.64
	Catholic Family Services	26,735.00
	Salvation Army	12,262.50
	Youth In Need	219,573.68

**Home and Community Based Services**

Crider Health Center		
Partnership with Families	\$	891,356.61
Mental Health Specialists		643,475.00
Pinocchio Program		57,062.40
Crisis Nursery		76,478.00
FACT		421,477.02
St. Joachim and Ann Care Service		106,197.55
United Services for the Handicapped		23,368.67
<b>SUBTOTAL Services Fund</b>	<b>\$</b>	<b>5,261,954.12</b>

**Emergency Services Fund:** In 2008, three agencies requested funds for emergency purposes. Two agencies, Family Support Services and Children's Home Society, experienced more families seeking respite care than had been expected. Additional funds were awarded in the amount of \$4,956 (Children's Home Society) and \$21,228 (Family Support Services) to expand their services capacity. Additionally, Our Lady's Inn was awarded \$22,820 for emergency sewer system repair.

<b>Emergency Services Reimbursement</b>	<b>\$</b>	<b>45,121.34</b>
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**Capital Funds:** The CCRB responded to agency requests for support of major capital projects to enhance services for children and youth in St. Charles County. The following organizations received funds from the CCRB Reserve Fund:

<b>St. Joachim and Ann Care Service</b> -for their Community Outreach Center land acquisition, which will serve as a one-stop shop for social service	\$	500,000.00
<b>Boys and Girls Club</b> -for support of construction of the agency's new facility		450,000.00
<b>Our Lady's Inn</b> -for sewage system and house repairs		200,000.00
<b>Bridgeway Behavioral Health</b> -for support of equipment, computers and software, and furniture for the new Youth, Family and Community Resource Center		40,000.00
<b>Preferred Family Healthcare</b> -for phone system, laptop computers, student learning lab		17,600.00
<b>Youth In Need</b> -for new phone system hardware		14,400.00
<b>Capital Funds Support</b>		<b>1,222,000.00</b>

<b>TOTAL CCRB FUNDS ALLOCATED (Services, Emergency, Capital)</b>	<b>\$</b>	<b>6,529,075.46</b>
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**Statement of Net Assets Balance Sheet  
Year Ended 2008**

**Assets**

Checking Account	\$ 23,615.74
Services Fund	2,897,708.47
Interest Receivable	11,800.15
Sales Tax Receivable	881,362.12
Capital Assets, net of depreciation	14,298.22
Deposit	1,385.00
<b>Total Assets:</b>	<b>\$ 3,830,169.70</b>

**Liabilities**

Accounts Payable	\$ 358,175.07
FED/FICA Payable	3,999.02
State W/H Payable	584.00
<b>Total Liabilities:</b>	<b>362,758.09</b>
Fund Balance and Other Equities	
Net Investment in Fixed Assets	20,303.30
Fund Balance-Beginning of Year	4,624,846.21
Excess of Revenues Over (Under) Expenses	(1,177,737.90)
<b>Total Fund Balance and Other Equities</b>	<b>\$ 3,467,411.61</b>
<b>Total Liabilities, Fund Balance and Other Liabilities:</b>	<b>\$ 3,830,169.70</b>

**Statement of Revenues and Expenditures  
Year Ended 2008**

**Revenues**

Taxes	\$ 5,583,207.98
Investment Income	138,576.75
Miscellaneous	73,796.93
(Refund of Taxes- TIF)	(170,971.62)
<b>Total Revenues:</b>	<b>\$ 5,624,610.04</b>

**Expenses**

Administration	\$ 258,567.48
Accounting Services	8,700.00
Service Contracts	5,261,954.12
Emergency Funds	45,121.34
Capital Funds	1,222,000.00*
Depreciation	6,005.00
<b>Total Expenses:</b>	<b>\$ 6,802,347.94</b>

Excess of Revenues (Over)/Under Expenditures/Change in Net Assets	(\$ 1,177,737.90)*
Fund Balance/Net Assets-Beginning of Year	4,624,846.21
Fund Balance/Net Assets-End of Year	\$ 3,447,108.31

\*Capital funds were allocated during 2008 to meet the need of children and youth services in St. Charles County. These funds were distributed from the CCRB Reserve Fund.

**Total Number of Children Served Through  
the 2008 Community Children's Services Fund**

Shelter Services	1,953
Respite Services	1,036
Teenage Parents	178
Substance Abuse Treatment	422
Psychiatric Services	100
Transitional Living Services	14
Crisis Interventions	44
School-based Prevention Programs	69,358
Home and Community-based Family Intervention Services	2,856
Counseling Services	966
<b>TOTAL</b>	<b>76,927</b>



This total reflects an increase of 13,106 children and youth served during 2007. In addition, based on agency reports, 19,944 parents and faculty members also received direct services last year. There were nine other programs that didn't track the total number of parents directly receiving help while their child was receiving assistance. In total, approximately 97,000 St. Charles County residents received help through our fund last year.

**Notes on 2008 from Executive Director, Bruce Sowatsky**

2008 resulted in the addition of three programs for St. Charles County children and youth to include Crider Health Center's Pinocchio program, Lutheran Family and Children's Services Respite program, and United Services for the Handicapped's IBIC classroom. We witnessed a significant increase in the numbers of children and youth being served through the Community Children's Services Fund, and the CCRB led the efforts in our second year of the Shower of Love event, which raised over \$58,000 in baby items and donations for use with agencies serving teen moms and their babies. We were extremely pleased to be a part of the construction of the new Crisis Nursery facility in Wentzville, which will serve the western region of our community.



For 2009, we are planning to initiate a countywide consumer and family satisfaction survey on the programs and services funded through the Community Children's Services Fund. We are happy to report the overall clinical goal achievement rating for 2008 was 88%, which is an increase of 2% over 2007. Our partner agencies and the CCRB are committed to providing the services needed to keep our children and youth safe in the community and successful in achieving their school and life goals and continuing in our mission of Putting Kids First in St. Charles County.



*photo by  
Preferred Family  
Healthcare*



*Happy Girl,  
child drawing from  
Youth In Need*

*Photos and artwork used in the 2008 Annual Report  
have been supplied by  
Preferred Family Healthcare, Youth In Need, and Crisis Nursery*