



2010 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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In Memoriam:
Gil Lauer (1930-2010)
CCRB Board Member
2009-2010

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 prevention services
- 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: These values illustrate the standards by which we expect our partner agencies to demonstrate. They 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.



Notes to St. Charles County Residents from the CCRB Chair and the Executive Director



The Board of Directors for the Community and Children's Resource Board (CCRB) is proud to present the 2010 Annual Report to the public. Agencies funded through the CCRB have provided thousands of our community's children and youth with a wide range of services, and the program outcomes indicate that positive changes are being realized by the children, youth, and families involved in these programs.

Our partner agencies are working with growing numbers of children, youth, and families with chronic mental health issues, substance abuse, and at high risk of abuse and neglect. Our community continues to face homelessness and unemployment, and agencies have reported significant increases in the number of youth and families requesting help.

Our goal for 2011 and beyond centers on our assurance to you that quality services are made available to as many residents of St. Charles County as possible. We are committed to upholding the continued delivery of these needed programs and services for our most vulnerable children and youth.



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

As part of our ongoing pledge to remain transparent regarding the use of sales tax dollars of St. Charles County residents, we share this report that not only details how monies were spent, but more importantly, the impact these investments are having on our children and youth. In 2010, nearly 72,000 children were served through 31 different programs, and our program partners surpassed 93% of their clinical outcomes. These goals were achieved despite the added stress of unemployment and financial hardship more of our families have had to face in the last couple of years.

In partnership with our funded agencies, we continue to work with the business community, churches, local government and our schools as full partners in making St. Charles County a wonderful and attractive place to live, work and learn. Every day, we witness the successes our youth are accomplishing, and through these interventions, we believe that lives are changed. As we continually strive to meet the mental health needs of our young people, we thank you for your investment and partnership.



Bruce Sowatsky
Executive Director

2010 Support Areas

Temporary Shelter Services ~ 77 youth provided shelter; 395 hotline contacts; 1,713 youth and 1,342 adults served through Safe Place; 42 parents: Temporary shelter services are provided through *Youth In Need* to adolescents aged 10 to 18 in crisis who need temporary safe housing and counseling. Shelter is provided in a 12-bed emergency residential center for male and female youth, and the average stay is 7 to 10 days. The program includes a 24-hour hotline for St. Charles County youth and their families and it has a Safe Place program that involves local businesses and nonprofit organizations identified as safe locations for youth at immediate risk of abuse. Results of the 2010 goals reached include:

- 72% of clients showed improved family relationships and functioning at home
- 84% of clients reported living in a safe situation following services
- 97% requesting help through Safe Place reported living in a safe situation
- 73% of youth showed an increase in coping and problem-solving skills and a reduction in destructive, aggressive, and/or illegal behavior
- 73% of youth contacting the 24-hour hotline reported the initial crisis had been reduced or alleviated

Respite Care Services ~ 422 children; 229 parents/guardians: Ensuring the safety of St. Charles County children and youth through respite services are top priorities of the *St. Charles Crisis Nursery* (3 locations), *Family Support Services*, *Lutheran Family and Children's Services*, and the *Children's Home Society of Missouri*. An average of the agencies' 2010 goals reached include:

- 98% of children continued to reside in family home and out of institutional/emergency care
- 100% of families receiving services reported a reduction in stress as a result of utilizing respite services
- 100% of families have a higher awareness of their child's safety and medical needs
- 90% reported using one or more new coping strategies for handling stress
- 100% of families did not have a substantiated child abuse hotline report

Services to Teen Moms ~ 234 youth; 38 parents: *Youth In Need* provides a variety of services for teen moms including counseling, parenting and infant care education, and support groups. *Our Lady's Inn* provides a residential facility for pregnant women and their children with children's services provided through a Child Advocate. *Mary Queen of Angels* distributes essential baby care items to teenage mothers. Results of the 2010 goals reached include:

- 87% had healthy pregnancies and deliveries
- 94% of youth progressed toward completing education
- 97% demonstrated use of positive parenting skills
- 93% of children in the programs were enrolled in school
- 95% of children showed progress in one area of development within three months

Transitional Living Services ~ 16 youth; 7 parents: *Youth In Need* provides 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. Results of their 2010 goals include:

- 100% of the clients demonstrated increased living skills
- 62% obtained and maintained employment; (delete semi-colon) despite limited transportation and job availability
- 92% made progress toward completing an educational degree (two were unable to due to employment responsibilities)

School Based Prevention Service ~ 65,924 youth; 19,565 parents; 689 professionals: A variety of school based prevention services are provided through The *Child Center* (sexual abuse prevention), *Crider Health Center* (anti-bullying prevention), *Catholic Family Services* (anti-bullying prevention), and *Preferred Family Healthcare's* Teams of Concern (substance abuse prevention). Results of their 2010 goals include:

- 99% of youth knew when to physically get away from a threatening situation
- 90% reported being able to recognize at least two strategies for conflict resolution and self protection from bullying
- 97% recognized two signs of inappropriate responses to anger in themselves
- 99% of youth reported being able to recognize at least two signs of bullying behaviors
- 99% were better prepared to seek adult support when faced with violent situation
- 98% reported being able to verbalize their feelings when they feel peer pressure to their peers or adults
- 100% of classrooms receiving services adopted anti-bullying and/or conflict resolution techniques as part of their discipline policies
- 94% of 1st graders, 86% of 4th graders, and 92% of Early Education and Early Special Education students learned their "Bill of Body Rights"
- 93% of 7th grade students learned how to report incidents of sexual harassment
- 100% of parents of 1st and 4th grade students and 98% of parents of Early Childhood and Early Childhood Special education students learned how to handle a disclosure of sexual abuse from a child
- 100% of community-based professionals and educators learned their role as a mandated reporter of sexual abuse and how to respond to a child making a disclosure
- 93% of 5th grade students learned basic internet safety skills and how incidents get reported
- 100% of youth receiving substance abuse treatment reported a reduction in or elimination of substance abuse at program conclusion
- 98% of youth participating in an intervention plan exhibited fewer behavioral problems at school

Outpatient Substance Abuse Treatment ~ 286 youth; 332 parents: *Bridgeway Behavioral Health* and *Preferred Family Healthcare* work with youth experiencing substance abuse problems. Results of their 2010 goals include:

- 94% of youth demonstrated a reduction in chemical usage
- 93% reported improvement in at least one area of their life (school, employment, peer relationships)
- 94% of youth had improved family relationships and fewer family conflicts

Outpatient Psychiatric Services ~ 117 children and youth: *Catholic Family Services* and *Crider Health Center* offer comprehensive psychiatric services that include treatment planning, medication management, and nursing services. Results of their 2010 goals include:

- 89% of youth demonstrated progress on meeting treatment plan goals
- 86% of youth reported a reduction in psychiatric symptoms
- 96% of youth served were medication compliant

Crisis Intervention Services ~ 57 children; 10 parents: *Catholic Family Services* provides school-based crisis intervention services through four parochial schools in St. Charles County. Results of their 2010 goals include:

- 93% of children developed two new coping strategies for dealing with stress inducing incidents
- 93% of children demonstrated progress on meeting treatment plan goals
- 95% of children had reduced psychological symptoms related to the crisis

Individual, Family and Group Counseling ~ 648 children and youth; 722 parents; 18 professionals: *Catholic Family Services*, *Lutheran Family and Children's Services*, the *Salvation Army*, *Kids in the Middle*, and *Youth In Need* provide individual, family, and group counseling and support groups for children, youth, and families in our community. Results of their 2010 goals include:

- 97% of youth with adjustment problems reported a reduction in symptoms and 79% with significant disorders reported a reduction in symptoms
- 90% of youth with adjustment problems reported a reduction of behavior problems at school and 65% with significant disorders reported a reduction in behavior problems
- 94% of youth affected with adjustment problems reported a reduction in conflict with families and 87% of youth with significant disorders reported a reduction in conflict with families
- 91% of families gained a minimum of two new skills for managing stress as alternatives to violence and neglect

- 100% of children demonstrated a minimum of two new skills to help them communicate feelings/thoughts
- 82% of non-custodial parents demonstrated a minimum of two new parenting skills to help facilitate healthy relationships with their children
- 86% of youth showed improved individual functioning through increase in well-being
- 74% showed improved interpersonal functioning
- 72% showed improved social role functioning
- 83% of children participating in four or more sessions demonstrated the use of positive coping skills
- 93% of children in four or more sessions demonstrated that they no longer blame themselves for their parents' divorce and will be less isolated
- 83% of children participating in four or more sessions demonstrated a reduction in symptoms related to stress and trauma of divorce

Home Based and Community Based Services ~ 2,022 children and youth; 957 parents; 62 professionals: Nine programs delivered through seven agencies provide help to youth in schools, at home, and in the community. *Crider Health Center, FACT, Crisis Nursery, Saints Joachim and Ann Care Services, United Services, the Eleventh Circuit Court, and the National Alliance on Mental Illness (NAMI)* provide school, home, and community based services. Results of their 2010 goals include:

- 95% of youth remained in the home
- 98% remained free from a school-related critical event
- 92% were free from law enforcement involvement
- 92% of youth participated in an education plan
- 99% attended required school days
- 93% were free of out-of-school suspensions
- 72% of parents reported an increased ability to advocate for their child
- 95% of children achieved one or more of their identified treatment plan goals
- 98% of families and 98% of classroom teachers reported improvements in child's behavior
- 79% of participants in the supervised visitation program reported increased normalcy in relationship
- 87% of parents utilized and practiced coaching from program coordinator 80% of the time
- 88% of parents used community services for ongoing or new needs
- 88% of parents met the emotional needs of their children in supervised visitation program
- 100% of children facing homelessness and receiving services were enrolled in school
- 100% of children facing homelessness reported improvement in at least three basic needs areas
- 90% of children showed improvement in one area of physical and emotional well being within 12 months
- 100% of families did not have a substantiated child abuse hotline report while receiving services
- 88% of children with autism increased their cognitive and adaptive skills and 80% completed teacher-directed tasks
- 93% of parents in the Basics class reported new knowledge about their child's mental illness
- 95% of parents gained at least one new coping skill
- 100% of parents attending support group report being less isolated and have greater supports

Calendar Year 2010 Fund Distribution by Agency

<u>Service Provided</u>	<u>Agency</u>	<u>FY 2010 Expenditures</u>
Temporary Shelter	Youth In Need	\$ 263,675.00
Respite Care	Children's Home Society	16,107.00
	Crisis Nursery	421,153.00
	Community Living, Inc.	43,762.74
	Lutheran Family and Children's Services	6,597.00
Services to Teen Parents	Mary Queen of Angels	7,500.00
	Our Lady's Inn	53,000.00
	Youth In Need	134,486.00
Transitional Living Services	Youth In Need	139,400.00
School Based Prevention	The Child Center	262,265.69
	Crider Health Center	156,436.00
	Catholic Family Services	4,922.12
	Preferred Family Healthcare	441,896.69
Outpatient Substance Abuse Treatment	Bridgeway Behavioral Services	242,260.00
	Preferred Family Healthcare	626,819.53
Outpatient Psychiatric Services	Catholic Family Services	10,260.02
	Crider Health Services	27,228.57
Crisis Intervention Services	Catholic Family Services	9,561.31

Individual, Group, and Family Counseling	Lutheran Family and Children's Services		39,050.60
	Catholic Family Services		26,400.00
	Salvation Army		13,500.00
	Kids in the Middle		21,813.04
	Youth In Need		197,532.60
Home and Community Based Services	Crider Health Center		
	Partnership with Families	\$	797,933.87
	Mental Health Specialists		713,915.66
	Pinocchio Program		88,440.00
	Crisis Nursery		91,494.00
	Eleventh Circuit Court		43,518.80
	FACT		461,903.54
	NAMI		10,579.25
	St. Joachim and Ann Care Service		144,237.15
	United Services for the Handicapped		65,957.61
	SUBTOTAL Services Fund	\$	5,583,606.79

Supplemental Services/Capital/Emergency Funds: In 2010 no funds were expended for partner agency supplemental, capital or emergency needs. The CCRB determined that in order to safeguard 2011 funding no requests for additional 2010 funding would be considered.

TOTAL CCRB SERVICES FUNDS ALLOCATED **\$ 5,583,606.79**

**Statement of Net Assets Balance Sheet
Year Ended 2010**

Assets		Liabilities	
Checking Account	\$ 166,573.15	Accounts Payable	\$ 277,984.41
Services Fund	1,223,374.88	FED/FICA Payable	4,838.12
Restricted Cash	89,084.80		
Interest Receivable	2,740.52		
Sales Tax Receivable	905,101.45	Total Liabilities:	\$ 282,822.53
Capital Assets, net of depreciation	5,215.37	Fund Balance and Other Equities	
Deposit	1,385.00	Net Investment in Fixed Assets	\$ 5,215.37
		Excess of Revenues Over (Under) Expenses	2,105,437.27
		Total Fund Balance and Other Equities	2,110,652.64
		Total Liabilities, Fund Balance and Other Equities:	\$ 2,393,475.17
Total Assets:	\$2,393,475.17		

**Statement of Revenues and Expenditures
Year Ended 2010**

Revenues		Expenses	
Taxes	\$ 5,493,537.41	Administration	\$ 259,673.15
Investment Income	25,545.35	Accounting Services	9,600.00
Miscellaneous	143,845.41	Capital Projects	40,875.00
Fundraising	9,647.63	Shower of Love event	9,380.64
(Refund of Taxes-TIF)	(171,061.09)	Service Contracts	5,583,606.79
Total Revenues:	\$ 5,501,514.71	Total Expenses:	\$ 5,903,135.58
Excess of Revenues (Over)/Under Expenditures/Change in Net Assets			(\$ 401,620.87)
Fund Balance/Net Assets-Beginning of Year			\$ 2,543,546.19
Fund Balance/Net Assets-End of Year			\$ 2,393,475.17

Children's Trust Fund 2010 Allocations

Seven area agencies received funding through the MO Children's Trust Fund 2010 License Plate program, which is administered by the CCRB. These funds are designated for programs related to the prevention of child abuse and neglect. The following agencies are recipients of funding:

- Our Lady's Inn ~ \$5,500 for aftercare services
- Youth In Need ~ \$4,400 for Head Start/Early Head Start programs
- Crider Health Center ~ \$2,500 for wraparound
- Crisis Nursery ~ \$2,500 for respite services
- St. Charles County Department of Community Health & Environment ~ \$4,100 for car seats and Parenting 101 program
- Lutheran Family & Children's Services ~ \$1,500 for teen mom program
- Bridgeway Behavioral Health ~ \$600 for equipment for the Children's Program.



Pictured: Gil Copley, St. Charles County Department of Community Health & Environment; Steve Martinez, Crider Health Center; Bruce Sowatsky, CCRB Executive Director; Katrina Harper, Crider Health Center; Pat Holtermann-Hommes, Youth In Need; Frank Martinez, CTF Chair; Valerie White, CCRB Vice Chair; Gloria Lee, Our Lady's Inn; Leona Swank, Our Lady's Inn; Art Wash, CCRB Board member and Katie Corrigan, Crisis Nursery.

Total Number of Served Through the 2010 Community Children's Services Fund

Shelter Services	2,185
Respite Services	422
Teenage Parents	234
Substance Abuse Treatment	286
Outpatient Psychiatric Services	117
Transitional Living Services	16
Crisis Interventions	57
School-based Prevention Programs	65,924
Home and Community-based Family Intervention Services	2,022
Counseling Services	648
Total Children and Youth	71,911
Total Parents/Professionals	24,093
TOTAL St. Charles County Services Recipients	96,004

New Agencies for 2011

Two new agencies have become partners for the 2011 calendar year. Nurses for Newborns will serve St. Charles County ~~teen~~ moms and their infants and children (up to the age of 2), providing healthcare, education, and positive parenting skills. Home visitations will be provided to 30 families.

Kids Under Twenty One is a nationally recognized organization that provides suicide prevention services to schools throughout the St. Louis metropolitan area. During 2011, Kids Under Twenty One will provide workshops to 2,000 youth in Francis Howell and Fort Zumwalt School Districts.



*Photos and artwork used in the 2010 Annual Report
have been supplied by the Crisis Nursery*