

CCRB 2015 Outcome Report On Programs Serving St. Charles County Children, Youth, and Families

Temporary Shelter – 78 youth provided shelter; 50 parents; 757 served through Safe Place: Temporary shelter services are provided through *Youth In Need* to adolescents aged 10 to 18 in crisis and who are in need of temporary safe housing and counseling. Shelter is provided in a 12-bed emergency residential center and the average stay is 12 days. The Safe Place program involves businesses and organizations identified as safe locations for youth at immediate risk of abuse. During 2015, 21 Safe Place and Youth Connection Helpline presentations were offered to businesses, children, and youth. Results of the 2015 goals reached were:

- 71% of clients showed improved family relationships and functioning at home
- 96% reported living in a safe situation following services

- 76% of youth showed an increase in coping and problem-solving skills and a reduction in destructive, aggressive, and/or illegal behavior
- 100% requesting help through Safe Place reported living in a safe situation

Respite Care Services – 513 children; 385 parents/caregivers: Ensuring the safety of St. Charles County children and youth through respite services are top priorities of *Bethany Christian Services*, *Crisis Nursery* (3 locations), *Community Living, Inc.*, and the *Children's Home Society of Missouri*. The 2015 goal results were:

- 92% of children continued to reside in family home
- 99% of families reported reduction in stress

- 97% of families did not have a substantiated child abuse hotline report
- 100% of families were able to respond to a stressful situation without abusive behaviors

Services to Teen Moms/Parents – 241 youth; 142 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 services provided through a Child Advocate. *Nurses for Newborns* provides intensive home visitation by qualified registered nurses to serve medically fragile families. The 2015 goal results were:

- 86% of youth progressed toward completing education
- 94% demonstrated use of positive parenting skills
- 100% had healthy pregnancies and deliveries

- 100% of children were enrolled in school
- 100% of children showed progress in at least one area of development and/or physical well-being within 3 months
- 100% of infants were immunized by 6 months

Transitional Living Services – 18 youth: *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 the 2015 goals were:

- 88% of youth increased life skills
- 62% obtained and maintained employment

- 86% progressed toward completing their education

Individual, Family, and Group Counseling – 1,123 youth; 925 parents: *Bridgeway Behavioral Health*, *Catholic Family Services*, *Children's Home Society*, *Lutheran Family and Children's Services*, *Eleventh Circuit Court*, and *Youth In Need* provide individual, family, group counseling and support groups for children and youth. 2015 goal results were:

- 87% of youth maintained or improved their level of functioning
- 88% of youth maintained or decreased their level of symptoms
- 96% demonstrated progress on meeting treatment plan goals
- 89% of children demonstrated improvement in behavior at home and/or school

- 86% of parents were prepared to meet the emotional needs of their children
- 90% of youth and parents/custodians gained new coping skills
- 83% of parents were willing to utilize and practice coaching from program coordinator

School Based Prevention Services – 68,172 youth; 453 parents; 2,072 professionals: A variety of school based prevention services were provided through *CHADS Coalition for Mental Health, The Child Center* (sexual abuse prevention), *Crider Health Center* and *Catholic Family Services* (bullying prevention), *Kids Under Twenty One* (suicide prevention), *Preferred Family Healthcare* (substance abuse prevention), and *Thrive St. Louis* (sexual integrity). The 2015 results were:

- 98% knew how to physically get away from a threatening situation
- 98% can identify strategies for conflict resolution and self protection
- 95% can verbalize their feelings when feeling pressure from their peers or adults
- 96% of 5th graders learned internet safety skills
- 91% of youth recognized warning signs of suicide
- 95% of students state they had information they need to say “no” to sex if that is their choice
- 87% of youth gained knowledge of substance abuse issues
- 98% of students reported they had learned skills necessary to make positive choices

- 96% recognized two signs of inappropriate responses to anger in themselves
- 94% are better prepared to seek adult support when faced with a violent situation
- 98% of 1st graders, 99% of 4th graders, and 98% of Early Education and Early Special Ed students have learned their “Bill of Body Rights”
- 100% of educators learned their role as a mandated reporter and how to respond to a child’s disclosure
- 100% of parents learned how to handle a disclosure of sexual abuse
- 90% of youth improved school engagement skills
- 88% of youth will develop risk management skills to avoid engaging in risky behaviors

Outpatient Substance Abuse Treatment – 335 youth; 465 parents: *Bridgeway Behavioral Health* and *Preferred Family Healthcare* worked with youth experiencing substance abuse problems. Results of their 2015 goals were:

- 79% demonstrated a reduction in chemical usage
- 85% eliminated new drug-related involvement in the legal system

- 83% had improved family relationships; fewer conflicts
- 88% demonstrated reduced psychiatric symptoms
- 83% showed improved school engagement

Outpatient Psychiatry – 52 youth: *Catholic Family Services* offered comprehensive psychiatric services that included treatment planning, medication management, and nursing services. Results of 2015 goals were:

- 92% made progress on reaching treatment goals
- 92% reported reductions in psychiatric symptoms

- 92% were compliant with their medication regimens

Crisis Intervention – 3,095 youth; 396 parents; 393 professionals: *Catholic Family Services* provided school-based crisis intervention services in participating parochial schools in St. Charles County. *Behavioral Health Response* operated a 24-hour/7 day-a-week crisis intervention mobile outreach and telephone helpline, and *Youth In Need* hosts a crisis intervention outreach service. The Child Center provides forensic interviewing for children. The 2015 goal results were:

- 99% provided information in training sessions will gain knowledge of mental health issues
- 93% reported a reduction in anxiety and/or fear by end of session
- 92% of youth developed collaborative plans

- 100% accessing the Helpline gained knowledge of referral information/local resources
- 79% reporting mental health concerns have face-to-face appointments within 30 days of calling the Helpline

Home Based and Community Based Services – 2,538 children and youth; 1,507 parents; 162 professionals: *Big Brothers/Big Sisters, Boys and Girls Club, Center for Autism, CHADS Coalition for Mental Health, Crider Health Center, F.A.C.T., Crisis Nursery, Foster and Adoptive Care Coalition, The Alliance on Mental Illness – NAMI St. Louis, Saints Joachim and Ann Care Services,* and *United Services for Children* provided a variety of home and community-based services. 2015 goal results were:

- 98% of youth remained in the home and/or school
- 98% remained free from a school-related critical event
- 98% were free from law enforcement involvement
- 99% attended required school days each quarter
- 94% participated in goal-oriented education plan
- 97% were free of out-of-school suspensions
- 100% of parents in Support Group reported feeling less isolated and gaining greater social supports
- 91% of children with autism increased their cognitive skills and completed teacher directed tasks

- 93% of parents will have information they need to seek the school placement of their choice for their child
- 80% of parents seeking behavioral support plans at school were successful
- 94% of children achieved one or more of plan goals
- 100% of parents in the Basics class reported new knowledge about their child’s mental illness
- 100% reported improvement in three basic need areas
- 90% of parents report using one or more coping skills
- 93% of mentored youth will avoid risky behaviors
- 100% of youth served reported fewer explosive behaviors