

CCRB 2016 Outcome Report On Programs Serving St. Charles County Children, Youth, and Families

Temporary Shelter – 77 youth provided shelter; 45 parents; 1,094 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. The Safe Place program involves businesses and organizations identified as safe locations for youth at immediate risk of abuse. During 2016, 74 Safe Place and Youth Connection Helpline presentations were offered to businesses, adults, children, and youth. Results of the 2016 goals reached were:

- 76% of clients showed improved family relationships and functioning at home
- 92% reported living in a safe situation following services

- 80% 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 – 425 children; 256 parents/caregivers: Ensuring the safety of St. Charles County children and youth through respite services are top priorities of *Bethany Christian Services*, *Crisis Nursery*, *Community Living, Inc.*, and the *Children's Home Society of Missouri*. The 2016 goal results were:

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

- 99% of families did not have a substantiated child abuse hotline report
- 91% of families were able to respond to a stressful situation without abusive behaviors

Services to Teen Moms/Parents – 72 youth; 19 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. The 2016 goal results were:

- 86% of youth progressed toward completing education
- 100% demonstrated positive parenting skills

- 100% of children were enrolled in school
- 94% had healthy pregnancies and deliveries

Transitional Living Services – 15 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 2016 goals were:

- 100% of youth increased life skills
- 60% obtained and maintained employment

- 100% progressed toward completing their education

Individual, Family, and Group Counseling – 1,303 youth; 1,053 parents, 13 professionals: *Catholic Family Services*, *Children's Home Society*, *Community Psychological Service*, *LINC*, *Lutheran Family and Children's Services*, *Eleventh Circuit Court*, *Megan Meier Foundation*, and *Youth In Need* provide individual, family, group counseling and support groups for children and youth. 2016 goal results were:

- 93% of youth maintained or improved their level of functioning
- 91% of youth maintained or decreased their level of symptoms
- 92% demonstrated progress on meeting treatment plan goals
- 84% of children demonstrated improvement in behavior at home and/or school

- 100% increased normalcy of relationship between non-custodial parent and children
- 100% of parents were willing to utilize and practice coaching from program coordinator
- 100% of caregivers implemented at least one recommendation for aftercare/treatment to help manage their child's difficulties at home

Outpatient Substance Abuse Treatment – 212 youth; 312 parents: *Preferred Family Healthcare* worked with youth experiencing substance abuse problems. Results of their 2016 goals were:

- 89% demonstrated a reduction in chemical usage
- 97% eliminated new drug-related involvement in the legal system

- 95% had improved family relationships; fewer conflicts
- 97% have safe and stable housing

School Based Prevention Services – 71,772 youth; 601 parents; 1,703 professionals: A variety of school based prevention services were provided through *CHADS Coalition for Mental Health* (suicide prevention), *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 2016 results were:

- 98% knew how to physically get away from a threatening situation
- 98% can identify strategies for conflict resolution and self protection
- 97% can verbalize their feelings to peers or adults when feeling peer pressure
- 98% of 5th graders learned internet safety skills
- 89% of youth recognized warning signs of suicide
- 96% of students state they had information they need to say “no” to sex if that is their choice
- 100% of youth gained knowledge of substance abuse issues
- 98% of students reported they had learned skills necessary to make positive choices

- 95% recognized two signs of inappropriate responses to anger in themselves
- 98% are better prepared to seek adult support when faced with a violent situation
- 98% of 1st graders, 97% of 4th graders, and 92% 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
- 94% of youth improved school engagement skills
- 88% of youth will develop risk management skills to avoid engaging in risky behaviors

Outpatient Psychiatry – 53 youth: *Catholic Family Services* offered comprehensive psychiatric services that included treatment planning, medication management, and nursing services. Results of 2016 goals were:

- 91% made progress on reaching treatment goals
- 92% reported reductions in psychiatric symptoms

- 92% maintained or improved their functioning level by medication compliance

Crisis Intervention – 1,586 youth; 269 parents; 562 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 2016 goal results were:

- 89% reported reduced psychological symptoms related to crisis
- 97% reported a reduction in anxiety and/or fear by end of session
- 100% of youth developed collaborative plans

- 99% accessing the Helpline gained knowledge of referral information/local resources
- 73% reporting mental health concerns have face-to-face appointments within 30 days of calling the Helpline

Home Based and Community Based Services – 3,036 children and youth; 1,531 parents; 145 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*, *Nurses for Newborns*, *Saints Joachim and Ann Care Services*, and *United Services for Children* provided a variety of home and community-based services. 2016 goal results were:

- 85% of youth will develop positive relationships with parents/peers
- 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
- 86% of children with autism increased their adaptive skills and completed teacher directed tasks

- 88% of parents will have information they need to seek the school placement of their choice for their child
- 85% of parents seeking behavioral support plans at school were successful
- 94% of children achieved one or more of plan goals
- 97% of participants attending workshops will report a less judgmental view of people with mental illness
- 100% reported improvement in three basic need areas
- 90% of parents report using one or more coping skills
- 88% of mentored youth will avoid risky behaviors
- 100% of youth served reported fewer explosive behaviors