



Preparing all youth and families to realize a brighter tomorrow.

CARING FOR KIDS – April 2021

Greetings!

The CCRB is dedicated to increasing awareness and access to mental health services for children in St. Charles County. Keep reading to learn what's happening in our county.

To learn more about CCRB-funded services, follow us on [Facebook](#) or visit our [website](#).



Board of Directors Meeting

Monday, April 26, 2021
8:00 a.m.

Board Meetings are open to the public via Zoom.
www.stcharlescountykids.org to view the agenda.

In This Issue

- SCC's Super Social Workers
- Spotlight: Bruce Sowatsky
- Student Voted to UMSL Homecoming Royalty
- Picasso's Hosts Art Show
- News from the Field

Learn more about our monthly Board meetings [here](#).

You Can Prevent Child Abuse

April is Child Abuse Prevention Month, a time to focus on the organizations and individuals working to raise awareness about child abuse in our country. The CCRB provides funds to 32 nonprofit partners who make child abuse prevention a priority by training as Mandated Reporters and being familiar with spotting and reporting signs of abuse. We hope you will take a few minutes to learn how to recognize the warning signs of abuse and how to report abuse when you see it. One report can make a world of difference to a child!

A child who's being abused may feel guilty, ashamed or confused. He or she may be afraid to tell anyone about the abuse, especially if the abuser is a parent, other relative or family friend. That's why it's vital to watch for red flags, such as:

Spotlight: Michelle McElfresh, Grants Administrator



Michelle began her career with the CCRB in 2007 as Administrative Assistant, and was promoted to Grants Administrator in 2017. She earned a Bachelor's of Arts in Communication from the University of Missouri-St. Louis, and is a 2019 graduate of Vision St. Charles Leadership.

Michelle manages agency compliance in contracts, clinical outcomes agreements, and site audits. In addition, she prepares reports about the impact services have made for children and their families in St. Charles County. Michelle serves on the St. Charles County System of Care leadership team and the Community Services Summit and is excited to partner with other agencies to provide strong programs and community impact in St. Charles County. Michelle and her husband have two sons in college; she loves being outside and traveling.

From One Parent to Another: How to Help Your Child with a Mental Health Condition

By Karen Meadows

When my family was struggling with the onset of our teenage daughter's mental illness, stigma made us reluctant to "come out." It was too late before we realized we weren't as alone as we thought. According to the National Institute for Mental Health, just over 20 percent (or 1 in 5) children have a seriously debilitating mental health condition. By staying silent, we perpetuated stigma and prevented ourselves from finding the best available help.



Sadie lost her battle with mental illness, and I lost my daughter.

Through this heartbreaking experience, I've learned a lot from my mistakes. I'm sharing my newfound knowledge with you—parent-to-parent—with the hope that even one of these suggestions might prevent another lost battle.

Continue reading [here](#)

Parent Classes Keep Kids Safe from Child Abuse



Keep Your Kids Safe Online

All training presented by [The Child Center, Inc.](#)

Keep your Kids Safe Online

This training is perfect for parents of children who are using the internet or will be soon.

Learn about parental controls and settings on different games and apps. Get up to date info on how perpetrators are targeting children. Gain tips to protect your children while building a strong relationship.

Thu, April 15, 2021

6:00 PM – 7:00 PM CDT

Register [here](#).

Protect Your Children From Sexual Abuse

Gain knowledge of child sexual abuse and how to protect your children.

Our child abuse prevention specialist will walk you through a five-step process to learn more about child sexual abuse.

Parents & Caregivers will:

- Identify signs and symptoms of child sexual abuse
- Appropriately respond to a child that discloses abuse
- Learn sexual abuse prevention tips

Wed, April 21, 2021

6:00 PM – 7:00 PM CDT

Register [here](#).

Mandated Reporter

Training for those caring for and interacting with children with special needs.

Statistics show that children with disabilities are more vulnerable to become victims of sexual abuse. Gain knowledge to identify and report child abuse/neglect.

A Mandated Reporter is anyone with responsibility for the care of children.

Thu, April 29, 2021

6:00 PM – 7:00 PM CDT

Register [here](#).

Classes are available monthly, so check out the Child Center's [website](#) for more upcoming programs.

News from the Field

Join us for Summer Blast 2021!

The [Boys & Girls Clubs of St. Charles](#) has open enrollment for their fun and activity-based summer program. Summer Blast is open to current and new Club members (membership is \$25/year).

Locations are in St. Charles City and O'Fallon. Open June 7 – August 13, 2021 (closed week of July 5-9th).

Connectria Donates \$100,000 to Youth In Need

If there can be such a thing as perfect timing in a pandemic, this was it.

Connectria, in partnership with Bregal Sagemount, has made a \$100,000 grant to Youth In Need as part of the Bregal Helps Initiative, a fund created to alleviate human crisis in cities where the

The following highlights for this year include:

1. Weekly programs such as Gardening, STEM, Career Launch, Summer Brain Gym, and more!
2. Special events and field trips at no additional cost.
3. Members ages 6-18 can attend.
4. Summer Blast daily hours: 7:30 am-6:00 pm. Please use scheduled drop-off and pick up times.
5. Pre-pay by 3/31/2021 for multiple weeks to receive savings on your weekly rate.
6. Due to staffing limitations, we reserve the right to implement additional restrictions as needed.

To register or learn more, call St. Charles at 636-946-6255 or O'Fallon at 636-240-9150.



Ready to renew your license plates?

Select a Missouri's Children's Trust Fund license plate for \$25 per year and the fee goes to prevent child abuse in the county you register in.

About \$15,000 annually is generated for St. Charles County. Funds are granted annually to organizations working hard to keep children safe and healthy in Missouri. ctf4kids.org

A graphic for the Missouri Kids Children's Trust Fund License Plate Program. It features a white license plate with a green border. The text on the plate includes 'Missouri KIDS CHILDREN'S TRUST FUND' and 'JUL - "Prevent Child Abuse"'. Below the plate, the text reads 'Children's Trust Fund License Plate Program', 'www.ctf4kids.org', and 'Buy a plate; prevent child abuse'.

company's subsidiaries are located. Youth In Need will use the grant in its programs that help youth who are at-risk or experiencing homelessness.

The grant will fund Youth In Need's runaway and homeless youth programs, which are a continuum of services to help at-risk youth find safety and then success in school, work and life. Youth In Need engages thousands of at-risk youth and successfully helps more than 400 youth transition out of homelessness each year. Programs include emergency youth shelter, transitional youth housing, homeless street outreach and crisis response.

Child Abuse Prevention is what the Crisis Nursery does 365 Days a year, but **April is National Child Abuse Prevention Month** and we are spreading the word about the great work that Nursery staff are doing!!



The Crisis Nursery will be featured on KTVI, KMOV, in the Community Newspaper, on the radio, and more. PLUS, Keep an eye out for **Blue Pinwheel Gardens** at the Nursery locations and other places around town!

An advertisement for Coalition CareLine. It features a dark brown background with a white logo at the top left that reads 'FOSTER & ADOPTIVE CARE COALITION' and 'FOR FOSTER, ADOPTIVE, & GUARDIANSHIP'. To the right of the logo are icons for a telephone and a laptop. The main text reads 'Coalition CareLine' in large white letters, followed by 'Help for Foster, Adoptive, & Guardianship Families'. At the bottom, a white rounded rectangle contains the text 'Contact us at 800.FOSTER.3 or www.foster-adopt.org/careline'.



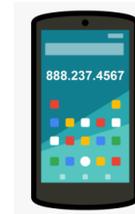
Find out about current online programming by visiting our website at www.namistl.org

therapy
recreation
education
exploration



Learn about on-site and virtual services
thstl.org
(636) 332-4940

COVID STRESS LINE



Compass Health Network has a COVID Stress Line, in addition to our 24 hour crisis hotline.

please call 888-237-4567

Visit our website at
<http://compasshealthnetwork.org>
For more information



Looking for mental health services?

Telehealth services are currently available. Call the Youth Connection Helpline at 314-819-8802 for 24/7 help.



[Services](#)

[Funding](#)

[Meetings](#)

[Publications](#)

The CCRB receives money from a dedicated fund for children's mental health services in St. Charles County. Through a local sales tax, over 70,000 children and youth receive prevention education and mental health supports annually. The CCRB is proud to administer these funds, ensuring



our youth and their families have the resources they need to realize a brighter tomorrow. All funds provide services for St. Charles County residents.

Community and Children's Resource Board of St. Charles County

2440 Executive Dr, Ste 214
St. Charles, MO 63303
(636) 939-6200

Contact Us

