

Education. Engagement. Commitment. Positive Change.

# Driving Change

## 2022 LCRB Legislative Summit & Mobile Outreach Tour

Sponsored by Toyota Motor Manufacturing, Missouri, the 2022 LCRB Legislative Summit & Mobile Outreach Tour transported our legislators and county leaders to the forefront of Lincoln County children's mental health needs.

During the tour, attendees visited the new Winfield Middle School where leaders learned about the state of our students' mental health post-pandemic. The tour's second stop included the new home for the Lincoln County-based Crisis Nursery Family Empowerment and The Child Advocacy Center's Mental Health Therapy programs, located on the Mercy Hospital Lincoln campus.

The summit concluded near the local site for the new "Bridge of Hope Lincoln County," which will provide emergency housing with wrap-around services to address our county's escalating homeless population.

Attending 2022 legislators included: representatives from the offices of U.S. Sen. Roy Blunt, U.S. Sen. Josh Hawley and U.S. Congressman Blaine Luetkemeyer; MO Senator Jeanie Riddle; MO Rep. Randy Pietzman; and MO Rep. Travis Fitzwater.

The Lincoln County Commissioners; Sheriff Rick Harrell and law enforcement officers; Lincoln County school districts' staff; Children's Division; Gateway Alliance Against Human Trafficking; and LCRB-funded providers also participated.

During the summit, the LCRB honored Sen. Jeanie Riddle and Rep. Randy Pietzman with its 2022 Pheeze Kemper Legacy Award. The award honors the legacy of former LCRB member Pheeze Kemper, recognizing community leaders who "Put Kids First" by prioritizing their mental health needs. Both Sen. Riddle and Rep. Pietzman have worked to address our county's child abuse and neglect rates through their policies and community involvement. (Lincoln County has the highest rate of substantiated child abuse and neglect cases in the state.) Members of the Pheeze Kemper family presented the award.

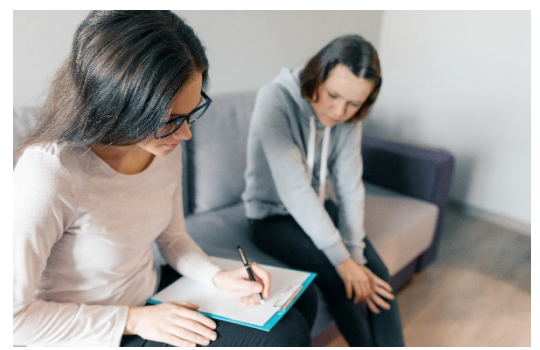
The Toyota-sponsored summit drives positive community change through education and engagement—exploring underlying causes of timely challenges and public-private partnerships that have proven effective in addressing our children's and families' mental health and overall wellbeing.



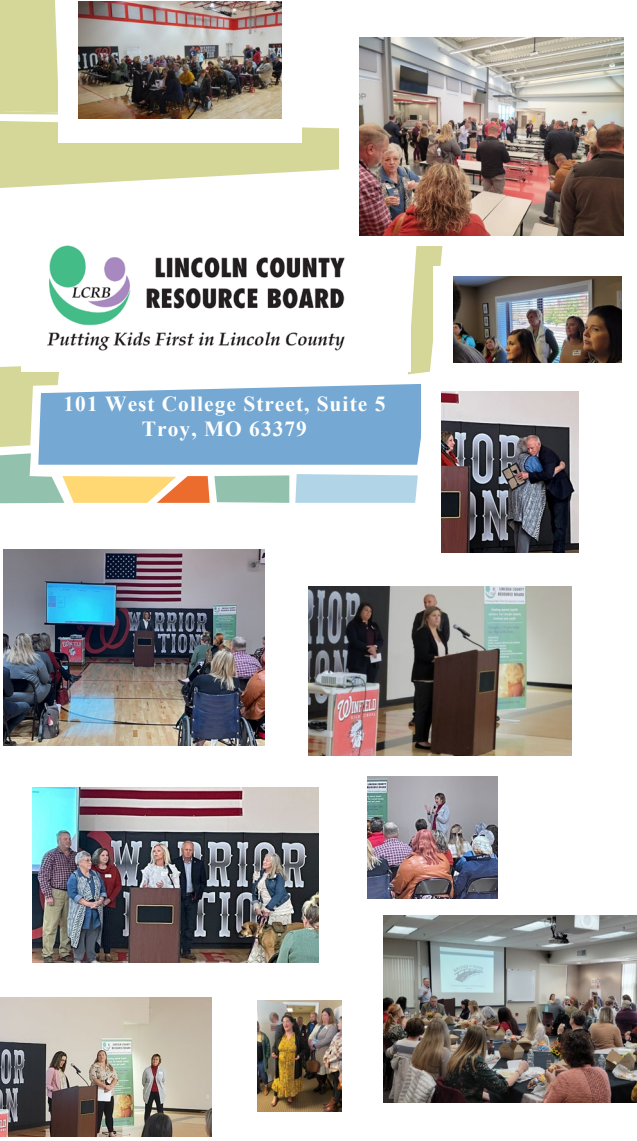
Through a voter-approved ¼ cent sales tax measure passed in 2006, the Lincoln County Resource Board (LCRB) funds mental health prevention, early intervention and crisis intervention services and programs provided in children's homes, schools and communities at no out-of-pocket costs to caregivers.

# LINCOLN COUNTY Resource Board

## FREE, Local Mental Health Services for Lincoln County Kids (ages 0-19)



101 West College Street, Suite 5  
Troy, MO 63379



### The Road Ahead



The United States, our local children and their families continue to grapple with the challenges that emerge when you live during a time of a national emergency in child and adolescent mental health.  
\*In 2021, the American Academy of Child and Adolescent Psychiatry, the American Academy of Pediatrics, and the Children's Hospital Association declared a national emergency in children's mental health, citing the serious toll of the COVID-19 pandemic on top of existing challenges.

As the LCRB reflects on the needs our children and families presented in 2022, we share the following comment from a Lincoln County middle school administrator: *"I am thankful for the resources we have. We would be lost without them. There is so much need, it is unbelievable. I have been in education for 27 years and have never seen anything like this."*

We also share a resolve to keep pace with Lincoln County kids' mental health needs; to partner and collaborate to restore health and hope; and to address underlying issues that affect our children's welfare and mental health.

We celebrate greater investments in LCRB-funded mental health services and more local care options, including the 2022 opening of The Child Advocacy Center's Mental Health Therapy and the Crisis Nursery Family Empowerment programs' Lincoln County-based offices.

The LCRB mission, strategic plan and our timely needs assessments will serve as our roadmap ... keeping our focus on the promise of "Putting Kids First" in Lincoln County.



How does one measure the impact of a children's services mental health fund?

We can count the number of children, youth and families served by LCRB-funded programs....

We can review the achieved clinical outcomes from the LCRB-funded programs, considering how many Lincoln County kids demonstrated a reduction in symptoms; reported improvements in their health, daily functioning, and home and school behaviors....

We can quantify how many Lincoln County students received LCRB-funded prevention programs, learning healthy coping skills and violence-prevention strategies; how to be safe in our modern cyber world; how to report if they have experienced abuse....

And yet, all of these measures still fail to fully capture the true essence and impact our voter-approved children's services fund, managed by the LCRB, has on local children, families, schools and communities.

### MEASURING THE IMMEASURABLE

When you consider:  
The child whose debilitating anxiety causes the student to cling to his parents in the drop-off line; unable to let go of the crippling fear that has created an invisible barrier to the school day.

The parent who tidies up her teen's room only to find more than laundry on the floor; standing in disbelief and trying to grasp how this substance found its way into their home and child's hands.

### Top 5 Behavioral Health Needs Reported by Lincoln County School Personnel at the Conclusion of the 2022-23 Academic Year

1. "Anxiety, worry a lot, fear"
2. "Friend/peer relationships, social skills, problem solving, self-esteem"
3. "Controlling emotions, anger management, and conflict resolution"
4. "Self-harm and suicide"
5. "Coping with grief, loss and/or divorce" tied with "truancy/educational neglect"

The student in class who can't focus on the math lesson because his stomach is growling too loudly; wondering how he'll stay warm if he has to sleep again tonight in his family's car.

Now, consider when a child is seen, heard and understood by a system of care that works to strengthen families; remove barriers, such as cost and transportation; and restore health and hope.

**When mental health challenges are addressed, coping skills are taught, and basic needs are met ... it's only then that we can appreciate the magnitude of a children's services fund in our county.**

Only then, can we attempt to measure community impact not merely by the numbers and clinical outcomes we can quantify, but knowing that lost human potential presents a cost that we are unwilling to pay.

By honoring our commitment to voters—**Local Dollars, for Local Kids, with Local Oversight**—and "Putting Kids First" we all gain from a healthier community to call home.

## 2022 Lincoln County Resource Board

*Putting Kids First;  
Protecting Taxpayer Investments*

### 2022 Board Members

- Kathy Boessen, Chair
- Melba Houston, Vice Chair
- Kristin Gentry
- Margie Beckmann
- Jim Price
- Glenda Fitzgerald
- Christine Heintzelman
- Dr. Elaine Henderson
- Scott Hufty
- Katrina Ellis
- Sarah Lavy

### Staff

- Executive Director, Cheri Winchester
- Assistant, Hally Wells

The board's funding allocations are guided by the children's services fund's governing Missouri statutes; the LCRB strategic plan; a county needs assessment (conducted every three years by Dr. Cynthia Berry of BOLD); school-based assessments of student behavioral health; the Missouri Student Survey findings; program utilization rates; and programs' proven clinical outcomes.

LCRB funding requires that:

Funded providers submit annual clinical outcomes reports, financial statements, and third-party audits.

The LCRB conduct on-site provider audits to verify billing and service protocols.

Providers are reimbursed for the rendering of contractual services. No pre-billing is permitted and unused contract allocations remain with the LCRB.

The LCRB undergo an annual audit, prepared by Charles Montgomery, CPA.

The LCRB audit, school and county assessments, Missouri Student Survey findings, strategic plan and more can be found on the LCRB website ([lincolncountykids.org](http://lincolncountykids.org)).



## Putting Kids First

**Strengthening families & communities  
one child at a time**

**The Lincoln County Resource Board (LCRB) funds and collaborates with non-profit entities to provide mental health and substance use prevention and outpatient treatment services to Lincoln County kids (ages 0-19), in accordance with our funding statute. Appointed by the Lincoln County Commissioners, the volunteer members of the LCRB oversee the administration, allocation and distribution of Lincoln County's children's services fund.**

During the LCRB's 2022-23 contract cycle, which began July 1, 2022, and concluded on June 30, 2023, the LCRB allocated approximately \$1.9 million in funding of 12 non-profit agencies, which provided 23 mental health programs and services in Lincoln County kids' homes, schools and communities. LCRB funding connected local kids to direct treatment services, early intervention and prevention programming to address evolving mental health needs.

### DIRECT SERVICES

**During the 2022-2023 contract cycle, LCRB-funded providers served: Approximately 2,274 youth through direct services.** (The total number served, 2,842, was reduced by 20 percent to account for potential duplication when multiple agencies serve a child or youth, such as in cases of mental illness and homelessness.)

LCRB-funded direct services include counseling, case management, school-based therapy, therapeutic mentoring, forensic interviews, respite care and more.



Current demographic analysis finds Lincoln County home to approximately 15,660 youth (ages 18 or younger). The LCRB effectively served 14.5 percent of Lincoln County's youth population with direct program services during the 2022-23 LCRB funding cycle, a significant increase from 9.6 percent of youth served as reported in the 2019 LCRB Needs Assessment.

*"We truly appreciate the continued dedication of the LCRB and their continuous efforts to serve our students better and better. I believe we are headed in a great direction, and we are providing some great resources for our students and families that will have a lasting impact on our communities and county as a whole. Thank you."—Elsberry High School*

### PREVENTION

**Approximately 11,292 Lincoln County youth participated in LCRB-funded prevention programs, effectively reaching 96.5 percent of Lincoln County youth.** (LCRB-funded providers reported serving 16,131 Lincoln County kids with prevention programs. This figure was reduced by 30 percent to account for student duplication when youth participate in more than one program.)

LCRB-funded prevention programs address topics including anger and conflict management; bullying and cyberbullying; coping and resiliency skills; body safety; self-esteem; healthy relationships; substance use prevention; toxic stress management; Internet safety; and more.

Additionally, 1,685 family members, other adults, and teachers benefited from LCRB-funded prevention programs, such as mandated reporter trainings.



### COMMUNITY IMPACT

By offering a comprehensive, multi-layered system of prevention, intervention and treatment services, Lincoln County benefits from a better-educated, more productive population and workforce—ultimately reducing taxpayer costs for crisis services, including out-of-home placements, hospitalizations and law enforcement referrals.



## Outcomes for Lincoln County Kids

### Presbyterian Children's Homes & Services Therapeutic Mentoring Program

"Ed" began working with a mentor in 9<sup>th</sup> grade to help him through a difficult family time and to build his confidence. In working with his mentor, Ed enjoyed renewed confidence and demonstrated greater efforts with his academics and extracurricular activities, joining the school's robotics team and its Future Business Leaders of America (FBLA) chapter. Ed worked with his mentor on effective leadership, earning Ed and his team high honors at the FBLA competition. According to Ed's mentor, his achievements reflect what encouragement and access to proper tools and resources can do for a student's confidence and academic pursuits—keeping him focused on school and his future while his family navigates a challenging time.

### Crisis Nursery Respite Care Program

A single Lincoln County mother with two young children were experiencing homelessness and staying with relatives, friends, or in their car. Mom was struggling to maintain employment due, in part, to issues with child care and housing instability. While the children received nurturing around-the-clock care at the nursery, staff connected mom with the nursery's new Lincoln County Family Empowerment worker. Over the course of the year, the parent used the Crisis Nursery for her children several times when they could not secure a safe place to stay for the night and began meeting regularly with her Family Empowerment worker to create a plan for greater stability. The Nursery often provided food, diapers, and other necessities to help with basic needs while mom continued working on longer-term goals. With additional support from another Lincoln County system of care partner, the parent was able to secure safe, reliable child care that allowed her to take a higher-paying job. At the start of the summer, the Crisis Nursery helped with a security deposit, and she was thrilled to move into her own place with the children. Mom recently shared with her Family Empowerment worker just how grateful she is every time she comes through her front door that they have their very own place and that she doesn't have to spend every day worrying anymore about where they will sleep at night.

### Youth In Need School-based Mental Health Counseling

Youth In Need's therapist began working with a high-risk family at the beginning of the school year. The family had been uprooted from their previous school and home due to significant family upheaval, trauma, and safety concerns. At the start of the school year, the family was still in shock and the children needed counseling to help process recent events and their transition. During the last seven months of services, the therapist says she's watched the children move through fear, shame, distrust, and trauma flashbacks to thriving in their new school and environment. The children have been able to establish healthy, robust friend groups; increase their emotional intelligence and wellness skills; and process and release significant trauma. Recently, the family has moved into their own home and achieved their safety goals.

### Compass Health Network School-based Therapy

A youth was referred due to symptoms of anxiety, which led to the student missing school with a 40% attendance rate. Upon starting school-based therapy (SBT) services the individual's attendance rate improved. Through SBT services, the client was able to communicate an understanding of the physiological symptoms of the anxiety and recognize triggers causing the symptoms. With this awareness, the therapist and client were able to collaborate and implement coping strategies to mitigate the symptoms in response to the triggers. The client learned mindfulness skills and grounding skills to alleviate the symptoms of anxiety within a 6-month period. The therapist was able to provide additional psychological education regarding the neurological impact of trauma in response to the client's personal history and experiences. The client was discharged after achieving treatment goals, having built a support system with new friends, maintaining compliance with medication (achieved through a referral to the Compass psychiatry program) and use of coping skills. The client is now able to communicate emotional needs and has regained control of life.

### The Child Advocacy Center Mental Health Therapy

A 7-year-old boy started therapy services at The Child Advocacy Center (CAC) therapy office in Troy. The child suffered abuse by his biological father. Upon returning to the care of his supportive biological mother, he began services with the CAC, where the therapist helped the child restore trust and address his fears of abandonment. His mom invested in his treatment and learned how to support his healing—learning about trauma and trauma responses, how to communicate in new ways, and process what happened together. He now has the skills to calm his body when emotions become overwhelming. His mother is able to guide him using coping skills and her own understanding of trauma. According to the therapist, this child feels heard and supported for the first time.

## 2022-23 LCRB-Funded Programs

### The Child Advocacy Center

- Prevention Programs, \$60,000
- Forensic Interviews, \$37,596
- Mental Health Therapy, \$48,583
- Family & Child Advocacy, \$53,906

### Compass Health Network

- Pinocchio Early Intervention, \$119,859
- School-based Mental Health Specialists Program, \$227,888
- School-based Therapy (non-Medicaid) Services, \$27,385
- School-based Violence Prevention Program, \$53,000
- Partnership with Families Program, \$43,713
- Outpatient Substance Use Disorder Treatment, \$20,000

### Crisis Nursery Wentzville

- Respite Care Services, \$76,632

### F.A.C.T.

- Parent Support Partner Program, \$47,376

### Nurses For Newborns

- Case Management (RN Home Visiting Program), \$36,910

### Presbyterian Children's Homes & Services

- Therapeutic Mentoring and LPC Services, \$103,804

### PreventEd

- SUD Prevention Programs, \$50,000
- Early Intervention Services, \$22,086

### Sts. Joachim & Ann Care Service

- Children and Family Development to Prevent Homelessness, \$282,754

### Saint Louis Counseling

- Counseling Services, \$130,000
- Outpatient Psychiatry, \$14,520
- School-based Counseling, \$73,130

### ThriVe

- Best Choice Prevention Program, \$15,000

### Troy R-III School District

- Educational Support Counselors, \$60,000

### Youth In Need

- Professional Mental Health Counseling, \$300,000