

Bridgeton Landfill Community Project Fund

Mental Health and Substance Abuse Grantees

ALIVE AND WELL COMMUNITIES

Project / Program Name	Activating Healing in Hazelwood West Community
Primary Contact(s)	Vontriece McDowell, Director of Community-Based Interventions (314) 898-4049 ext. 703 vmcdowell@awcommunities.org Denise Long, Hazelwood School Consultant (314) 898-4049 ext. 706 pdlong@awcommunities.org
Website	www.awcommunities.org

Project/Program Description:

The Bridgeton Landfill Community Report describes in detail how residents believe toxic stress and trauma are impacting their well-being: “Support services to navigate trauma, anxiety and depressions (access to mental health professionals and services) and school-based mental health services were identified as high priority initiatives.” Alive and Well’s work will support Hazelwood School District in addressing the presence of toxic stress and trauma among families in its boundaries, particularly those who attend Hazelwood West Middle School. Science shows us that toxic stress and trauma can affect memory, emotional behavioral regulation, and learning. Left unaddressed, trauma and toxic stress also affect well-being, health, and impair relationships. The movement for trauma-informed services shows that building awareness about the impact of trauma and toxic stress is the first step toward healing, relational repair, and infusing community-care. By addressing toxic stress and trauma at both the grassroots level and organizational levels, we can decrease the risk for developing health concerns and poor life outcomes among our students and their families. We will implement our Community Consultant model in the Hazelwood West Middle School (HWMS) service area, within 4 miles of the Bridgeton Landfill. We will develop three parents of students at HWMS to become Community Consultants. The Community Consultants will be trained to use Alive and Well’s curriculum to facilitate learning, support and action in the community. The work of the Community Consultants will be supported by Alive and Well staff to build awareness and introduce skills to community members.

BEHAVIORAL HEALTH NETWORK

Project / Program Name	Bridgeton Intensive Outreach Project
Primary Contact(s)	Sally Haywood, Senior Director, Strategic Initiatives 314-703-3653 shaywood@bhnstl.org Susan Bauer, Regional ER Enhancement Coordinator 314-535-5600 sbauer@placesforpeople.org
Website	www.bhnstl.org

Project/Program Description:

Behavioral Health Network (BHN) is a region-wide mental health and substance use planning and coordinating organization. BHN is partnering with Places for People, a community mental health center, on the Bridgeton Intensive Outreach Project. BHN and Places will provide Peer Navigation Services to 75 adults annually who are residents of the target zip codes, uninsured or underinsured, and are seen at hospital inpatient psychiatric units or emergency rooms for mental health/substance use issues. The Peer Support Navigator, who has experience with the mental health system, will connect these individuals to services and help remove barriers to care. The Peer will work as part of a regional intensive outreach team, staffed by behavioral health clinicians from 8 different community service-providing organizations, to connect Bridgeton area residents to services provided by community mental health centers or other providers. The outcomes of the project will be increased engagement in mental health/substance use services, and reduction in hospitalization and emergency room use for mental health/substance use needs.

BOYS AND GIRLS CLUB OF ST. CHARLES COUNTY

Project / Program Name	Healthy Habits/Good Character and Citizenship Program
Primary Contact(s)	Karen Englert, Dir Resource Development (314) 291-0373 kenglert@bgcstc.org Rick Daleen 636-946-6255 rdaleen@bgcstc.org
Website	www.bgcstl.org

Project/Program Description:

Boys & Girls Clubs of America is a congressionally chartered organization that provides material support to thousands of local Clubs, which are important foundations of many communities. For more than 150 years, Boys & Girls Clubs of America has enhanced the character development of our nation's youth. In St. Charles County there are two Boys & Girls Clubs units, one in St. Charles and one in O'Fallon. The Boys & Girls Clubs of St. Charles County have provided support to members for over 60 years including daily meals, transportation, athletic opportunities, summer camp, and high-quality programs. Our St. Charles location is located within the area affected by the landfill.

The Boys & Girls Clubs of St. Charles County has identified Good Character/Citizenship and Healthy Lifestyles as two of our priority outcomes. Club members who succeed in these areas have shown increased self-esteem, positive relationships, and grow into more productive members of society. In support of healthy lifestyles, we recently launched the Positive Action Program created by the Department of Justice – Office of Juvenile Justice and Delinquency Prevention. Expansion of Positive Action and SMART Moves, both evidence-based curriculums with proven results, allows us to better serve members as it relates to mental health, self-esteem, and substance abuse prevention as part of overall programming. Funds from the Bridgeton Community Landfill Grant have allowed us to expand staffing by bringing our Prevention Specialist to full-time status, incorporate an expanded SMART Moves program called Passport to Manhood, provide on-going health and wellness events at no charge to our families, implement expanded staff training, and do more outreach to the City of St. Charles School District.

CHADS COALITION FOR MENTAL HEALTH

Project / Program Name	School Outreach
Primary Contact(s)	Ben Chambers, Development Director (636) 271-5634 ben@chadscoalition.org Marian McCord, Executive Director (314) 952-2046 marian@chadscoalition.org
Website	www.bgcstl.org

Project/Program Description:

CHADS Coalition for Mental Health will be providing wraparound mental health and suicide prevention services for youth in the Bridgeton area. Our Signs of Suicide (SOS) program, which has the broadest reach, will provide presentations to students from 5th through 12th grade about warning signs of suicide and depression, and give them the tools to navigate a crisis in themselves or a friend. Crucially, the program also gives students the chance to privately ask for help from their school counselor. Last school year, 14.8% of students in CHADS presentations took advantage of that opportunity. In addition, our Family Support program will offer counseling services to kids in crisis. 45% of CHADS Family Support clients are suicidal, and after going through the program, over 80% will see an improvement in symptoms. We are filling a gap in the mental health system by providing effective, timely treatment to kids in crisis. Finally, our Social Emotional Wellbeing program (SEW) will work with schools to both reduce bullying and mentor students impacted by it. Bullying is a contributor to the teen suicide crisis, and we are proud that our program has seen a 25% reduction in bullying incidents in participating schools.

There is no single solution to the teen suicide crisis, but we are confident our wraparound program is having an impact. We are heavily involved in the Pattonville and Hazelwood school districts, and we are honored by the opportunity to provide services in the area. This community has been profoundly impacted by the landfill crisis, and we will strive every day to be part of the Bridgeton community's healing.

NCADA

Project / Program Name	Prevention First
Primary Contact(s)	Leah Schaefer, Dir Prevention Education (314) 962-3456 x329 lschaefer@ncada-stl.org Joy Carter, Prevention Educator (314) 962-3456 jcarter@ncada-stl.org
Website	www.ncada-stl.org

Project/Program Description:

NCADA works to reduce or prevent the harms of alcohol and other drug use through education, intervention and advocacy. NCADA is the primary provider of substance use prevention services in the greater St. Louis area. Reaching almost 64,000 young people annually. Our prevention programs build resiliency skills in youth, are goal oriented and tailored for groups with different needs. Our curricula is evidence-informed and research-based. We offer a variety of programs for youth grades kindergarten through high school. Each unit is designed to focus on building skills such as self-esteem, social competency, problem solving, decision making, managing anger, and drug specific programming to provide up to date, accurate information and ultimately reduce the risk for substance use.

In collaboration with the Bridgeton Landfill Community Project Fund, NCADA will be working with the Pattonville School District to provide drug specific information for students beginning in 5th grade with the O2BDrugFree program, and continuing through middle and high school offering Refuse to Lose in 6th-8th grade, and Check Your Attitude in high school. Each curriculum consists of four lessons regarding alcohol, tobacco/vaping, and marijuana, as well as a lesson of the school's choice on topics such as RX/OTC drugs, decision making, energy drinks, peer refusal strategies, etc. Each curriculum is designed to build upon the knowledge from the previous years so that students are equipped to make healthy choices around substance use. Throughout the years the goal is for every 5th-12th grader in the Pattonville School District to receive consistent drug prevention curricula.

NCADA will also offer conflict mediation trainings for groups of 5th-12th graders in the Pattonville School District. Those groups will be trained to become third-party problem solvers for peers whose conflicts could lead to violence.

PATTONVILLE SCHOOL DISTRICT

Project / Program Name	Staffing Support for Social-Emotional Needs
Primary Contact(s)	Tina Plummer, Asst Super – Teaching & Learning (314) 213-8007 tplummer@psdr3.org Teisha Ashford, Director of Student Services (314) 213-8090 tashford@psdr3.org Amanda Lappe, Social Worker (314) 213-8007 alappe@psdr3.org
Website	www.psdr3.org

Project/Program Description:

The Pattonville School District received funding for a district-wide initiative to hire additional staff to support students' social-emotional needs to better the Pattonville school community. The addition of the Social Emotional Support Specialist is helping the Pattonville School District meet the social, emotional and behavioral needs of students by having staff who are able to support the classroom teachers in successfully engaging with students who may struggle with self-regulation. This allows the students to remain positively engaged in classroom learning activities which will translate into high academic gains and fewer minutes spent out of the classroom due to behavior concerns. It is important that children in the Pattonville community are prepared to work and support industries in our region. By addressing the social and emotional needs of students, the district supports more students to reach their fullest academic potential, earn a high school diploma and positively contribute to a strong workforce. Also, increased focus on social and emotional learning may decrease the number of students experimenting with illegal drugs and/or criminal activity due to increased positive engagement in school and/or extracurricular activities as a result of early intervention in the area of social-emotional support.

Student Support

The Social-Emotional Support Specialists are part of a collaborative school team that is able to aid in identifying students in need of additional supports through data collection and then would be able to organize students into groups that would allow counselors to effectively work with students and their specified needs. This would streamline the process and allow counselors a significantly larger amount of time to spend with students.

Family Support

Having someone identified as a contact person for students struggling with behaviors that are taking them away from the learning environment provides a consistent home-to-school connection. The Social-Emotional Support Specialist is able to contact families when needed, or schedule meetings to discuss and plan behavior interventions. They are also able to collect data and report back to families on the effectiveness of the chosen interventions and then discuss and plan next steps.

Teacher Support

Much in the same way teachers approach academic instruction with an instructional specialist, a Social-Emotional Support Specialist brings a systematic, organized approach to identifying, addressing and utilizing strategies and plans for students in the classroom. Through behavior screenings, classroom observations, and regular meetings, the Social-Emotional Support Specialist helps support teachers in implementing behavior plans for specific students as well as interpreting behavior data trends in their classroom and across their grade level. Supporting teachers with the scheduling, implementation and assessment of our social-emotional curriculum would also be an important aspect of the position.

ROOM AT THE END

Project / Program Name	Overcoming Mental Health & Trauma Issues w/ Homeless Women
Primary Contact(s)	David Weber, Executive Director (314) 209-9181 dweber@roomstl.org Angela Hamilton (314) 209-9198 ahamilton@roomstl.org Melanie Matthew (314) 209-9198 melanie@roomstl.org
Website	www.roomstl.org

Project/Program Description:

Room at the Inn provides emergency shelter and a stabilizing support system to women and families in need in St. Louis County, using a collaborative, interfaith effort of congregations and organizations throughout the St. Louis region. It is one of three emergency homeless shelters in St. Louis County.

Our program is to help our homeless women clients overcome mental health and trauma issues by providing one on one counseling.

SAINT LOUIS CRISIS NURSERY

Project / Program Name	Keeping Kids Safe, Building Strong Families
Primary Contact(s)	Dana Patton, Sr Family Empowerment Director (314) 533-6900 dana@crisisnurserykids.com Molly Brown, Senior Clinical Director (314) 768-3201 x26 molly@crisisnurserykids.com
Website	www.crisisnurserykids.com

Project/Program Description:

The Saint Louis Crisis Nursery (SLCN) has been a regional leader in child abuse and neglect, offering immediate crisis intervention and follow up support to help high risk families with children aged 0-12 years. Specifically designed around evidence-based approaches for families facing multiple risk factors, SLCN programs provide trauma-informed crisis intervention, emergency respite care, case management, counseling, and parenting support. Families living within the Bridgeton Fund service area are eligible to use Crisis Nursery emergency respite care locations, as well as services at any of our four St. Louis County Outreach Centers. We also serve Spanish speaking families from the Bridgeton Fund Service area that can access home-based and walk-in support through the Family Empowerment Program.

UMSL – CENTER FOR BEHAVIORAL HEALTH

Project / Program Name	Psychological Evaluation & Trauma Assessment
Primary Contact(s)	Steve Bourne, Director (314) 516-5897 bourne.steve@umsl.edu Gregory Dahl, Program/Project Support Coord (314) 516-4357 dahlg@umsl.edu
Website	www.umsl.edu/cbh

Project/Program Description:

UMSL-Center for Behavioral Health has more than 40 years of experience providing high-quality, comprehensive psychological evaluations and support. As a result of recent funding from the Bridgeton Landfill Community Project Fund, we can now provide no cost psychological evaluations to St. Louis County children, adolescents, and young adults living within a four-mile radius of the Westlake Landfill. Our evaluations provide accurate, comprehensive diagnoses of mental health problems, such as those relating to chronic stress, trauma, autism, behavioral problems, anxiety, depression, or learning difficulties. CBH psychologists will provide a full written report, which includes test results, diagnoses, and recommendations for treatment, school/work-related accommodations, and strategies that can be used at home to help manage symptoms. Our patient navigators will work to ensure that you are connected with the most appropriate treatment and aftercare services following our evaluation. Evaluations can take place either at our offices or in your child's school.

WALTER'S WALK

Project / Program Name	Mental Health Counseling
Primary Contact(s)	Jean E. Moretto, Executive Director (314) 315-0624 jeanmoretto@att.net
Website	www.walterswalk.com

Project/Program Description:

Walter's Walk is a 501 (c)(3) counseling center providing mental health assistance to those in the community who have experienced trauma, anxiety and or depression, ages 3 and older, regardless of the ability to pay for services. We provide individual counseling, family counseling, couples counseling, group counseling, workshops, mental health yoga, massage and more. Most of our clinicians are trauma trained. Our office is located in Hazelwood and we have 25 providers who work a variety of hours between 6am-9pm, and we can be open 7 days a week. We also provide services to first responders and veterans and their families - they are the ones protecting us from danger and we believe we can help them process everything they experience (self or vicariously) so that they will be better able to protect us! We also provide numerous opportunities for social engagement, CoffeeHouse Concerts, 5K events and more.

The Bridgeton Fund will allow us to provide services to those who may not have the resources to participate in counseling services. We are planning 3 weekly support groups, one in AM, one in PM and one on a weekend, for a four week period to begin to process the numerous losses these people have encountered. After these initial groups, we will continue to provide support groups & individual counseling based on the needs presented to us in the initial groups. A flyer will be given out at the Just Mom's meeting with dates and topics. We are sending introduction letters and the flyer to churches and physicians in the specified zip codes.

YOUTH IN NEED

Project / Program Name	Professional Mental Health Counseling (PMHC)
Primary Contact(s)	Cara Merritt, Senior Director, Counseling (636) 946-0101 x1416 cmerritt@youthinneed.org Heidi Hubbard (636) 946-0101 hubbard@youthinneed.org
Website	www.youthinneed.org

Project/Program Description:

Youth In Need (YIN) is providing evidenced-based counseling to families and youth, up to age 24, within the four-mile radius of the Bridgeton Landfill. The Child, Youth, and Family Therapist splits her time between a community-based office at the Arlington United Methodist Church, two evenings per week, and as an embedded school-based therapist at Pattonville High School the other three days. YIN is committed to providing quality professional mental health counseling services focused on under-represented populations, those impacted by the Bridgeton Landfill crisis, and youth and families experiencing trauma, grief and loss, and anxiety.