

**St. Charles County  
Community Assistance Board**

**Meeting Minutes**

**October 11, 2022**

**Meeting Facilitator:** Melinda McAliney

**Attendance:** David Bardgett; Cindy Syberg; Melinda McAliney; John Glenn

**Guests:** Pinar Turker (St. Charles County); Dottie Kastigar (Community Council); Robin Bell (YIN); Maddie Fisher (Habitat) Carrie Dina (NECAC); Bridgett McKinney and Pierre Hampton (Salvation Army); Lynda Keeton (Connections to Success); Jenna Conley; Denise Fondren and Karen Nolkemper (OLI); Karen Ehlmann (VIM); Brittany Morgan (J&A); Mallory Jones & Mary Jones (Bridgeway); Kara Knight and Lindsay Kyonka (Crisis Nursery)

- I. **Call to order** at 6:30p
- II. **Pledge of Allegiance**
- III. **Public Comment** – None.
- IV. **Approval of September 13, 2022, Minutes** – A motion was made by David, and seconded by Cindy to approve the minutes. Minutes were approved.
- V. **New Business**

Agency Presentations -

**St. Louis Crisis Nursery** – *Lindsay Kyonka* – Crisis nursery is a child abuse & neglect prevention program. The nursery has been in operation in St. Louis for 36 years; they have been active in St. Charles County 30 yrs. There are 2 shelters in St. Charles County with a capacity to serve 22 children. Primary issues are poverty and parental stress. One third of the children served experienced homelessness in the past year. Crisis Nursery is requesting \$30,000 for critical stabilization for 100 children, 150 parents. The nursery uses trauma informed care and has a Family Empowerment program for aftercare. Families receive a call within 72 hrs. after discharge for follow-up. About 60% of families use the family empowerment program after care services. The nursery also provides Parent Education, and community outreach. In FY22- >93% of children were able to remain with their families, and 95% reduced family stress. Lindsey shared a story about a mom with infant and 3-year-old. Children were hungry, and 3-year-old exhibited behavior issues and difficulty communication. Staff worked on a plan for housing, FACT, childcare, etc. About one month ago family moved into an apartment. Q- average stay? 48-72 hrs. for those experiencing homelessness. Try not to separate them too long. Most kids are 6 and under, more than 1 child. Highly transient, mental health crisis, high parenting stress. Q- Do you serve veteran families? A-Small %; data reported to CoC? A- no but work with CoC and Coordinated Entry. Primary goal is prevention of child abuse. Q - Do you track

housing stability once they leave? A - Crisis nursery tracks stress around housing; and if they meet their housing goal. Family empowerment program track goals up to 1 year.

**Bridgeway Women's center** --*Mallory & Mary Jones* – Bridgeway is the only DV shelter in St. Charles and Lincoln County. It takes a village to serve persons experiencing DV. Collaboration with partners helps the people we serve. Bridgeway operates a Crisis hotline. The Women's shelter used to be a 4–6-week program. It is now generally 6-8 weeks. Bridgeway helps families referred from CE as well as direct referrals. They assist women with active safety planning and employment. They have had 25 people in shelter in 2 months and assisted with 156 safety plans. Services are client-centered and focused on healing mind, body and spirit, as well as legal advocacy. Shelter should be a place they can heal. Shelter has had assistance in making rooms more hospitable. Bridgeway offers many support groups including a DV support group, meditation, and other groups. Therapy is provided to clients for sexual assault and DV response. The shelter has 1 family per room. Q- what happens to people turned away? A- they are sent to sister shelter and/or other resources. Bridgeway works with anyone who calls the hotline. Shelters need to talk to the client. Q- What happens when women leave the shelter? A - Depends on situation. Sometimes get people into Lydia's house. Bridgeway now follows-up in 10 days for as long as needed.

**Volunteers in Medicine (VIM)** – *Karen Ehlmann* -Presentation shared. Karen is an 11-year volunteer RN. VIM has been serving the community for 26 years. They serve adults not eligible for any other medical insurance. Most patients have chronic issues. VIM is open 2 days per week by appointment only. They serve persons at or below 200% poverty level, and households are requalified every year. Some people are move onto Medicare/Medicaid. VIM has a referral network for medical specialties and hospital testing. VIM operates with all volunteer staff. They will be adding a physical therapist at the end of the year. VIM has provided 9800 onsite volunteer hours, worth \$460,000 in services so far this year. 1.5 M in services was provided with budget of \$128,000. (See handout). Volunteers in Medicine is seeing a lot of patients with COPD. All appointments now are inpatient. VIM has a counselor; he had 343 appointments so far this year. Patients are a little sicker. VIM is open and available for new patients. They budgeted \$15,000 for transportation and dental services this year. Q - What type of issues does the counselor see? A - Whatever is needed. The counselor can work with doctors on antidepressants or anti-anxiety if needed. With all volunteer staff, VIM works because everyone is retired.

**Salvation Army O'Fallon Lodge** – *Bridgette McKinney and Pierre Hampton* - The shelter has seven rooms, 28 beds. It is very challenging to try to transition people to permanent housing due to lack of affordable housing. The shelter continues to follow COVID protocols. Shelter staff help residents with housing and utility assistance as well as gas cards. A general shelter stay is 90 days, but a family can stay up to 120 if working on their housing plan. Clients need to be working on their goals. Support groups are held at the shelter to help with conflict resolution, financial, etc. Staff work with all community partners. Salvation army is seeing an increase in single women and youth. They are getting more youth from 19-21 because YIN had less space. They are seeing more single men with

children. There is an increase in mental health issues and disabilities. Targeted outcomes were listed in the power point. Partnerships have been key to success. Salvation Army Pathway of Hope program follows up with residents for 6 months after they leave shelter. Q- Are people able to maintain their housing? A. - Most can maintain housing. One woman in shelter had 6 evictions. Several weeks in shelter, she saved her money; the landlord would not rent to her until she had 6 months of rent.

**Our Lady's Inn (OLI)** - *Denise Fondren*. 7000 women have been served through Our Lady's Inn since it began in 1982. OLI is like a home. Women have household responsibilities and structure. There is a 2-year aftercare program. The Defiance home opened in April 2006. OLI opened a resale shop in 2009. In 2018 OLI began the trauma informed care approach to treatment services. Women come with Substance use, incarceration and mental health challenges. Staff try to help the women figure out a way to move forward. OLI accepts women who are pregnant & homeless; women can stay up to 12 months. They receive referrals from all over. For women to succeed, it must be a collaborative partnership. Women work with a case manager to develop a person-centered plan. Children also receive services. Nurse monitors the women's' medical situations. A child advocate helps connect children with services and schooling. No family's plan looks alike. They offer many support groups including parenting, non-smoking, groups, etc. Staff transport women to Celebrate recovery, NA, AA, and other outside support groups. A "Pay it forward" program teaches women to make beaded jewelry for sale. Q- How do you do transportation? A. Transportation coordinator arranges most rides on two vans. Q- When clients leave, are they leaving to permanent housing? A. -Housing is an issue in St. Charles. Women often have better success outside this area or return to another shelter. Q- What hospital do the women deliver their babies? A. - Families go to whatever hospital they choose, generally Mercy or St. Mary's. St. Mary's has a wish program for women targeted to women with substance use issues.

**Connections to Success (CTS)** - *Linda Keeton*. CTS has been serving the community since 1998. It is now under new leadership. CTS has offices in St. Louis and KC, with a focus on employment. CTS helps persons to find employment that they can retain and make a career out of. With a focus on career, CTS staff help individuals to create a personal development plan. Each client starts with a personal development course over 2 weeks with 8-12 other individuals. The class has been shortened and adjusted to fit current client needs since COVID. The persons development class focused on helping participants identify their strengths and assets. They are taught skills around conflict resolution and hard skills of resume building. The class helps people build hope, resources, and an individualized plan around 9 areas of their lives. When persons complete the personal development class, they are assigned a life transformation coach, a job developer and a mentor. These people walk alongside career seekers as they moved to stability. The goal is for participants to secure employment that will meet their needs. CTS works heavily with the reentry population. Ex-offenders who complete their program have a 10% recidivism rate, vs 40% recidivism nationally. CTS has a Telehealth professional for a monthly women's group. CAB funding is crucial for case management transportation, and other needs. CTS also provides peer to peer support, financial literacy, etc. Q - does CTS still make cookies? A. - No. They no longer have a commercial kitchen. Q. - How many veterans do you serve? A. - About 10%. Many veterans come to dress for success for veteran hiring

events. John shared two pieces of info for veterans – entitlement for burn pit folks, etc. He recommended that we send veterans who may qualify to a veteran services office rather than a lawyer, as the lawyer will take a large part of the veteran’s settlement. If Veterans served in the Gulf wars or Vietnam, they may be eligible for additional benefits.

**Adjournment:** The meeting adjourned at 8:10 pm.

**Next Meeting Date:** Tues. Nov. 15<sup>th</sup> at 6:30p

**Location:** Spencer Road Library  
427 Spencer Road  
St. Peters, MO 63376