Welcome / Introductions

Kasten Award

Horizon Award

Community Partnership Awards

Vote
- Council Board Members
- President-Elect

Installation of President & President-Elect

25th Annual Conference
The **KASTEN AWARD** is the highest honor given to any council member. It is named for former Missouri State Representative Mary Kasten who founded the Community Caring Council. This award is given to an individual who exemplifies the strength and commitment to the community as stated in the Caring Council's goals and ideals, and whose work is recognized as a "building block" of support for the council through active membership or extensive work on council sponsored activities.

**Past Recipients Include:**

- 1993 Barb Stribling
- 1994 Jim Davis
- 1995 Lori Hayden
- 1996 Shelba Branscum
- 1997 Charlotte Craig
- 1998 Tonya Fambro
- 1999 Paul Schniedermeyer
- 2000 Frances Gould
- 2001 Mary Gosche
- 2002 Jo Boyer
- 2003 Kevin Sexton
- 2004 Shirley Ramsey
- 2005 Ellie Knight, Aging Committee
- 2006 Tom Davisson, Kay Azuma
- 2007 Jeff Brune, Cape Transit Authority
- 2008 Denise Lincoln
- 2009 Dr. Janet Ruopp & Dr. Patrick Ruopp
- 2010 Kathy Sweeney
- 2011 C. James Maginel
- 2012 Nancy Jernigan
- 2013 Project Homeless Connect
- 2014 Janice Jones
The **HORIZON AWARD** is given each year to an individual or a group who has given extraordinary service to the council in a specific area, whether it be committee work, a special project or as a volunteer to support a council committee, event or activity.

**Past Recipients Include:**

- 1993 Jerry Wilmath
- 1994 Ted Fedler
- 1995 None Awarded
- 1996 Jim Watkins
- 1997 Beth Schmucker
- 1998 Jim Maginel
- 1999 Leah Shrum
- 2000 Denis Rigdon
- 2001 Kevin Sexton
- 2002 Joyce Holekamp
- 2003 Nancy Jernigan
- 2004 Kay Azuma
- 2005 Stacy Taylor
- 2006 Roy Jones
  - Natalie Sandoval
- 2007 THRIVE Youth Development Committee
- 2008 Department of Social Work, College of Health & Human Services, Southeast Missouri State University
- 2009 Linda Garner
- 2010 Cheryl Ellis
- 2011 Jackson Public Schools
- 2012 Dotty Gholson
- 2013 Evangelical United Church
- 2014 Catholic Charities of Southern Missouri
The Council

ANNUAL PROGRESS REPORT FY2014

Board of Directors
FOUNDER
Mary C. Kasten

EXECUTIVE DIRECTOR
Tom Davisson

COUNCIL PRESIDENT
Kyle Schott, Catholic Charities of Southern Missouri

BOARD MEMBERS
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Secretary: Janice Jones, Success by 6
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Gladys Mosley, Neighborhood Representative
Frances Gould, Retired
Kevin Sexton, SEMO University
Dan Johnson, Pastor, Evangelical United Church of Christ
Gerald Hart, Division of Youth Services
Joshua Carter, First State Community Bank
Joy Rubi, Neighborhood Representative

Mission & Purpose
The mission of the Community Caring Council is to support communities in developing and providing a continuum of resources to help empower individuals and families meet life’s challenges.

The purpose of the organization is to promote coordination and collaboration between all community groups in order to empower individuals and families to become more self-reliant, responsible and resourceful.

Monthly Meetings
(Networking / Featured Speaker)
3rd Friday of every month (except March, April, May)
7:30 – 8:30 A.M.
Kasten Community Development Center
937 Broadway, Suite 102 (Lower Level)
Cape Girardeau, Missouri 63701
Funding Sources

Cape Girardeau County Senior Citizens’ Services Fund Board – Senior Ladies, Senior Unmet Needs

Emergency Solutions Grant – Homelessness Prevention & Rapid Re-Housing

Enterprise Foundation

HUD – Permanent Supportive Housing Program

Local Fundraising/Donations

Missouri Department of Social Services
  • Community Partnership
  • DYS Community Mentors Grant
  • Missouri Mentoring Partnership

Missouri Family Support Division – HB 1519 (Educare)

Missouri Housing Trust Fund
  • Rental Deposit Assistance
  • Senior Home Repair

United Way of Southeast Missouri
  • Community Case Management Services
  • Successful Parenting
  • THRIVE Initiative

Zonta Club – Missouri Mentoring Partnership
From The Director

It has been painfully obvious in the last year that the country's bleak financial situation has finally reached Cape Girardeau. I haven't looked at real numbers but I am pretty sure we have seen twice as many folks come through our doors looking for help. Many of these are people who have never found themselves out of work, unable to pay their utility bills, or feed their families. People are looking for help with medications, transportation, shelter – the list is endless. We added a third case manager this year and are so glad we did to help meet the increased demands. As a side note, I am pleased to note that we have three Master's-level social workers on staff now, which is unique for a small non-profit. As I have noted in the past, our staff are dedicated to their jobs and our staff turnover is non-existent.

Please take the time to look over the Annual Report that has been compiled for your review. There you will be able to see the great efforts of our staff through the way they impact our community in so many ways. We will continue to partner with Cape Girardeau City and County to provide Emergency Solutions funding. Unfortunately after nine years, we were denied a grant renewal by the Missouri Housing Trust Fund. That grant has been used to pay rental deposits to help folks get into safer and more affordable housing. Staff is working on finding alternatives to that funding.

A new Community Survey is on its way to you soon. This one will be on-line and relatively simple to complete. There will be additional information about this as it develops.

We continue to look for funding sources for our Oral Health initiatives. So many children are impacted by this prevention program that we have to find ways to keep it going. We will be looking at additional funding possibilities with the Missouri Foundation for Health as their strategic planning gets put in place for new initiatives.

As I have said many times, it is a pleasure to work with these dedicated, compassionate staff and to be a part of the impact we have on our community.

Tom Davisson
Executive Director
Community Coordinator

Statement of Purpose
The purpose of this position is to manage and facilitate the implementation of the Priority Issue Councils and Committees in order to address the goals and objectives of the Community Plan.

Additionally, the implementation and oversight for several Council programs and grants is the Community Coordinator's responsibility. The Community Coordinator further serves as a liaison between the Council and the community in the interest of avoiding duplication of services.

Program Activities
- Maintained and sustained Priority Issue Committees under the Community Plan. Assisted with strategy implementation as needed.
- Tracked and reported progress of Community Plan goals, objectives and strategies.
- Managed the use of the Kasten Community Development Center.
- Facilitated the monthly Council meetings and represented Community Caring Council on several community committees and advisory boards.
- Facilitated the Senior Lunch and Learn Program.
- Produced three monthly calendars - Family Fun and Learning Activities Calendar, Successful Parenting Calendar and Senior Activities Calendar.
- Planned and implemented fall and spring sessions of Building Strong Families parent curriculum.
- Completed and submitted relevant grant requests.

Program Outcomes
Eight Priority Issue Committees remained active committees addressing priority issues through the implementation of Community Plan strategies, annual evaluation of progress and ongoing revisions of the community plans. See individual reports for each priority issue for more information.

Kasten Community Development Center provided two meeting rooms which are available to the community for meetings and trainings. During the past year, the Center was used for 188 meetings. Of the total usage, 165 (63%) were for Council meetings/events and 95 (37%) were for community meetings/events.

Nine Council meetings were held with an average of 17 in attendance. Meetings were not held in April (Annual Breakfast), May (Family Transition Team Garage Sale) or December (Christmas Open House).

The Community Caring Council was represented as a member of the following: Domestic Violence Community Response Task Force, ECHO Community Liaison Council, Family Transition Team, Jackson Chamber of Commerce/Non-Profit Alliance, Missouri Children's Division - Family Support Teams and Continuous Quality Improvement, Teen Pregnancy Responsibility Network and EPIC Coalition.

Collaborating Partners
Approximately 135 representatives from 100 community organizations and agencies serve as members of our Priority Issue Councils and Committees (some duplication across committee rosters).

Barriers
Connecting with those in our community who are unaware of available resources.

Providing sufficient resources (education, job training, job opportunities, transportation, etc.) to address the issues that result in unmet needs.

Noteworthy
The overall accomplishments of the Priority Issue Councils are AMAZING! See individual reports for detailed information.
Statement of Purpose
Facilitate community-wide awareness and use of the 40 Developmental Assets to increase the number of positive assets in youth.

Program Activities
- Provide asset information and educational opportunities for various sectors in the community.
- Maintain a resource library of more than 150 asset-based materials.
- Facilitate student advisory committee meetings at Jackson High School (JHS), Jackson Jr High School (JJHS), and Jackson Middle School (JMS).
- Facilitate group discussions and activities at Echo Community Resource Center and two groups at Girardot Center for Youth and Families.
- Facilitate asset-based training in the community.
- Provide continued support of Asset Building Champions (ABCs) parent reading program at St. Vincent de Paul Parish School elementary classrooms.

Program Outcomes
- Asset Coordinator has provided eight asset trainings for 66 Division of Youth Services staff.
  We also provided each residential group and community resource center with asset-based resource materials, including books, DVD's, and posters.
- THRIVE had a booth at four community events.
  Asset information was also distributed at area dental screenings for 1210 children and in 130 backpacks for the Backpacks for Friday program.
  Asset Coordinator facilitated two Change of Heart Trainings for a total of 90 youth and 8 adults from Jackson R2 schools.
- Asset Coordinator and Youth Specialist worked with members of school advisory committees and school sponsors at JMS (38 students), JJHS (18 students), JHS (14 students), Girardot Center (42 students), and Echo (17 students) to infuse assets into the school and facility environment.
  We have implemented monthly dinner and game nights with the youth in residential care at the Girardot Center.
- THRIVE continues to be a regular feature in the Southeast Missouri Jr. which reaches more than 2000 students in Cape Girardeau County. In addition, Youth Specialist writes a monthly e-newsletter called Activating Assets that is distributed to approximately 300 people per month.

Collaborating Partners
Cape Public Library, EPIC (Early Prevention Impacts Community), Jackson R2 Schools, Lutheran Family and Children's Services, MO Division of Youth Services, MO Mentoring Partnership, Southeast HEALTH/Building Blocks, Southeast Missouri Jr., United Way/LIFE Initiative, parents and youth from the community.

Community Involvement
Asset Coordinator:
- Parent and Community Education Committee, Chair
- EPIC member, Youth Committee member, Advocacy Committee member, Community Outreach Committee member, and Board Vice President
- Girardot Center Community Liaison Council, Chair
- Echo Community Resource Center Community Liaison Council, Chair
- Messy Morning Planning Committee
- Families and School Together, Community Partner
- Mental Health First Aid facilitator

Youth Specialist:
- Parent and Community Education Committee, member
- EPIC member, Resource Committee member and Youth Committee Chair
- Echo Community Resource Center Community Liaison Council, member
- Success By 6, member

Barriers
Participation from other area schools.

Noteworthy
THRIVE continues to work with Hendrickson Business Advisors on a marketing plan.

We are currently planning a youth conference focused on helping youth find and follow their 'spark'. The conference is scheduled for June 4 and will feature the Drum Café.
Statement of Purpose
Guided by the mission of the Community Caring Council of Cape Girardeau County, this committee shall interlink agencies and professionals to better serve older adults within the county.

Program Activities
Monthly meetings were held on the second Wednesday of each month (Sep - May) and provided members the opportunity to share information, network and learn about existing programs and services. Case reviews were held if requested by attending members.

The Annual Breakfast Retreat was held in Sep 2013 to review outcomes and plan for the coming year.

The Senior Resource cards continued to be available for distribution and online at [www.communitycaringcouncil.org](http://www.communitycaringcouncil.org)

Monthly Senior Calendar continued to be published and distributed throughout Cape County as well as online at [www.communitycaringcouncil.org](http://www.communitycaringcouncil.org)

Senior Safety Committee continued to implement the "Durable Medical Equipment Program" to provide selected medical equipment to disabled and senior individuals in need in Cape Girardeau County. A pest control program with Advanced Pest Control was developed.

Program Outcomes
Topics presented at meetings included Medi-Center Pharmacy Programs, Community Plan Update, Sheets & Young Medical Equipment, Medicare Update/Affordable Care Act, Senior Issues and Trends, Alzheimer's Association Update and MO Rehab Services for the Blind.

Average monthly attendance = 15

Annual Retreat was held at SADI Independent Living Services on Sep 18, 2013 with 18 in attendance. Programs for 2013-2014 were planned.

Approximately 1500 Senior Resource Cards were distributed.

Approximately 200 copies of Senior Calendar were provided to clientele at 11 sites each month.

Senior Safety Committee provided assistance to two individuals, valued at $300.

Collaborating Partners
AARP, Aging Matters, Alzheimer's Association, APPLE, Around the Clock Alarms, Cape County Health Department, Cape County Senior Citizens' Tax Board, Cape Police Department, Cape Senior Center, Capetown Assisted and Independent Living by Americare, Chaffee Nursing Center, Community Counseling Center, Cross Trails Medical Center, Crown Hospice, Four Oaks Hospice, Hoover Center, Jackson Ministerial Alliance, Jackson Senior Center, Love INC, Lutheran Family and Children's Services, MO Department of Health & Senior Services, Pyramid Tri-County Hospice, Regional Arthritis Center at Saint Francis Medical Center, RSVP/VIC, SEMO Alliance for Disability Independence, SEMO State University, The Lutheran Home, Visiting Nurse Association of SEMO and interested individuals.

Barriers
Reaching those seniors who have no support systems continues to be a challenge.

Noteworthy
The Aging Committee is an active and dedicated group committed to addressing senior issues.
Oral Health Program

Statement of Purpose
The Oral Health Program implements dental screenings and fluoride varnish applications to aid in the prevention of cavities for pre-school and school-aged children in collaboration with the Missouri Oral Health Program through the Missouri Department of Health and Senior Services. Dotty Gholson, Health Coordinator, provides coordination of these services for Cape Girardeau County schools and daycares and Scott City schools and offers limited financial assistance for urgent dental needs.

Program Activities
Seven dentists, eight hygienists, 18 assistants, and one pre-dental student volunteered their time to implement dental screenings and fluoride varnish applications throughout Cape County and Scott City. All materials were provided at no charge through the Missouri Oral Health program. Upon request, oral health displays, educational presentations on dental health and brochures on dental health were provided.

Program Outcomes
55 community volunteers (33 dental professionals and 22 volunteers) assisted with the school and daycare dental screenings and fluoride varnish applications.

27 schools
-5617 students screened (K-12 grades)
-3666 students received fluoride varnish
(Some children have received two fluoride varnish applications)

18 daycares
-542 children (ages 2-5 years) screened
-429 children received fluoride varnish (Most children have received two fluoride varnish applications.)

Of total youth screened (6159)
-547 youth (9%) needed early dental treatment
-111 youth (2%) needed immediate (urgent) dental treatment

Collaborating Partners
Missouri Oral Health Program, Drs. Janet & Pat Ruopp & Staff, Dr. Tery Spence & Staff, Dr. Danna Cotner & Staff, Dr. Garrett Sparks & Staff, Dr. Christine Schoolman & Staff, Dr. Ashley Blattner.

Schools: Cape Public, Cape Christian, Delta Public, Immaculate Conception, Jackson Public, Nell Holcomb Public, Oak Ridge Public, Scott City Public, St. Mary’s, St. Paul Lutheran, St. Vincent de Paul

Daycares: A Small World (Cape & Jackson), Big Stuff, Christian School for Young Years, Community Daycare, Curious Kids, Early Childhood Center @ South Elementary, Just Kids (3), Kids Korner, Little Hoppers, Lynnwood Footprints, Oak Ridge Early Childhood,

Parents Day Out @ Centenary, Trinity Lutheran, University Child Enrichment, Watch Me Grow

Barriers
We had four daycares and one school close.

The weather played havoc with the second varnish applications for one school.

Varnish training online changed and many technical difficulties were encountered at the beginning.

One area school decided to work with the Big Smiles Program from St. Louis, so our numbers were reduced.

Noteworthy
The 4th Annual Sensational Smiles Fundraiser to benefit oral health treatment services for local youth was held on March 23, 2013 at The Concourse. Approximately $4900.00 was raised for our Dental Treatment Scholarship program.

The cooperation from local dental providers has been very impressive.

The Oral Health Coalition of Southeast Missouri, chaired by Dr. Janet Ruopp, continued to be an active group focused on quality dental care for youth in our community.

At the Project Homeless Connect event in October, the SHOW Mobile Van was available and a local dentist was able to provide free dental treatment on site.

We have one faithful volunteer from the RSVP (Retired Senior Volunteer Program) helping with the dental fluoride varnish applications.
Community Case Management

Statement of Purpose
The purpose of the Community Case Manager is to create a collaborative relationship through assessment and evaluation that will meet the clients' needs. The Community Case Manager will also help the client exercise his or her choices by establishing goals and solutions while providing a sense of empowerment through identifying strengths.

Program Activities
- Assisted clients with the Missouri Housing Trust Fund rental deposit program
- Wrote additional grants for housing-related funding
- Supervised Social Work practicum students from SEMO University
- Triaged "walk ins" according to needs and available resources
- Assessed families/individuals for strengths, resources, abilities, support systems, and resources being used in addition to multiple needs
- Established ongoing relationships with several clients needing an official Community Case Manager to navigate community resources
- Processed referrals from other service providers and self referrals

Program Outcomes
Approximately 488 phone calls and 88 walk-in clients assessed and processed. The greater amount of phone calls compared to last year can possibly be attributed to the amount of money received from Missouri Housing Trust Fund - $120,000 (the max allotted amount). Approximately 200 individuals and families assisted with household items from the Community Closet.

Collaborating Partners
Cape County Public Health Center, Cape Girardeau Transportation Authority, Catholic Charities of Southeast Missouri, Centenary United Methodist Church, City of Cape Girardeau, City of Jackson, Community Counseling Center, Cross Trails Medical Center, East Missouri Action Agency, Family Counseling Center, First Call for Help, Gibson Recovery Center, LOVE INC, Lutheran Family and Children's Services, Mending Hearts, MERS Goodwill, Safe House for Women, Salvation Army, Southeast Missouri State University, St. Vincent de Paul, Vocational Rehabilitation, United Way of Southeast Missouri

Barriers
Lack of necessary funding to meet client needs: rent, utility, & water assistance are the biggest requests with no funding available.

Noteworthy
Case managers have noticed an influx of the Re-Entry population being released without basic identification besides a prison id (birth certificates, state ids, social security cards), clothing, or transportation options. On average, the Community Case Manager has spent $70.00 per Re-Entry client needing a birth certificate, state id, and transportation. Without the necessary documentation and transportation, these clients cannot find steady employment; therefore, cannot maintain stable housing or move from transitional housing situations.

The Community Case Manager is currently collaborating with the Re-Entry group to address this concern. This team is looking forward to organizing fundraising efforts in order to meet the needs of this population.
Community Housing Assistance

ANNUAL PROGRESS REPORT FY2014

By Natalie Sandoval

Statement of Purpose
The Council's Housing Assistance Programs strive to help residents of Cape Girardeau County and Scott City to have housing that is decent, safe, fair, energy efficient, affordable and accessible.

Program Activities
- The Housing Needs Committee held 11 monthly meetings. The Housing Needs Committee provides local agencies and community members a forum to share housing information and continue support efforts to improve housing in the Cape area. Discussions always include updates from HUD Supportive Housing grants, Emergency Solutions Grant, Missouri Housing Trust Fund (MHTF) grant and member agencies.
- Point in Time counts which are conducted in July and January indicated an increase in the number of homeless in Cape Girardeau County. The Housing Needs Committee continues to provide key leadership in helping our region report numbers to the state.
- The HUD Supportive Housing Program (SHP) grant supports a housing case manager and a coordinator. The current grant serves 27 individuals and families who have been identified as homeless and disabled by HUD standards. Current annual funding for the program is $199,868.
- The MHTF grant provided $120,000 in 2013-2014 to assist with deposits and senior housing repairs for those who qualified.
- The Emergency Solutions Grant (ESG) is funded by the Department of Housing and Urban Development (HUD) and facilitated by Missouri Housing Development Commission (MHDC). The program served individuals and families through two separate categories: Homelessness Prevention and Rapid Re-Housing. Initial funds received for ESG were approximately $216,000.

Program Outcomes
- ESG-Homelessness Prevention funds helped to prevent individuals and families that were at "imminent risk" of becoming homeless. Homelessness Prevention funds were able to sustain and provide housing for 17 households over the duration of 12 months.
- ESG-Rapid Re-Housing funds helped to transition "literally homeless" individuals and families by transitioning from their homeless status into a housing unit. These funds helped 15 households transition from homelessness to housed over the duration of 12 months. Five families will transition into the new grant cycle due to the lack of appropriate resources to maintain housing. The remaining families have either obtained employment, disability income, or left the program before completion.
- The MHTF grant served over 245 family units consisting of more than 685 individuals. Nearly all of these were served in the first ten months of the grant year.
- The HUD grant provided housing and case management for a maximum of 27 units, which included 38 adults and 21 children. Over the course of the tenth operating year, our agency has continued to serve participants from all of the special needs categories. Over 10 other community agencies partner to help our clients remain connected to community programs and resources. Our program has become a true permanent housing program.
- By helping our clients gain residential stability, the average length of stay in the program is three years with 16 households in the program for 4 years and 7 households remaining housed for 8 years. That is 85% of households remaining housed for over 4 years. Clients are assisted in gaining more financial stability by filing for disability and connecting to vocational rehabilitation programs for employment and other mainstream benefits. This has allowed participants to contribute towards their rent, allowing them to feel a sense of responsibility over their lives.

Collaborating Partners
- The MHTF grant has provided deposit assistance for our new HUD clients. The agencies serving the various disabilities of HUD clients have provided additional case management as well as recommendations for future clients when space is available. The Housing Case Managers continue to build a network of strong working relationships with various agencies to help clients sustain and enhance their well being.
- The Housing Needs Committee is composed of over 40 individuals from various community agencies that support our grants and provide ideas to improve efforts to fulfill our purpose.
- Working relationships with approximately 106 landlords help us to serve our clients more efficiently.
- Emergency shelters continue at Revival Center in Jackson, Cape’s New Beginning Church and The Amen Center in Delta. They are working very hard to service homeless families and individuals by providing shelter. The Sprig of Hope Board continues to work towards providing emergency shelter by providing mini grants to local agencies. The church community has also been a vital partner in financing hotel stays for homeless persons. All of these shelters help to service the growing numbers of homeless in our community that find their way to the Council.

Barriers
- Progress has been made in emergency and transitional housing resources, but a significant need remains. Existing shelters are operating on limited budgets and the community needs to assist
in gathering statistics on the homeless population that they are working hard to serve.

- Increase in rental costs and decrease in the number of rental units presents a challenge to persons seeking affordable housing. All of our housing efforts need increased funding to meet the increased need for housing assistance.
- All of housing grants; ESG, HUD-SHP and MHTF (deposit assistance) have all become increasingly more competitive. The risk of reduced funding and no funding at all are becoming a true challenge and a reality.

**Noteworthy**

Project Homeless Connect (PHC) is a one-day, one-stop shop to deliver real services to people experiencing real homelessness in our community. The event was held for the second time on October 4, 2013. Planning for the event took much less time as the committee was able to retain over 15 community agencies to assist in the planning. Planning meetings were held at least monthly. Fifteen community agencies each dedicated over 9 hours in planning alone. The committee also included 5 subcommittees: Logistics, Donations, Services, Kids Zone and Volunteers. Through the work of these committees, PHC had over 100 volunteers, raised $14,690 in cash from local community sponsors and had 53 service providers offering assistance that day.

We served 326 people. Some highlights of what participants received: Family Photos for 9 adults and 7 children, Clothing Vouchers for 254 adults and 87 children, Birth Certificates for 98 adults and 5 children, Photo Identification for 9 adults, and Food and Hygiene Kits for all. Some of the greatest need came with the number of participants that needed various health care services: 30 adults received a foot exam/diabetic education, 75 adults received flu shots, 28 adults received HIV screenings and 137 adults received dental treatment. The dollar value of these services alone was over $57,240. Total in kind amount calculated for this project exceeded $123,884.

The Project Homeless Connect Committee has already scheduled our third event which will take place at the Osage Community Centre on October 3, 2014! With continued partnership, we are determined that this will become an annual event.
Missouri Mentoring Partnership

ANNUAL PROGRESS REPORT FY2014
By Nikki Wolfe

Statement of Purpose
The Missouri Mentoring Partnership assists in preparing youth for personal success in employment, education, healthy lifestyles and self-sufficiency.

Program Description
The MMP provides asset based life skills education that covers social skills, household management, education, employment skills, and self-care. Along with the life skills education, MMP provides creative activities to broaden the youth's creativity. These activities include games, physical activities, and crafts. MMP provides a series of classes that are typically 8 weeks long and meet twice a week for 90 minutes each time. MMP is open to anyone under the age of 25 years old who is willing to commit to the classes.

Program Activities
- Parenting classes that cover pregnancy, labor & delivery, newborn care, & household topics
- Monthly group meetings
- Small group activities
- Individual Service Plans
- 8-week series of life skills classes that include a lesson and fun activities
- Bi-annual fundraiser yard sales
- Messy Morning
- THRIVE Bingo
- ECHO Community Resource Center Fun Family Nights
- Bollinger County Children & Youth Issues Coalition Resource Fair
- EPIC Youth Day at the Park
- Cape Girardeau Parks & Recreation Day
- EPIC Party with EPIC Coalition

Program Outcomes
From April 1, 2013 to March 31, 2014:
- Old Program:
  - 13 moms and dads, who fit MMP’s state requirements, received services
- New Program:
  - 12 youth participated in at least one MMP class
  - 5 youth have completed a series of MMP classes.

Collaborating Partners
Referrals: past and present mentors and participants; Southeast HEALTH Building Blocks; Positive Educational Parenting (P.E.P.) Club; Missouri Department of Social Services; Cape Girardeau County Public Health Center - Women, Infants, & Children (WIC) Program; Bollinger County Health Center, Jackson Public Schools, Woodland Public School, Parents As Teachers, Missouri Division of Youth Services, Salvation Army

Key donors (money or in-kind) and volunteers: Zonta Club; Evangelical United Church of Christ; Red Star Baptist Church; Abbey Roads Church, community

individuals, individual consignors of Little Lambs Children's Sale, Missouri Division of Youth Services

Community Involvement
- THRIVE Initiative and Training Subcommittee
- EPIC Coalition, Youth/Faith based, Resource and Outreach Subcommittees
- Girardot Center for Youth & Families Community Liaison Council
- ECHO Community Resource Center Community Liaison Council
- Parent and Community Education Committee
- Success By 6
- Case Manager Meetings
- Family Transition Team
- Project Homeless Connect
- Building Strong Families
- Bollinger County Caring Council
- Bollinger County Children & Youth Issues Coalition

Barriers
As a program working with youth, we are always looking for additional referrals and referral sources to help the program grow. We also look for locations to hold the classes.

Noteworthy
We currently have a series of classes scheduled with youth at the Salvation Army in April and May and a second one planned. We are working with Evangelical United Church of Christ to set up another series of classes that will be open to the community. We are also working with a couple of the DYS facilities to do a series for the youth at those facilities.
Statement of Purpose
Cape Girardeau Educare programs are an early childhood initiative of the Missouri Department of Social Services. Educare’s focus is school readiness and this is achieved through programming for child care providers and parents. Cape Educare has the following three grants: Educare and Home Visitation (two grants). The counties served are Cape Girardeau, Scott, Perry, Bollinger, Stoddard and Mississippi.

Program Activities
Educare offers a variety of training and technical assistance to child care providers in our service area. The staff education component of accreditation can be met by completing the Child Development Associate (CDA) class offered each year at Educare. CDA renewal classes are also offered throughout the year. Educare provides training and technical assistance to providers receiving subsidized childcare through Department of Social Services. This would include unlicensed registered vendors, licensed home care/group home providers and licensed exempt programs. Quarterly provider support groups are offered throughout the year in the counties served. Educare also offers the Emotional Beginnings Curriculum class annually. This curriculum focuses on working with infants and toddlers.

Educare has both the non-competitive Home Visitation grant (Cape), and competitive Home Visitation grant (Bollinger, Perry, Scott, Mississippi, Cape and Stoddard). These grants are called the P.E.P. programs and serve families with children birth up to age three. In P.E.P., families receive home visits, group meetings and toy incentives. Families network with each other, and referrals are made as needed to other agencies. Families must meet income guidelines to participate in P.E.P.

In collaboration with Cape Public Schools, Parents As Teachers (P.A.T.) is offered for families residing in the Cape school district. Educare also has a Resource Room that contains books, videos, toys, and other materials for child care providers and parents to check out.

Program Outcomes
The following are outcomes for FY13 (the first two quarters):

- There are 16 child care providers in Educare’s CDA class.
- 22 providers completed Emotional Beginnings curriculum class (CEUs were also offered).
- Educare has served 40 early childhood programs with on-site services, and offered 6 provider support groups.
- Educare staff has conducted 89 Parents As Teachers visits since the beginning of this school year.
- 132 families have participated in the P.E.P./Home Visitation program.
Family Transition Team

ANNUAL PROGRESS REPORT FY2014
By Jaime Ludwig

Statement of Purpose
The Family Transition Team is an inter-agency staffing team that processes cases of individuals and families in need of financial assistance.

Program Activities
- Staffing of referrals for unmet needs of individuals and families
- Annual Garage Sale
- Solicitation of donations to maintain adequate supplies in the Community Closet
- Continuation of resource identification and education
- Ongoing search for funding to assist populations that have unmet needs

Program Outcomes
- 48 referrals were received and processed from April 2013 to March 2014.
- Raised approximately $1000 at Garage Sale fundraiser in May 2013.
- Solicited approximately $600 in donations through gift cards and donations to the Community Closet.
- Grants were submitted for transportation assistance, childcare assistance, and senior assistance in Cape Girardeau County.
- Family Transition Team members attend case management workshops and other informational meetings to stay aware of resources and community issues.

Collaborating Partners
Birthright, Cape County Senior Citizens' Fund Board, Cape Girardeau Public Schools, Centenary Methodist Church, Cross Trails Medical Center, Educare, First Call for Help, First Presbyterian Church, Jim Watkins, Lutheran Family and Children's Services, Missouri Children's Division, Missouri Division of Youth Services, Missouri Mentoring Partnership, SE Health Building Blocks, Southeast Missouri State University, United Way of Southeast Missouri, Success By Six

Barriers
Funding is limited and can only assist so many families. Additional funding, especially flexible funding, would allow the team to assist more people in need.

Noteworthy
A single mother of three was referred by the Safe House for Women to assist her with housing and financial needs. The mother was approved for housing services but without income, she was not able to start daycare services for her children in order to search for employment. With the assistance of the Team, client received money to establish her daycare services as well as transportation assistance to search for employment. Employment was obtained within two weeks of her search. Client and her children are currently residing in Cape where she works full-time while her kids are enrolled in a licensed daycare facility full-time.
Show Me Healthy Women (SMHW) & WISEWOMAN

ANNUAL PROGRESS REPORT FY2014
By Dotty Gholson

Statement of Purpose
The purpose of Show Me Healthy Women (SMHW) and WISEWOMAN is to provide community health workers through four community partnerships to support low-income women in obtaining access to prevention health services. This outreach intervention program was initiated in February 2011.

SMHW provides breast and cervical cancer early detection services for low-income women through provider clinics across the state.

WISEWOMAN provides heart disease screenings and lifestyle education services for SMHW clients.

To qualify, women need to be between 35 to 64 (or older if not covered by Medicare Part B), uninsured or insurance does not cover breast or cervical cancer screenings, and household income is less than 200% above federal poverty guidelines.

Program Activities
Visits to area interagency organizations on a monthly basis and to area events to promote the program

Participation in the Pink Moon Run for Breast Cancer, the Pink Ribbon Luncheon Committee, and the Heart to Heart Luncheon

Displays at the Wellness Fair at SEMO and Senior Celebration

Presentation to Senior Ladies Group

Program Outcomes
There were 90 people that received information and brochures about the SMHW program.

There were over 1500 people that attended the meetings and/or community events.

Collaborating Partners
American Cancer Society, Breast Cancer Foundation of the Ozarks, Community Breast Care Project, Gateway to Hope: A Breast Cancer Lifeline, Hope 4 You Breast Cancer Foundation, Komen Mid-Missouri Affiliate, Komen St. Louis Affiliate, Komen Kansas City Affiliate, Missouri Cancer Consortium, National Cancer Institute

FOUR COMMUNITY PARTNERSHIPS: Cape Girardeau County, Knox-Schuyler County, Randolph County, Washington County

PROVIDERS: Bernie Medical Clinic in Bernie, Stoddard County Health Center in Bloomfield, Women's Care Center in Sikeston, Family Medicine Southeast in Sikeston, Benton Medical Clinic in Benton, Bollinger County Health Center in Marble Hill, Cross Trails Medical Centers in Cape Girardeau, Marble Hill, and Advance, East Missouri Action Agency in Cape Girardeau and Perryville

Noteworthy
A Walking Program will hopefully be started in May.
EPIC Coalition

Statement of Purpose
The mission of this coalition is to join together in a common effort to build a healthy and safe community, reducing the risks of alcohol, tobacco and other drugs while promoting the healthy attitudes and behaviors of youth in Southeast Missouri.

Program Activities
EPIC worked with Jackson Middle School to provide All Stars, an evidence-based prevention program that works to build assets in youth, to the students at their school. All feedback about the program has been positive so far.

EPIC continued to provide prevention materials on a weekly basis to approximately 200 youth who receive assistance from the food bank backpack program. We provide literature, information about safe disposal opportunities and school supplies with prevention messaging to the youth who receive assistance through this program.

EPIC continued to host Breakthrough Breakfasts. These are quarterly educational events designed for local service providers that feature speakers who talk about issues related to substance abuse and prevention.

EPIC continued to raise awareness about prescription drug abuse while also increasing opportunities for safe disposal of these drugs. This past year, we worked with a team of university students to develop the "It's All in Your Hands. Prevent Prescription Drug Abuse." project. A brochure was developed that listed information about how to dispose safely and legally of prescription medications and included information about Prescription Drug Take Back Events and permanent prescription drug drop boxes. Students and EPIC staff then worked (and continue to work) with local pharmacies, hospices and other healthcare providers to disseminate this information to the community. EPIC also regularly works with local police and the Drug Enforcement Administration to host Prescription Drug Take Back Events for people to dispose of unwanted medications. Additionally, EPIC has purchased two permanent drug drop boxes which are housed at two local police departments where community members can now safely and legally dispose of unwanted medications at any time.

EPIC regularly hosts community wide youth events to provide alternative activities for youth. Two youth events were held in Jun 2013 and Jan 2014. The first event was held at Washington Park with 150 youth. The second event was held at a local church with approximately 100 young people and adults in attendance. These events have proven to be great ways to build assets in our community while also strengthening EPIC's partnerships with other local organizations.

Program Outcomes
Eighteen people, including teachers, staff and administrators at Jackson Middle School, were trained as All Stars facilitators and approximately 350 students were introduced to this evidence-based prevention program this year.

909.8 total pounds of prescription medications were collected locally at Prescription Drug Take Back Events and in the permanent drop boxes.

Four Breakthrough Breakfasts were held in the past calendar year with an average of 50 people attending each of these educational events.

Sixteen local pharmacies have participated in the "It's All in Your Hands. Prevent Prescription Drug Abuse." project. Over 1,500 brochures have been distributed as a result of this project as well as approximately 1,500 bag stuffers.

Over 1,800 letters from the Cape Girardeau County Prosecuting Attorney's office that detailed the consequences of underage drinking were sent to parents of high school juniors and seniors in Cape Girardeau County and were mailed out immediately prior to proms and graduations.

Regional Development Funds supported a continued Coalition presence at the SEMO District Fair in September 2013. More than 50 adult and youth community members volunteered to help at the fair and we interacted with over 1,000 youth and adult community members, and raised a record $1460.

Collaborating Partners
Bethel Assembly of God Church, Big Brothers Big Sisters, Boys & Girls Club, Cape Christian School, Cape County Health Department, Cape County Juvenile Office, Cape County Prosecuting Attorney's Office, Cape County Sheriff's Department, Cape Police Department, Cape Safe Communities, Cape Public Schools, Cash Book Journal, Charter Communications, Community Caring Council, Delta Public Schools, Drug Court, Drury Southwest Signs, Family Counseling Center, Fort Law Firm, Gibson Recovery Center, Jackson Police Department, Jackson Public Schools, KFVS-TV, KRCU Radio, Mississippi River Radio, Missouri Army National Guard, Missouri Children's Division, Missouri Division of Probation and Parole, Missouri Division of Youth Services, Missouri Mentoring Partnership, New Vision Counseling, Notre Dame High School, Oak Ridge Public Schools, Safe House for Women, Shawnee Community Center, Southeast Drug Free Communities Coalition, Southeast Foodbank, Southeast Missouri Jr., Southeast Missouri State University, THRIVE, TRH Accounting, United Way of SEMO-LIFE Initiative, interested youth and adults
Barriers
Youth participation in EPIC remains very limited.

Noteworthy
EPIC was recently awarded a Special Projects Grant from the Missouri Foundation for Health to expand existing prevention efforts by providing a unique program called EPIC Pals to young people in Cape Girardeau County. EPIC Pals combines a social and emotional learning curriculum (Mutt-i-grees® Curriculum) along with a structured dog training component. The Mutt-i-grees® Curriculum fosters empathy and empowers children with skills needed to effectively communicate and manage emotions. In addition to the benefit of the Mutt-i-grees® Curriculum, young people in the Pals program get to work hands on with shelter dogs in a small group setting under the direction of a skilled dog trainer. EPIC Pals groups are being held at the ECHO Community Resource Center and initially, EPIC is taking referrals for the program from the Cape Girardeau County Juvenile Office and the Division of Youth Services aftercare program. In the future, EPIC intends to expand the program and provide Pals to other groups of young people. Moreover, EPIC hopes to increase awareness of, and use of, the Mutt-i-grees® Curriculum whether in conjunction with Pals or independently. In addition to helping young people build the social and emotional skills they need to protect them from substance abuse and other high-risk behaviors, through Pals, EPIC hopes to raise awareness of the plight of shelter dogs, increase support for local shelters and increase the adoptability of shelter dogs. EPIC will receive a total $163,436.00 over the next four years from the Missouri Foundation for Health to support this special project. Funds from the grant will be used in part to contract with a teacher who will implement the Mutt-i-grees® Curriculum and a dog trainer who will work with the youth to teach them dog training skills.

EPIC is in the fourth year of our Drug Free Communities (DFC) grant. SAMHSA Project Officer made his first site visit this year and all is on track with the grant. The continuation application has been submitted for year five, the final year of this grant. EPIC may apply for the DFC grant one more time.
Successful Parenting

ANNUAL PROGRESS REPORT FY2014
By Kay Azuma

Statement of Purpose
The purpose of this program is to provide ongoing community education for parents, foster parents, grandparents and caregivers who play active roles in raising children. This program is part of the Family Issues Community Plan under the guidance of the Parent and Community Education Committee and is funded by United Way of Southeast Missouri.

Program Activities
**Building Strong Families Curriculum**
- Evangelical United Church of Christ, Cape Girardeau Mar/Apr 2013
- Educare, Cape Girardeau Apr/May 2013
- University of MO Extension, Jackson Oct/Nov 2013

"We Care About YOUth" Conference
- April 12-13, 2013
- Planning for April 25-26, 2014

Program Outcomes
**BUILDING STRONG FAMILIES**
**Evangelical United Church of Christ, Cape**
- 5 sessions in Mar-Apr: 24 parents and 9 youth (ages 0-12)
- Family Strengths, Positive Discipline, Managing Stress, Reading as a Family, Kids and Self-Esteem

**Educare**
- 4 sessions in Apr-May: 26 families
- Family Strengths, Positive Discipline, Managing Stress, Communication

**University of MO Extension, Jackson**
- 5 sessions in Oct-Nov: 39 parents and 17 youth (ages 0-12)
- Family Strengths, Managing Stress, Positive Discipline, Kids and Self-Esteem, Healthy House

Collaborating Partners
Community Caring Council, Educare, Evangelical United Church of Christ, Jackson Schools, Lutheran Family and Children's Services, Missouri Children's Division, Missouri Mentoring Partnership, Safe House for Women, Southeast MO State University Social Work Interns, United Way of SEMO - LIFE and Success by 6, University of Missouri Extension

Barriers
Lack of consistent attendance among some participants during the 4-6 week sessions.

Noteworthy
United Way of SEMO continues to fund the Successful Parenting Program.

When asked what specific changes were made after attending Building Strong Families, participants responded:

"I'm careful about what I say when I get frustrated."

"The time we spend together (as a family) has gotten less stressful and more fun."

COMMUNITY PLAN
Annual Progress Report FY2014

PRIORITY ISSUE COUNCIL
Transportation

COMMUNITY PLAN CHAIR
Tom Mogelnicki

MEETINGS HELD 1

AVERAGE ATTENDANCE 8

COLLABORATING PARTNERS
Cape County Transit, Cape Girardeau County, City of Cape Girardeau, City of Jackson, Federal Transit Administration, Missouri Department of Transportation

FUNDING SOURCES
Federal Transit Administration, Missouri Department of Transportation, Aging Matters, Cape Girardeau County Board for Developmental Disabilities, Cape Girardeau County Commission, Cape Girardeau County Senior Citizens Service Fund, City of Cape Girardeau, and City of Jackson

NOTEWORTHY
Cape County Transit ridership (bus and taxi) has increased 29% from 135,906 riders in 2012 to 175,716 riders in 2013.

Approximate number of Cape County Transit bus riders increased 33% from 33,276 in 2012 to 44,164 in 2013.

COMMUNITY PLAN STRATEGIES COMPLETED
Cape County Transit continued to be the main provider of public transportation in Cape Girardeau County – 175,716 riders from Jan-Dec 2013 in 35 vehicles.

Cape County Transit’s Fixed Route Bus System continued to have three buses operating within the Cape Girardeau city limits (three routes – North and South). One-way rate is $2.00, two-week rate is $20.00, and monthly rate is $35.00. One-way rates are discounted to $1.00 for disabled individuals and senior citizens.

Cape County Transit’s Fixed Route Bus System operated from 6am-6pm Monday-Friday and 9am-5pm Saturday. There is a bus available at each bus stop every 30 minutes during hours of operation for the south route and every 60 minutes during hours of operation for the north route.

Cape County Transit’s Taxi Demand Response transportation was available 24/6.5 Monday-Sunday. Service stops at 2pm Sunday and resumes at 5am on Monday. One-way rates varied from $6.00 - $16.50 depending on mileage.

OTHER ACCOMPLISHMENTS TOWARD PLAN PROGRESS
SEMO State University provided campus transportation to River Campus. General public was not excluded.

Cape County Transit’s Complementary Para-Transit Service Plan provided transportation services to eligible persons living within 1/4 mile of the bus route who are unable to access the fixed route due to a disability or health-related condition.

Cape County Transit has been an official Greyhound Depot since Oct 2008. The bus stops here twice daily (seven days of the week) heading to St. Louis or Memphis. Tickets can be purchased at the business office from 8am - 4:30pm Monday-Friday.

Cape County Transit has initiated a Transit Sponsorship Program for local businesses and organizations wishing to advertise on the transit vehicles. Funds generated will primarily be used to replace aging vehicles and to purchase additional vehicles.

COMMUNITY ACCOMPLISHMENTS
SEMO Alliance of Disability Independence continued its transportation services for their clients. Cost is $4.00 (one-way) within the cities of Cape, Jackson and Scott City. Cost is $6.00 (one-way) from Cape to Jackson.

BARRIERS
Keeping the cost of public transportation affordable for consumers while costs continue to increase is a challenge.
COMMUNITY PLAN
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PRIORITY ISSUE COUNCIL
Medical Care: Mental Health

COMMUNITY PLAN CO-CHAIRS
Paul Schniedermeyer
Ryan Essex

MEETINGS HELD 10
AVERAGE ATTENDANCE 9

COLLABORATING PARTNERS
Bootheel Counseling Center, Cape Girardeau Public Schools, Catholic Charities of Southern Missouri, Community Counseling Center, Cross Trails Medical Center, Evangelical United Church of Christ, Gibson Recovery Center, Jackson Public Schools, MO Children's Division, MO Department of Mental Health, New Vision Counseling, Safe House for Women, Sikeston Regional Office, Southeast HEALTH, Southeast Missouri State University

FUNDING SOURCES
There is no financial funding at the present time.

NOTEWORTHY
Members of the Coalition continue to participate in the Putting Kids First Initiative. A petition drive for signatures to place the issue on the ballot was successful. The group hopes to seek voter approval for a Children's Services Fund in Cape Girardeau County in Aug 2014.

COMMUNITY PLAN STRATEGIES COMPLETED
Resource Cards were revised and reprinted in Apr 2013. Funding was provided by EPIC Coalition.

Over 1200 Mental Health and Substance Abuse Resource Cads were distributed and were available online at www.communitycaringcouncil.org

The Mental Health Coalition assisted Community Caring Council staff in planning the Council's 24th Annual Conference "Busting the Myths of Mental Health and Violence". Conference was held on May 31, 2013 with 100 participants.

A meeting to determine future direction of the Coalition was held in Oct 2013 and a decision was made to focus on homeless youth in our community. It was agreed that information and statistics would be needed from Cape and Jackson School Districts in order to create a plan of action. Meetings with those schools have not yet occurred.

Meetings continued to serve as a platform for sharing and networking among mental health providers.

OTHER ACCOMPLISHMENTS TOWARD PLAN PROGRESS
Coalition continued to brainstorm how a system of local alternative psychiatric services could be established, funded, implemented and sustained in our community.

COMMUNITY ACCOMPLISHMENTS
There are now three Mental Health First Aid facilitators serving the Cape Girardeau community. Staff from University of Missouri Extension, Community Caring Council and Community Counseling Center are able to offer the training to interested persons. Youth Mental Health First Aid training will be offered in the near future.

BARRIERS
Increasing access to those in need of treatment
Reducing the stigma of mental illness and treatment

Submitted by: Kay Azuma
COMMUNITY PLAN
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PRIORITY ISSUE COUNCIL
Medical Care: Oral Health

COMMUNITY PLAN CHAIR
Dr. Janet Ruopp

MEETINGS HELD 7

AVERAGE ATTENDANCE 6

COLLABORATING PARTNERS
Cape County Public Health Center, Cape Public Schools, Dental Providers (Dr. Janet Ruopp, Dr. Terry Spence), Innovative Orthodontics, Jackson Public Schools, MO Oral Health Preventive Services Program, Southeast Missouri State University (Department of Speech and Communication Disorders) and interested individuals

FUNDING SOURCES
Community Caring Council, Missouri Oral Health Preventive Services, Enterprise Foundation, local fundraising

NOTEWORTHY
Over 6000 youth in Cape Girardeau County/Scott City received FREE dental screenings during the 2013-2014 school year.

A total of 55 community volunteers, including 33 dental professionals and 22 volunteers, assisted with the school and daycare dental screenings and fluoride varnish applications.

COMMUNITY PLAN STRATEGIES COMPLETED
Training for oral health screenings and fluoride varnish applications was provided online to approximately six volunteers.

"If You Are Pregnant" brochures were distributed and were available online at www.communitycaringcouncil.org

Approximately 100 Coalition brochures were distributed throughout the community.

Dental Screenings in Cape Girardeau County/Scott City served 5617 youth in 27 schools and 542 youth in 18 preschools/daycares, for a total of 6159 youth.

547 (9%) youth needed early dental treatment and 111 (2%) youth needed urgent treatment. This reflects a 1% increase in need for early treatment and no change in need for urgent treatment as compared to previous school year.

Fluoride varnish applications were provided to 3666 school-aged youth and 429 preschool-aged youth for a total of 4095 youth (an overall increase of 15% from 2013).

Dental Treatment Scholarship Program provided approximately $4000 for treatment for 11 individuals this past year.

OTHER ACCOMPLISHMENTS TOWARD PLAN PROGRESS
Dental Health Displays/Education: Salvation Army Back to School Fair, GrandFamily Conference, Senior Information Day, Educare, Cape Christian School, RSVP Volunteer Fair, and SEMO Case Managers' Quarterly Meeting.

Part time position for Oral Health Coordinator was supported by Community Caring Council and Enterprise Foundation. All screening and varnishing supplies were provided by MO Oral Health Preventive Services Program.

The 4th Annual Sensational Smiles Social was held on Mar 23, 2013 at The Concourse to raise funds for our Dental Treatment Scholarship Program and to recognize all who helped with the dental screenings/fluoride varnish applications. Profit of $4900 was realized for the Scholarship Program.

The 5th Annual Sensational Smiles Social was held on Mar 29, 2014 at The Concourse. Profit is not yet known.

COMMUNITY ACCOMPLISHMENTS
Missouri Mission of Mercy (MoMOM) event was held on May 3-4, 2013. FREE dental care was provided for 1777 individuals at the Show Me Center in Cape Girardeau.

Dental Hygienist Carla Darrell received the Jackson Chamber of Commerce Volunteer Award in May 2013 for her work with dental screening and fluoride varnishing events throughout Cape Girardeau County.

Local dental providers served 184 individuals at Project Homeless Connect event on Oct 4, 2013. The Show Mobile was available at the event for dental extractions.

BARRIERS
In order to increase the number of youth screened, additional dental providers and trained volunteers are needed.

Sustaining the position of Oral Health Coordinator is essential to maintaining the dental screening program.
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COMMUNITY PLAN STRATEGIES COMPLETED
1000 copies of Alcohol & Drug Abuse/Mental Health Resource Card were
distributed and card was also available online at www.communitycaresincouncil.org.

The newly named EPIC Coalition (Early Prevention Impacts Community) has
received a lot of positive publicity. A new logo was developed along with new
PSA’s, brochures and branding materials.

Students at Jackson Middle and Jr. High and Cape Jr. High reported an average
of 21.6 assets (out of 40) on the Attitudes and Behaviors survey taken in Dec
2011. The same survey was administered to 354 students at Jackson High School
and Oak Ridge High School in Dec 2012. Results reported an average of 19.5
assets per youth.

Student Advisory Groups (with 40 Developmental Asset focus) continued at
Jackson Middle, Jr. High and High Schools, ECHO Community Learning Center and
Girardot Center. A total of 130 students participated.

The second annual Kaizen Evaluation of the Coalition was implemented by MO
National Guard Counterdrug Task Force in Apr 2013. Results reflected Coalition
improvement on a few of the indicators.

Year four of the five-year Drug-Free Communities grant began Sep 30, 2013.
There was no change in staff positions. Year two (final year) of the Missouri
Foundation for Health Basic Support Grant ended in Oct 2013. Foundation
funding for the EPIC PALS program began in Nov 2013.

Collaboration with the Cape City Police Department, Jackson Police Department
and the Drug Enforcement Administration resulted in Drug Take Back events in
Apr and Oct 2013. Permanent Drop Boxes were maintained at Cape and Jackson
Police Departments. A total of 909.8 pounds of medications were collected.

Alcohol compliance checks continued with Cape Girardeau City and Jackson Police
Departments.

Jackson Middle School trained 18 staff to facilitate the All Stars prevention-
based program and 350 students are participating this school year.

OTHER ACCOMPLISHMENTS TOWARD PLAN PROGRESS
A team of university students developed the “It’s All In Your Hands. Prevent RX
Drug Abuse.” project. Over 1500 brochures and 1500 bag stuffers helped to
promote drug take-back efforts.

Five subcommittees are actively engaged in the work of the Coalition:

- Advocacy – A letter from Prosecuting Attorney’s office was again mailed to
  1800 parents of junior and senior high school students in Apr 2013
  regarding consequences of youth alcohol and drug use. Breakthrough
  Breakfast Workshops are offered quarterly. Topics were Underage Tobacco
  Use, Heroin in SE Missouri and Addiction Treatment Options. Average
  attendance has been 50 participants.

- Community Outreach – Group planned and implemented a presence at
  Messy Morning (Apr 2013), Parks & Rec Day and Sal Army Back to School Fair
  (Jul 2013), SEMO District Fair (Sep 2013), Halloween Hoopla (Oct 2013) and
  Family Fall Festival (Nov 2013). Participation in the same events in 2014 is
  expected.

- Youth/Faith-based – Two drug-free youth events were held in Jun 2013 at
  Washington Park and in Jan 2014 at Bethel Assembly of God. Events were
  fun and successful with 150 youth attending in Jun and 100 youth and
  adults attending in Jan. Planning for family educational events is in
  process.

- Media – Group developed the new EPIC logo for media purposes, along with

Submitted by: Kay Azuma

4/1/14
adults and raised $1460 with their booth activities at the SEMO District Fair in Sep 2013. Profits have almost tripled since our first Fair participation in 2008.

Implementation of All Stars Program began at Jackson Middle School this fall with 350 students participating.

Missouri Foundation for Health awarded a Special Projects Grant to EPIC in Nov 2013. EPIC PALS combines a social and emotional learning curriculum and a structured dog training component. Five youth from ECHO Community Learning Center began the program in Jan 2014. Five puppies from a local shelter are being fostered by volunteers and are matched with youth for weekly training sessions. This a four-year project which will expand in scope each year.

new PSA’s to promote the logo. A new website was launched, a sign was purchased at a new Arena Park ball field, and participation in the Jackson Christmas Parade and Christmas Light Display was realized. An EPIC PALS logo was developed for this new Coalition program.

• Resource – This committee was formed in Oct 2013. Group is planning an Art Auction Fundraiser in Jun 2014.

COMMUNITY ACCOMPLISHMENTS

All Cape County Schools again allowed the mailing of a letter to the parents of 1800 high school juniors and seniors from the office of the Prosecuting Attorney regarding the legal consequences of underage drinking in Apr 2013. Envelopes were provided by the Prosecuting Attorney and postage was donated by Coalition member agencies.

Both Jackson Police Department and Cape City Police Departments continued to house the Permanent Drug Drop Boxes at their offices for year-round disposal of prescription and over-the-counter drugs.

BARRIERS

Sustained DFC funding is dependent on local in-kind match.

Additional and diverse funding sources are needed for long-term sustainability.

Additional venues for All Stars prevention program are needed in our community.
COMMUNITY PLAN
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PRIORITY ISSUE COUNCIL
Family Issues: Housing

COMMUNITY PLAN CHAIR
Roy Jones

MEETINGS HELD 11

AVERAGE ATTENDANCE 13

COLLABORATING PARTNERS
4-Sight Counseling, Aging Matters, AMEN Center, Cape County Public Health Center, Catholic Charities of Southern Missouri, City of Cape Girardeau, Community Counseling Center, Family Counseling Center, Gibson Recovery Center, Habitat for Humanity, Love INC, Missouri Children’s Division, Missouri Job Corps, New Beginnings, Oxford House, RCH Management INC, Safe House for Women, Salvation Army, SEMO Alliance for Disability Independence, Sprig of Hope, United Way of SEMO, USDA Rural Development

FUNDING SOURCES
Community Caring Council, US Housing and Urban Development, MO Housing Trust Fund, Sprig of Hope, local churches, businesses and individuals

NOTEWORTHY
The second annual Project Homeless Connect event was hosted by the Community Caring Council on Oct 4, 2013 at the Osage Centre in Cape Girardeau. About 326 participants were provided services by 53 provider agencies for a total of 3127 documented services. The next annual event will be on Oct 3, 2014.

Two HUD Supportive Housing Grants are serving 44 area residents through Community Caring Council and Family Counseling Center. Community Caring Council has sustained their grant for ten years.

The Emergency Solutions Grant was again awarded to the city of Cape Girardeau for 2014 and will provide rapid re-housing, homelessness prevention assistance and street outreach through the Community Caring Council, Catholic Charities of Southern Missouri and Salvation Army.

COMMUNITY PLAN STRATEGIES COMPLETED
Housing Needs Committee continued to meet monthly with representatives from approximately 25 community entities.

HUD Supportive Housing Grant continued to serve 27 clients annually through Community Caring Council and 17 clients through Family Counseling Center.

Approximately 1000 Housing Resource Cards were distributed; also available online at www.communitycaringcouncil.org

MO Housing Trust Fund grant, in the amount of $120,000, served 245 households (685 individuals) with Rental Deposit Assistance from Apr 2013 – Mar 2014.

Homeless Awareness Week was observed in Nov 2013 with a display at Cape West Cine.

Habitat for Humanity completed 3 homes in 2013 and will soon complete 1 home in Cape Girardeau and 1 home in Perryville.

Emergency/transitional shelters that are operational at this time: AMEN Center in Delta (60 beds house men, women and children), New Beginnings in Cape Girardeau (able to house nine men and eight women; no children allowed) and the Revival Center in Jackson.

Point in Time counts for Cape Girardeau County:
- Jan 2013: 17 unsheltered persons and 128 sheltered persons
- Jul 2013: 26 unsheltered persons and 151 sheltered persons
- Jan 2014: numbers not yet released

OTHER ACCOMPLISHMENTS TOWARD PLAN PROGRESS
Cape Girardeau City has two ordinances relevant to housing: Residential Rental Licensing (landlords must register their rental properties) and Property Maintenance Requirements (properties must be maintained).

Neighborhood Stabilization Program continued: a total of 10 homes have been purchased. Eight of these have been sold to new homeowners. One is currently for sale (921 Bloomfield Road) and one will be rehabbed soon and then sold.

Emergency Solutions Grant for 2013 assisted 15 households with Rapid Re-housing and 17 households with Homelessness Prevention. The grant also funded shelter upgrades at the Safe House for Women.

COMMUNITY ACCOMPLISHMENTS
Section 8 Housing list has not been open since Feb 13, 2013.

Gibson Recovery Center continued to operate Vision House with 16 beds for women in substance abuse treatment. There is a waiting list.

Midwest Ministry Care Center has assumed responsibility for the former Oxford House for women and will soon be open to house up to seven women in recovery.

BARRIERS
Significant needs remain for emergency and transitional housing units for our homeless population. Existing shelters are operating on limited budgets.

Safe and affordable permanent housing is not always available for low-income residents.

Submitted by: Kay Azuma

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PRIORITY ISSUE COUNCIL
Family Issues: Independent Living (Aging Committee)

COMMUNITY PLAN CHAIR
Kay Azuma

AGING COMMITTEE CHAIR
Morgan Beasley

AGING COMMITTEE VICE CHAIR
Gina Matysik

MEETINGS HELD 9

AVERAGE ATTENDANCE 15

COLLABORATING PARTNERS
AARP, Aging Matters, Alzheimer's Association, APPLE, Around the Clock Alarms, Cape County Health Department, Cape County Senior Citizens' Tax Board, Cape Police Department, Cape Senior Center, Capetown Assisted and Independent Living by Americare, Chaffee Nursing Center, Community Counseling Center, Cross Roads Medical Center, Crown Hospice, Four Oaks Hospice, Hoover Center, Jackson Ministerial Alliance, Jackson Senior Center, Love INC, Lutheran Family and Children's Services, MO Department of Health & Senior Services, Pyramid Tri-County Hospice, Regional Arthritis Center at Saint Francis Medical Center, RSVP/VIC, SEMO Alliance for Disability Independence, SEMO State University, The Lutheran Home, Visiting Nurse Association of SEMO and interested individuals

FUNDING SOURCES
Cape Girardeau County Senior Tax Board

NOTEWORTHY
The GrandFamily Conference, implemented by the Kinship Care Network, is an annual event. This year's conference was held on Oct 22, 2013 at St. Andrew Lutheran Church and 49 people were in attendance.

"Striking a Balance" Walking Program took place in Mar and Apr 2013. A total of 82 individuals participated during the six-week program.

COMMUNITY PLAN STRATEGIES COMPLETED
Senior Calendar was prepared monthly and 200 copies were distributed monthly at 11 locations; also available online at www.communitycaringcouncil.org

Senior Resource Cards remained available and 1500 Senior Resource Cards were distributed throughout Cape County; also available online at www.communitycaringcouncil.org

Monthly Aging Committee meetings were held for networking and presentations: Medi-Center Pharmacy Programs, Community Plan Update, Sheets & Young Medical Equipment, Medicare Update/Affordable Care Act, Senior Issues and Trends, Alzheimer's Association Update, and MO Rehab Services for the Blind.

Senior Safety Committee provided assistance to two individuals, valued at $300.00.

OTHER ACCOMPLISHMENTS TOWARD PLAN PROGRESS
Aging Committee's Annual Retreat was held in Sep 2013 with 18 in attendance.
Outcomes were reviewed and meeting presentations for 2013-2014 were planned.
The potluck breakfast was held at SADI's new Independent Living Center.
The SALT Council (Seniors and Lawmen Together) sponsored their annual Senior Celebration on Sep 26, 2013 with 214 seniors in attendance and 24 agencies with display tables. Their annual Christmas Party was canceled due to inclement weather.

Aging Matters (formerly SEMO Area Agency on Aging) sponsored a Senior Information Share Day on Apr 23, 2013. There were 32 presenting agencies and 65 attendees.

Love INC continues to employ a Senior Coordinator to organize volunteer resources for senior needs, thanks to the Cape County Senior Tax Board.

Community Caring Council received two grants from Cape County Senior Tax Board that serve persons, ages 60 and over, residing in Cape Girardeau County:
- $2750 to provide financial assistance for unmet needs and
- $4750 to facilitate the Golden Angels Lunch and Learn program.

Catholic Charities of Southern Missouri received a grant from Cape County Senior Tax Board for senior home repairs for homeowners, ages 60 and over, residing in Cape Girardeau County.

COMMUNITY ACCOMPLISHMENTS
Christmas for the Elderly has been ongoing for over 28 years. Sponsored by SE Missourian newspaper, Cape Jaycees, Cape County Health Department and MO Division of Senior Services, funds raised are used to purchase Christmas gifts for seniors in need. Surplus funds are used for other unmet needs throughout the year.

BARRIERS
Understanding the Affordable Care Act and changes in Medicare are challenging to the senior population.

Submitted by: Kay Azuma

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COMMUNITY PLAN
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PRIORITY ISSUE COUNCIL
Family Issues: Parent & Community Education

COMMUNITY PLAN CHAIR
Stacy Taylor

MEETINGS HELD 8

AVERAGE ATTENDANCE 8

COLLABORATING PARTNERS
Educare, Evangelical United Church of Christ, Jackson Public Schools, Lutheran Family & Children’s Services, MO Children’s Division, MO Mentoring Partnership, Safe House for Women, United Way of Southeast Missouri – LIFE and Success by 6, University of Missouri Extension

FUNDING SOURCES
Community Caring Council, Educare, MO Children’s Division, United Way of Southeast Missouri, LIFE Initiative, Success By 6

NOTEWORTHY
The annual “We Care About YOUth” conferences continue to be very successful and serve as continuing education for many foster parents and childcare providers at no cost to the individual.

COMMUNITY PLAN STRATEGIES COMPLETED
Family Fun and Learning Activities calendar was emailed to 105 individuals monthly and posted on SEMO Case Managers List Serv for 62 members. Approximately 300 paper copies were distributed monthly.

Successful Parenting training calendar was emailed to 105 individuals monthly and posted on SEMO Case Managers List Serv for 62 members. Approximately 200 paper copies were distributed monthly.

Community Resources Cards in English and Spanish continued to be distributed to agencies and individuals. 1400 (English version) and 500 (Spanish version) cards were distributed in the last 12 months.

Monthly Calendars and all resource cards were available online at www.communitycaringcouncil.org

Building Strong Families - two 5-week sessions were implemented through United Way of St.JO MO funding (Mar and Oct 2013) and served 63 adults and 26 youth (youth curriculum offered).

Building Strong Families - one 4-week session was implemented by Educare (May 2013) and served 26 families.

OTHER ACCOMPLISHMENTS TOWARD PLAN PROGRESS
Six new facilitators were trained in Feb 2014 to provide the Building Strong Families curriculum, thanks to United Way funding. These facilitators will be implementing future sessions of the curriculum at no cost to the program.

The fourth annual “We Care About YOUth” conference was held on Apr 12-13, 2013. A total of 96 foster parents and childcare providers attended, with 63 in attendance on Friday and 87 in attendance on Saturday. The fifth annual conference will be held on Apr 25-26, 2014.

COMMUNITY ACCOMPLISHMENTS
United Way of Southeast Missouri Success by 6 provided the following:
- Born Learning monthly events continued at Cape Public Library and Riverside Regional Library during the school year.
- Messy Morning was held at the Show Me Center on Apr 6, 2013. Over 2700 people attended, with approximately 28 vendors offering activities and information. This year’s event is scheduled for Apr 5, 2014.
- Kindergarten Jump Start was held at Cape Public Library (2 4-week sessions) for parents with children entering kindergarten in the fall.

BARRIERS
Consistency of attendance among some participants during the 5-week Building Strong Families sessions was lacking.
COMMUNITY PLAN
Annual Progress Report FY2014

PRIORITY ISSUE COUNCIL
Family Issues: Self-Sufficiency (Financial Stability Partnership)

COMMUNITY PLAN CO-CHAIRS
Jaime Ludwig
Denise Wimp

MEETINGS HELD 7

AVERAGE ATTENDANCE 11

COLLABORATING PARTNERS
Catholic Charities of Southern Missouri,
Chaffee Nursing Center, Cross Trails Medical Center, East MO Action Agency, First Call for Help, Love INC, MERS Goodwill, MO Family Support Division, MO Job Corps, Salvation Army, SE HEALTH Building Blocks, Sikeston Regional Office, United Way of SEMO

FUNDING SOURCES
There is no financial funding at the present time.

NOTEWORTHY
Quarterly Case Manager meetings are very well attended with an average attendance of 25.

COMMUNITY PLAN STRATEGIES COMPLETED
Quarterly Case Managers’ Meetings were planned and implemented. In addition to topic presentations, time for individual case reviews and networking was allowed.
- May 8 – Senior Home Repair, Opportunity Conference, EBT Cards at Farmers’ Markets; 26 attended
- Aug 17 – GED Update, Family Support Division Update, Opportunity Conference, Gibson Recovery Center; 17 attended
- Nov 6 – Opportunity Conference, Community Counseling Center, Beacon Health Center, American Red Cross; 28 attended
- Mar 5 – Affordable Care Act; 27 attended

FSPCape@gmail.com remained active for group mailings and case reviews. There are currently 50 members in this group and 16 messages were sent in the past 12 months.
Committee continued to meet monthly to provide regular updates of community resources. Committee did not meet during months when Quarterly Case Managers’ Meetings were held.

OTHER ACCOMPLISHMENTS TOWARD PLAN PROGRESS
United Way of SEMO began implementation of Dr. Donna Beegle’s “Opportunity Community” curriculum which bridges the gap between social services and the people who need the services. An Opportunity Community Conference was held on Oct 14, 2013 at Osage Centre. About 40 GED students and 40 trained navigator volunteers attended the conference. Each student (or neighbor) was matched with a navigator who will assist each student in reaching self-sufficiency. Follow-up activities are being implemented and progress of each matched pair is being tracked. Several members of the Financial Stability Partnership are serving as super-navigators or navigators.

Model of “Intentional Collaboration” is still under development. The idea is to have a variety of agencies committed to wrapping around each client’s specific needs. A survey will be administered shortly to assess the specific needs of the neighbors.

Presentation of client cases by committee members continued. At least one client case was reviewed at each committee meeting. Solutions were suggested by those present, and 85% of the case managers have reported success from the suggested solutions.

United Way of SEMO is planning to implement several Poverty 101 seminars in 2014.

COMMUNITY ACCOMPLISHMENTS
Free tax preparation is available at multiple locations in Cape and Jackson areas.
For information on community resources and services, call First Call for Help or go to www.firstcallforhelpsemo.org

BARRIERS
Identification and participation of individuals/families wanting to work toward financial stability
Increased need for assistance and less assistance available

Submitted by: Kay Azuma

4/1/14
COMMUNITY PLAN
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COMMUNITY PLAN STRATEGIES COMPLETED
Eight asset training sessions were presented to 66 Division of Youth Services (DYS) staff. Asset-based resource materials were given to each DYS site. An asset presentation on “Reading for Pleasure” was given to 17 parents.

THRIVE sponsored active student advisory groups at Jackson High (14 youth), Jackson Jr. High (18 youth), Jackson Middle School (39 youth), DYS ECHO Program (117 youth) and DYS Girardot Center (42 youth) for a total of 130 youth. This represents an 8.3% increase in participation over last year. Groups met once or twice monthly for an asset lesson and corresponding activity.

The THRIVE website remained current at www.capecountythrive.org

Asset-building articles were featured monthly in the Southeast Missourian Jr. newspaper, which reaches more than 2000 students in the Cape area.

A monthly e-newsletter – “Activating Assets” – was sent to 300 community members. An “asset of the month” was featured as well as an “asset tagline” for use by other community groups/individuals. The number of intentional asset messages circulating in our community were tracked for the first time. Over 265,000 messages were reported for FY2013.

Asset Coordinator facilitated two Change of Heart sessions for 90 students and eight staff at Jackson Middle School and Jackson Jr. High School.

Results from the Attitudes and Behaviors Survey administered to 354 students in Dec 2012 at Jackson and Oak Ridge High Schools were released in Apr 2013. Average number of assets was 19.5 (out of 40). National average for this age group is 17.7 assets.

A detailed timeline for Cape County’s THRIVE INITIATIVE from 2004 - 2012 was completed by the Evaluation subcommittee. The subcommittee has assumed the responsibility for keeping it up-to-date.

OTHER ACCOMPLISHMENTS TOWARD PLAN PROGRESS
Each Student Advisory Group remained active and engaged in asset building.

Jackson’s Student Advisory Group members held a Bingo Night in Apr 2013 and raised $1602 for future THRIVE student projects.

Asset Coordinator implemented one training for Mental Health First Aid and an eight-week session of Families and Schools Together for Teens at DYS Girardot Center.

Hendrickson Business Advisors completed two focus groups to develop appropriate asset messages for the community-at-large. As soon as more funding is secured, a community survey will be developed for Cape County adults.

COMMUNITY ACCOMPLISHMENTS
THRIVE partnered with EPIC/United Way-LIFE/Missouri Mentoring Partnership and Community Caring Council to provide a booth at Messy Morning in Apr 2013. They will again provide a booth at the 2014 Messy Morning event.

BARRIERS
Additional community members are needed to serve on the THRIVE committee.

There is still a significant lack of community knowledge regarding the 40 Developmental Assets.
Community Caring Council – Cape Girardeau
Established: 1995

FY13 Result Achievement: THRIVE INITIATIVE--Children and Youth Succeeding in School
December 2013

Community Profile: The Community Caring Council is located at 937 Broadway in Cape Girardeau, MO. Most of our efforts are directed to residents residing in the county of Cape Girardeau (population 75,674), although some of our programs also serve the surrounding counties of Scott, Bollinger and Perry. Our Partnership is governed by a 13-member board. A majority vote among a quorum (at least seven) is required for board decisions. The Council consists of nine full time staff and three part time staff: Executive Director, Community Coordinator, Housing Coordinator (5) and Case Manager, Community Case Managers (2), Asset Coordinator (5), THRIVE Specialist (5), Health Coordinator (.75), Office Manager, Receptionist (5) and MO Mentoring Partnership staff: Director (5) and Youth Specialists (1.5).

As one of the Council’s nine active Priority Issue Councils, the Youth Development committee has been instrumental in guiding the THRIVE Community Initiative – TEACH, HOPE, REACH, INVOLVE, VALUE and ENCOURAGE (youth). Using Search Institute’s 40 Developmental Asset framework, the initiative has impacted our youth and our community over the past eight years. THRIVE is dedicated to promoting positive youth development throughout Cape County through relationships, skills, and values. Research shows a positive relationship between higher assets, greater academic achievement, and lower risky behaviors. This initiative encourages all community sectors to build intentional and meaningful relationships with youth – as teachers, neighbors, relatives, employers, church leaders, etc. Our goal is to increase the number of assets of youth through interaction with meaningful adults and positive peers in their homes, schools, neighborhoods, youth programs and churches.

FY13 Major Collaborative Accomplishments: THRIVE continues to host free asset-based training opportunities and presentations, as well as distributing information at community events. We estimate that more than 600 people received asset information at these types of events this year. THRIVE also continues to work with student advisory committees in three secondary schools. These students and their faculty sponsors learn about the 40 Developmental Assets and plan and implement school or community service projects. Currently 58 youth are serving on these committees. We also provide technical assistance for the Asset Building Champions (ABC) program at a local private elementary school. This program utilizes parent volunteers in each classroom who read and facilitate activities with an anti-bullying message each month. More than 300 students, grades K-6 participate in this program. THRIVE is a regular feature in the Southeast Missourian Jr., a monthly newspaper for youth. This publication reaches more than 2000 students in our county. We also distribute a monthly e-newsletter called Activating Assets to adults in our area.

Noteworthy: THRIVE has developed a relationship with the Division of Youth Services in the Southeast region. We provide weekly asset-based group activities at one local residential facility and one community resource center. The Coordinator has also provided Change of Heart retreats for the youth and staff of 9 residential groups. This retreat is a fun, but thought provoking day of activities that examines the way we see people and how we treat them based on our perceptions of them. Youth have an opportunity to think about the way they have treated others badly, or observed negative treatment of others, in the past. It can be a very powerful day for youth who are willing to accept responsibility for their choices! Additionally, because the 40 Developmental Assets align so closely with the DYS Beliefs and Philosophies, we have worked closely with the regional administration to provide customized asset training for the staff, including administrators, facility management, educators, support staff, treatment staff, and Service Coordinators in the region. We have provided asset-based posters and resource materials for all of the residential groups to use with their youth. In addition, the Service Coordinators have been utilizing the Developmental Assets to create each youth’s treatment plan.

List of Partners: Big Brothers Big Sisters of Eastern MO, Cape Public Library, EPIC (Early Prevention Impacts Community), Jackson R2 Schools, Lutheran Family and Children’s Services, MO Division of Youth Services, MO Mentoring Partnership, Southeast Health/Building Blocks, Southeast Missouri State University, Southeast Missourian Jr., St. Vincent de Paul School, United Way/LIFE Initiative, University of MO Extension, parents and youth from the community.


**In the News**

**THRIVE**

**Asset Building for Kiddos, Tweens and Teens**

School can be a scary place sometimes for both students and their parents. It is critical that our children are spending a lot of time there and that's why a caring school climate is one of the 40 Developmental Assets. As a student, it can be hard to deal with both school work and other students, and as a parent it's easy to feel powerless to protect your child from dangers they may face at school. That said, here are a few tips to help you build this asset in your school:

- **Youth**
  - Write a thank you note to all the people at school who have been kind to you lately. Let them know you appreciate what they do for you.
  - Stand up for others when they are being picked on. It's hard sometimes, but worth it!
  - Try to include students who are often left out. All the time in your school, it's hard for some people to make friends. You could make a difference in that person's life and make a great friend along the way.
  - Talk to your parents when you are having a problem at school. They are smarter than they look.

- **Parents**
  - Listen carefully to your child when they talk about school and the relationships they are building with other children and adults.
  - Encourage your child to be kind and nonjudgmental of others.
  - Involve yourself in your child's school community. Talk frequently with their teachers, club leaders, and friends' parents.
  - Talk to your child about all forms of bullying, not just the physical, but verbal and emotional bullying as well. Together, come up with a plan of action if they feel they are being bullied.
  - Report any problems with bullying that you hear about or witness to the school immediately.

- **Adults**
  - Attend parent-teacher conferences. If needed, ask for extra meetings with both you and your child to discuss expectations and goals.
  - Go visit a museum together to explore exhibits that relate to what your child is learning in school.
  - Ensure that attending school events such as fundraisers, choir performances, and sports events are a family priority.
  - Check your child's backpack every evening and ask questions about what they have been working on.
  - Be available to check and help with homework.

- **Youth**
  - Don't be afraid to ask for help with your homework. It's okay to ask for help when you're struggling.
  - Take good notes and write down all the homework assignments. This helps you keep track of what you are learning and what you need to be turned in.
  - Show your parents your backpack and any handouts from school every night.
  - Tell your parents about activities and school events. Parents need to know what is going on at school.
  - Don't be embarrassed to tell your parents about problems at school. They can help you find a solution.

At the end of the day, the most overwhelming key to a child's success is the positive involvement of parents.

~Jane H. Hull

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[www.semisewian.com/junior](http://www.semisewian.com/junior)
Tracker is ready for Spring

Sensational Smiles Fundraiser event

On Saturday, March 29, 2014, the Community Caring Council's Oral Health Coalition will be hosting our 10th annual Sensational Smiles Fundraiser event at The Concourse, 429 N. Broadway Street, Cape Girardeau from 7:00 p.m. to 11:00 p.m. There will be a cash bar, dance with music provided by Mainstreet, and a silent auction. Tickets are $20 in advance and $25 per person at the door. Tickets are available at Rupp & Rupp Dentistry and Innovative Orthodontics. This event allows us to sustain the work of our Oral Health Coalition in providing Dental Treatment Scholarships for children with urgent dental needs.

During this current school year, over 5500 youth in Cape Girardeau County have had free dental screenings and fluoride varnish applications thanks to many who volunteer their time and expertise. Many urgent dental needs are identified at these screening events. The Coalition then works with families to help these children receive the needed treatment.