



Project Sunlight

Creating a Brighter Tomorrow

This Resource Guide is Published by:
St. Francois County Community Partnership & Project Sunlight
200 W First Street, Suite 182, Farmington, MO 63640 Phone: (573)431-3173 / 760-0212 FAX: 760-0451

Signs of Child Abuse

Did you ever think a child was being abused, but you weren't sure? Ask yourself some simple questions.

- Does the child often have bruises, welts, or burns?
- Does the child talk about beatings or poor treatment?
- Is the child usually dirty or wears torn or dirty clothing?
- Is the child often dressed poorly for the weather?
- Does the child get enough to eat?
- Does the child talk about being hungry or missing meals because of punishment?
- Does the child stay at neighbors' homes at mealtimes?
- Does the child cry a lot?
- Does the child seem to be afraid of a lot of things?
- Does the child seem to be left alone a lot?
- Do you see the child wandering around the neighborhood at unusual times?
- Is the child sometimes locked out of the house by the parents?
- Is the child forced to take over an adult's jobs?
- Is the child overworked?
- Are there really poor conditions in the child's home?
- Does the child have emotional problems or an illness

- and the parents refuse to take him to a doctor?
- Do the parents leave small children at home alone?
- Do the parents act like they don't care when you talk with them about the child's problems?
- Do the parents not care for their child because of use of alcohol/drugs?
- Do the parents use extreme punishment: i.e. hard shaking, locking the child in a room or closet, or using objects like belts or cords to hit a child or tie them up.

If you answer "yes" to any of these questions, there may be reasons for thinking a child is being abused.

Parents who abuse their children are not much different from everyone else. In most cases, they love their children and want to care for them. But they have problems dealing with some kinds of stress and they lash out at their children. Parents who abuse need help to learn how to take care of their stress and learn about their children's needs.

If you think a child is being abused, call the Child Abuse Hotline, 1-800-392-3738.

The hotline is a 24-hour toll-free telephone line for reporting suspected child abuse in Missouri. After calling the hotline, you will need to write down the facts. Your local county office of Children's Division, Missouri Department of Social Services, has a form to complete for the written part. Call them to get the form. They will be able to help you complete it, if needed.

Once a written report is made, a person from the Children and Youth Services office will be sent to take a careful look at the situation to decide if abuse is taking place and arrange for help, if needed, to prevent further abuse. Children and Youth Services will not give out your name for reporting abuse.

HEALTH & MENTAL HEALTH RESOURCES 2008-2009

LOCAL RESOURCES FOR FAMILIES



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ST. FRANCOIS COUNTY COMMUNITY PARTNERSHIP
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Southeast Missouri Mental Health Center
1010 W. Columbia St., Farmington, MO 63640
Phone: (573)218-6792
www.dmh.missouri.gov/southeast

Offering Admission, Emergency Room, Acute Care Unit, Forensic/LongTerm Care Unit, Corrections Treatment Center

BJC Behavioral Health

1085 Maple Street, Farmington, MO 63640
Phone: (573)756-5353 or toll free 1-888-331-5111
Crisis Hotline Number: 1-800-356-5395

- Individual, group and family therapy
- Psychiatric services
- Medication monitoring
- Psychosocial rehab
- Intensive in-home services for adults & children
- Treatment family homes for children
- School-based services
- Clinical case management
- Employee Assistance Program
- Respite services for adults & children
- Family assistance services for children

SOUTHEAST MISSOURI COMMUNITY TREATMENT CENTER
ADMINISTRATIVE OFFICE: 512 E. MAIN ST. PARK HILLS, MO 63601 (573)431-0554
5536 Highway 32, Farmington, MO 63640 (573)756-5749

PROVIDING THE FOLLOWING SERVICES:

The Family Counseling program; alcohol/drug treatment centers - Farmington (Aquinas) Poplar Bluff and Salem; Employees Assistance Programs (EAP); Community Psychiatric rehabilitation program; professional and community services; Children First; Out-patient comprehensive substance abuse treatment and rehab program (CSTAR); Health Children and Youth (HYC); Substance abuse treatment offenders programs (SATOP); Managed care programs - substance abuse and mental health out-patient services.



LISTEN TO OUR RADIO PROGRAM!

Project Sunlight
KREI Radio 800
4th Wednesday of Each Month at 9:30 a.m.

PREVENTING SUICIDE

What to look for:

- Previous suicide attempt; risk taking behavior; or acts of self harm
- Low self-esteem or social isolation
- Feeling hopeless/helpless
- Changes in usual behavior/activities
- Withdrawal from usual friends
- Increased or sudden use of alcohol or drug abuse
- Recent suicide or death of a friend or family member or other traumatic loss or event
- Any talk of death or self-harm

Help is available:

- MoCAR (Missouri Crisis Access Response) 24/7 Crisis Line 1-800-356-5395.
- KUTO (Kids Under Twenty-One) Crisis Helpline 1-888-644-5886. Youth staffed everyday after 4 p.m.
- Online: www.suicidology.org; www.spanusa.org; www.kuto.org.



For More Info Call Toll-Free
1-888-275-5908

ST. FRANCOIS COUNTY HEALTH CENTER

1025 WEST MAIN, PARK HILLS, MO 63601 (573)431-1947

Services Provided

- Vital Records - recording and issuing certified copies of birth and death certificates
- Environmental Health Services
- Communicable disease follow-up/investigate
- Dental Clinic - ages 2-19, Mo HealthNet only
- CPR and First Aide training
- Immunizations, free lead screenings
- Infectious Disease Clinic
- Breastfeeding Peer Counseling services
- Health Educator on staff
- Women, Infants and Children (WIC)
- Communicable Disease Follow-up & Investigations
- Sexually Transmitted Disease Clinic (free confidential counseling, testing and treatment), HIV/TB testing and counseling, TB testing
- HIV Case Management
- Well Woman Clinic - Pregnancy Testing, Temporary Medicaid Cards for pregnant women, free breast and cervical cancer screenings., cardiovascular assessment, wellness education
- Maternal Child Health Program
- Blood Sugar and Cholesterol Screenings, Health Education, Rabies Control, Flu Shots, Blood Pressure Monitoring
- Dental Clinic
- Regional Emergency Response Planning
- Vital Records - recording and issuing certified copies of birth and death certificates

For information regarding services listed, please call (573) 431-1947 or FAX (573) 431-7326.

Southeast Missouri Family Violence Council

P.O. Box 465
Bonne Terre, MO 63628

(573)358-3913

24 Hour Crisis
Hotline 1-800-663-9929

- A Friend's Place (domestic violence shelter)
- Domestic Violence Crisis Intervention
- Support Groups
- Information and Referrals
- Child Advocacy
- Court Advocacy
- Outreach Support Groups
- Parenting classes
- Sexual Assault Advocate



United Way • Missouri
2-1-1 FIND HELP / GIVE HELP
A service now available in St. Francois County
Get Connected. Get Answers.
Supported by Missouri Foundation for Health

Information Regarding Mental Illness:

- National Mental Health Assoc. - www.nmha.org
- National Alliance of the Mentally III (NAMI) www.nami.org / www.mo.nami.org
- National Institute of Mental Health www.missouri.uscity.net/Mental_Health
- Mental Health Assoc. of Greater St. Louis - www.mhagstl.org

SPECIAL NEEDS

First Steps (866)583-2392 toll free or (636)584-7279 First Steps is Missouri's early intervention program, free to all eligible children ages birth to three with developmental concerns.

L.I.F.E Center for Independent Living 725 E. Karsch Blvd. Farmington, MO 63640 (573)756-4314 VITTY 1-800-596-7273 FAX (573)756-3507 Services for any age person with disabilities. Information/Referral services, peer support, advocacy, independent living skills training, equipment loan, personal attendant services, ramp/home modifications, adaptive telephone program and social security benefits specialist. Meds assistance program. Transportation program.

Parent Link (800)552-8522 / (888)460-0008 **Spanish** Information service answering questions about parenting, child development, etc.

P.A.T.H. – Parents Association for Touching the Handicapped, 719 Maple Street, Farmington, MO 63640 (573)756-7554 Individual supported living services and training for persons with disabilities.

Rehabilitative Services for the Blind (573)592-6004, 106 Arthur, Ste F, PO Box 369 Sikeston, MO 63801 Vocation rehabilitation for the blind and preschool services for blind children.

Rolla Regional Center for the Developmentally Disabled, 105 Fairgrounds Road, PO Box 1098 Rolla, MO 65401 (573)368-2200

Assessment, residential placement & day habilitation services for persons with developmental disabilities who live in St. Francois County.

Social Security Administration 507 E Main, Park Hills, MO (573)431-2610 Retirement, survivors & disability insurance, Medicare, supplemental security income for the aged, blind, and persons with disabilities.

St. Francois County Board for the Developmentally Disabled, PO Box 652 / 2068 N Washington, Farmington, MO 63640 (573)756-0595 Multiple support services for individuals and families.

Unit of Special Health Care Needs (573)290-5830 or (800)451-0669 Authorizes in-home medical services for Mo HealthNet clients.

Variety the Children's Charity of St. Louis 2200 Westport Plaza Drive, St. Louis, MO 63146 Office: (314)453-0453; Fax: (314)453-0453 or www.varietystl.org Serving children with physical and mental disabilities in the Greater St. Louis region from infancy through the age of 21. Services include durable medical equipment (wheelchairs, braces, hospital beds, augmentative speech devices, hearing aids, prostheses, therapeutic bikes, van lifts, etc.); developmental programs, including a free summer camp for children with physical disabilities; educational enrichment outings; a resource center including, seminars, workshops and more.

HOSPITALS

For a complete listing of services please visit the listed web site.

Jefferson Memorial Hospital Hwy 61-67 @ I-55, Crystal City, MO 63019 (636) 933-1000, www.jeffersonmemorial.org

Madison Medical Center 100 S. Wood Avenue, Fredericktown, MO (573)783-3341 www.madisonmedicalcenter.net

Mineral Area Regional Medical Center 1212 Weber Road, Farmington, MO 63640 (573)756-4581 www.marmc.org

Parkland Health Center 1101 West Liberty Farmington 756-6451 or 7245 Raider Road, Bonne Terre, MO (573)358-1400 www.parklandhealthcenter.org

Ste. Genevieve County Memorial Hospital 802 Ste. Genevieve Dr., Ste. Genevieve, MO 63670 (573)883-2751 www.stegenevievehospital.org

Washington County Memorial Hospital 300 Healthway, Potosi, MO 63664 (573)438-5451 www.wcmhosp.org

HEALTH**GENERAL HEALTH**

Partnership for Prescription Assistance - 1-888-477-2669, www.pparx.org Assistance for obtaining prescription medication. Income guidelines may apply. Free or small fee for some medications.

Together Rx Access - 1-800-250-2839 www.togetherrxaccess.com Free prescription savings card for individual sand families without prescription coverage. Requirements for eligibility.

PS Card - 1-888-516-2535 www.pscard.com Free prescription savings card for individuals and families without prescription coverage. Requirements for eligibility.

Breast Health Care Center at Missouri Baptist Medical Center, 3015 North Ballas Road, St. Louis, MO (314)996-5000 Provides a full range of breast health services, from screening and diagnostic mammography to treatment, all in a pleasant, well-equipped facility.

Caring Communities - Schools Serves children & families to improve health and ensure success in school. Affiliated with local school districts.

Farmington Caring Communities (573)701-1380 *Bismarck School District (Counselor's office)* (573)734-6111

Central School District (Counselor's office) (573)431-1302

North St. Francois County Caring Communities (573)431-6700 Ext. 6

West County Caring Communities (573)562-7558

Great Mines Health Center 600 Purcell Drive, Suite B, Potosi MO 63664, (573)GET-WELL, (573)438-9355 Family practice clinic. Private insurance, Mo Health Net, sliding fee scales for services. Medication assistance program for clients. Clinical social worker/counseling for children and adults. Educational programs. Lifeline (BJC Home Health Care) 815 East Main, Park Hills, MO 63601, (866)674-9900 X4405 Fee-based personal response and support services.

Muscular Dystrophy Association 7909 S Big Bend Road, St. Louis, MO 63117 (314)962-0023 Variety of services provided for individuals diagnosed with one of the 40 covered disorders associated with MD.

Parkland Pregnancy Resource Center 210 North A St., Farmington, (573)756-1517 Care, support and resources for pregnant women. Free pregnancy testing.

St. Francois County Ambulance District (573)756-6764 Fee-based medical transportation services. CPR/First Aid training. Child Safety Seat inspections.

Women's Wellness Center / East Missouri Action Agency, 107 Industrial Drive, Park Hills, MO 63601 (573)431-5191 Show Me Healthy Women: Free breast/cervical cancer screenings for women ages 40 and over (income guidelines apply); Wise Woman Program: Healthy heart program (health and income guidelines apply); Family Planning Services: Reproductive healthcare services and education. Exams, screenings & contraceptive services. Pregnancy, HIV, STD testing. Phlebotomy Services: Blood sugar, cholesterol, hematocrit, hemoglobin, lipid panels.

Project Sunlight ...

Ending the Cycle

The mission of Project Sunlight is to:

- raise awareness of child abuse and neglect in St. Francois Co.
- facilitate community initiatives aimed at prevention
- coordinate resources so assistance is readily accessible for those who need it.

Contact St. Francois County Community Partnership for more information at (573)431-3173.

**ParentLink**

1-800-552-8522

**You can ask us anything!**

Iron County Health Department 606 West Russell, Ironton, MO 63650 (573)546-7121 or 1-888-476-7121 Immunizations, pregnancy testing & prenatal case management, STD/HIV testing/treatment, lead screening, WIC, Chronic Disease screen/monitoring. **Jefferson County Health Department**

- Hillsboro Office, 405 Main St., Hillsboro, MO 63050 (636)789-3372
- Arnold Office, 1818 Lonedell, Arnold, MO 63010 (636)282-1010

Vital records, immunizations, lead screenings, family planning, nutrition services, STD testing, school health services, diabetes control program.

Madison County Health Department 806 West College Ave., Fredericktown, MO 63645 (573)783-2747 Immunizations, lead screening, chronic disease screening & care, ENT clinic, STD testing, family planning, WIC, school health programs, vital records.

St. Francois County Health Center, 1025 West Main, PO Box Q – Park Hills, MO 63601 (573)431-1947 (See page 1 for services provided).

Ste. Genevieve County Health Department 255 Market Street, PO Box 49, Ste. Genevieve, MO 63670 (573)883-7411

Environmental health, disaster/emergency management, maternal & child health services, vital records, SIDS, immunization, temporary Medicaid, case management, school health programs, communicable diseases, STD-HIV-AIDS, nurse consultant, health education programs, family planning, WIC, cholesterol screenings, blood sugar testing, blood pressure checks.

Washington County Health Department 520 Purcell Drive, Potosi, MO 63664 (573)438-2164 WIC, maternal and child health, STD testing and treatment, communicable disease services, infant and adult immunizations, birth and death certificates, nutrition counseling, lead testing, abstinence program for schools, Mo HealthNet case management, chronic disease screening and management.

HOME HEALTH SERVICES**Desloge**

Reliable Home Care, 507 East Chestnut, Desloge, MO 63601 (573)431-3427 **Pyramid Home Care**, 110 N. Desloge Drive, Desloge, MO 63601, (573)431-3956

Farmington

AmHeart Hospice, 821 Valley Creek Drive, Farmington, MO 63640, (573)756-0554 **Apria Healthcare**, 2694 Highway 67, Farmington, MO 63640 (573)756-6761 **Elder Helpers**, 301 N. Washington, Farmington, MO 63640 (573)756-7743 **Genesis Home Care**, 400 N. Washington St., Farmington (573)747-0052

Healthy Home, Family Nursing Service 1007 Ste. Genevieve Ave., Farmington, MO 63640 (573)760-0709 or 1-877-760-0709

Home Care Nursing, Inc., 3370 Delassus Rd, Farmington, MO 63640 (573)747-1678

Presbyterian Hospice of Mid America, 412 Cayce Ave., Farmington, MO (573)756-7066

Private Nursing Service, Independent Nurses 107 East Harrison St., Farmington, MO 63640 (573)756-4504

MARMC Home Health Services, 1212 Weber Road, Farmington, MO 63640 (573)756-6199 **VNA-TIP Home Care**, 500 W. Pine St., Farmington, MO 63640, (573)747-1177 or 1-800-642-6099

Park Hills

American Homecare Management, 509 East Main, Park Hills, MO 63601 (573)431-6599

BJC Home Care Services, 815 East Main, Park Hills, MO 63601 (573)431-8575

HospiceCare, Inc., P.O. Box 1000, Park Hills, MO 63601 (573)431-0162

Missouri Home Care, 10 S. Coffman, Park Hills, MO 63601 (573)431-6685

Premier Home Health Care, 520 East Main St., Park Hills, MO 63601 (573)431-3134

—MENTAL HEALTH / COUNSELING SERVICES—

Access Alcohol Drug Abuse Services 400 N. Washington, Suite 208, Farmington, MO 63640 (573)756-2200

Assessments, counseling and educational services, and substance abuse traffic offenders program.

Bridge of Hope, 400 N. Washington St., Farmington, MO (573)701-9861

Counseling Concepts, 126 Pine St., Farmington, MO 63640 (573)756-7063

Relay Missouri (800)735-2966

Respite services/ family assistance; individual, group, and family therapy; residential services; treatment family homes; in-home services; psychiatric evaluations; support groups; mental health instruction; crisis intervention; STEP Program for parenting skills; nurse consultation. **Center for Creative Change, Inc.**, 506 North Street Farmington, MO 63640 (573)756-3330 Counseling for all issues including marriage, ADD/ADHD, anger management. Most insurance, Mo HealthNet accepted.

Children's Haven 605 Wallace Road, Farmington, MO 63640 (573)756-2108

Out-patient counseling for children/adolescents, ages 5-17. Provides evaluation, counseling, and referrals for problems including physical, emotional or sexual abuse, anger, depression, ADHD, behavioral problems and adjustment disorders that can be due to divorce, loss of family member, adoption, and other major changes or traumas. Most insurances and Mo HealthNet.

Counseling Connections (636)931-0300

206-B Main Street, Festus, MO 63028

Counseling for individuals of all ages, couples, parents & their children, teens, and families. Parenting groups. Provides assistance and peer groups for anger management, substance abuse, domestic violence, co-dependency, female/male empowerment, trauma, depression, personality disorders, and some psychological testing. Accepts private-pay insurance and Mo HealthNet.

Parkland Senior Support (573) 760-8342 Provides in-patient acute psychiatric services for individuals 55 years and older. Treatment includes individual meetings with psychiatrists and group therapy to assist with emotional, mental, physical and medication needs. Our nurses, psychiatrists, trained counselors and social workers can help with all aspects of a person's life.

OASIS and BJC Behavioral Health (573)760-8423. Offers adult wellness program of five classes to adults 50+.

Counseling Concepts, 126 Pine St., Farmington, MO 63640 (573)756-7063

Community Counseling Center 748 Center Drive, Ste. Genevieve, MO 63670 (573)883-7407 Intensive in-home services. 24-hour on call intensive counseling services for families where one or more children are at imminent risk of placement outside the home.

Farmington Children's Home 608 Pine Street, Farmington (573)756-6744 Private & agency-referred residential care for homeless, dependent, or neglected adolescents. Emergency shelter care & crisis for children ages 12-18.

Life Changes 4737 Georgia Dr., Farmington (573)756-1863 Therapeutic services for individuals and families. Marriage counseling, ADHD, foster care adjustment, depression, self-esteem issues, communication problems, stress management, parenting, domestic abuse, eating disorders and other mental health issues. Parenting groups available periodically.

McGraw, MSW, LCSW, Dr. Richard - Private Therapy (573)358-8984 Individual & family therapy, marital counseling. In-home service available.

Mo HealthNet and other private insurances.

McIntosh Counseling, 4000 N. Washington St., Farmington, MO 63640 (573)756-7099 Individual and marriage counseling.

New Beginnings, Park Hills, MO 63601

(573)562-2960 Kathy Grogan, Counselor Individual and grief counseling

Presbyterian Children's Services (314)989-9727 Family counseling for parent/child conflicts, divorce, school behavioral problems, dependence, trauma, neglect or abuse.

Pathways 301 N Washington, Farmington (573)756-6101 Substance abuse support services/ programs for youth.

Payne, Dana - Private Therapy (573)701-4882

Supportive Solutions, 118 West Pine Street, Farmington, MO 63640 (573)701-0330 Individual & family therapy, in-home service available. Mo HealthNet/insurance.