

**Franklin County Service Providers**  
August 7, 2007      Union, MO

**In Attendance**

Katie Dieckhaus, Congressman Kenny Hulshof's office  
Barb Berger, Show-Me HealthyWomen  
Susan McGlynn, Family Planning Clinic  
Sue Swisshelm, Head Start  
Diane Grove, St. John's Mercy Hospital  
Jennifer Derner, St. John's Mercy Hospice  
Laurie Kelly-West, Jefferson-Franklin Community Action  
Norma Klemme, Habitat for Humanity  
Armin Klemme, Union Food Pantry  
Jake Capps, The Crossroads Program  
Michael Cundiff, Family Wellness Program  
Sue Luedde, Adult Education & Literacy Program  
Becky Stieffermann, Franklin County Area United Way

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Minutes

The meeting was called to order by Chair, Sandra McKinnon of University of Missouri Extension. Introductions and the following announcements were made:

**Franklin County Service Providers**

A list serv sign up sheet was passed around to attendees to add contact information. Currently there are over 70 people on the list serv. The list serv is used to share upcoming events, new services, a reminder of a deadline, etc.

A sign up sheet for 2008 presentations was passed around. Sandra would like to see a goal setting session for 2008.

Our group normally doesn't meet in July but a training opportunity on basic first aid was arranged. Ten members attended the July 10 training led by the Union ambulance district. Feedback was positive and indicates this type of training should be offered again.

Please note that our next meeting, September 4, will be held at the Regional Training Center, Room 114. Exceptional Equestrians are the featured agency. This special location will only be for the Sept. meeting.

A reminder – please be sure to sign into the meeting and look over the list to be sure your information is current. Reminder postcards are sent using this list.

**Family Planning Clinic** – they have openings for new patients at their St. Clair site.

**Head Start** – Now taking applications for 3-4 year olds. They have centers at Sullivan, Union, St. Clair. A limited bus service is available.

**Adult Education & Literacy Program** – looking for volunteers to tutor. Tutors must be over 16 years old. An orientation for new volunteers will be held August 20.

**United Way** – The new campaign will announce its goal this Thursday. Brochures are available.

**Jefferson-Franklin Community Action** - office moved to St. Clair.

**Habitat for Humanity** – six houses have been built in Franklin County. Call if you would like to volunteer. And a reminder to collect aluminum cans and donate at one of two sites – Union WalMart and Washington High School.

**Food Pantry** – The pantry is open Mondays and Thursdays from 2:00-4:00 p.m. The pantry is always in need of donations of food. Cereal and juice are especially needed. Monetary donations are accepted as well and primarily are used to purchase meat.



**The Crossroads Program** – Jake Capps was our guest speaker. For today's youth, the pressure to get involved with drugs and alcohol is inescapable. It has become a major part of youth culture. The Crossroads Program is a private outpatient 12-step program for 12-24 year olds (this age range is flexible). It uses an enthusiastic approach to sobriety; it focuses youth on something better to replace their addiction. Most of the young people in the program have trouble with self-worth. Crossroads helps to bolster their self-esteem. Parents must be part of the treatment.

**The Intensive Outpatient Program** is for those who need a higher level of support and guidance. This program is a minimum of 4 weeks with an average length of stay between 6 and 12 weeks, this is because completion is based on progress. This is a substance abuse program which can provide either primary treatment or a smooth transition from an acute care setting into the support group program. This program also serves as a relapse prevention program for young people experiencing setbacks during early recovery (six months to two years.)

Crossroads IOP is divided into two groups. One is younger group for ages 12 - 17 and the other is a older group for ages 18 - 24. Treatment activities for each group include a four hour extended group session, Monday through Friday. IOP activities also include weekly individual sessions as well as attendance at Crossroads support group meetings and social activities. The parents or guardians of young people in this program are asked to make a commitment to attend at least one parent meeting per week and periodic individual sessions. Finally, this program also includes four bimonthly aftercare sessions.

**The Outpatient Program** is a less intensive version of treatment for adolescents between the ages of 13-17. This program is designed to help adolescents whose lives have become unmanageable due to chemical abuse or dependence, yet still maintain a higher level of functioning in other areas of their life, such as school or sports. This program is designed to give these teens the "tools" of recovery, while assisting them in keeping the other areas of their life functional.

The OP program is an 8 week program that includes group sessions Monday, Wednesday, and Friday from 4 PM to 7 PM and weekly individualized treatment planning. OP also requires attendance of Crossroads support group meetings and social activities, as well as 1 outside support group meeting per week.

Parents or guardians are also committed to attend one Crossroads parent meeting a week and periodic individualized sessions with a Crossroads counselor. Finally, OP includes three after care sessions bimonthly.

### **Support Groups for Youth and Parents**

Crossroads support group is an 18 to 24 month program. Crossroads currently offers support groups in the St. Louis area, one in Columbia, and one in Kansas City. Each of these groups include two evening 12-step meetings per week for young people, including drug-free social functions every weekend. Individual 12-step appointments are available with counselors whenever needed. These appointments are available to both young people and parents. There are no fees for the support group or appointments.

Crossroads also offers a weekly support groups for parents. Having lived with the problems caused by drug and alcohol abuse, parents have experienced strain, stress, disoriented thinking, fears, resentment and other negative factors. The parent group plays an important role in the recovery process. With the help of this 12-step group, parents are able to find a new way of life which includes a measure of hope and happiness.

Counselors are trained in alcohol and drug counseling and are either Certified Substance Abuse Counselors or in the process of receiving certification.

Crossroads counselors are available to speak at meetings and seminars. Visit <http://www.thecrossroadsprogram.com> for more information or contact the program in Chesterfield – 636-532-9991; Columbia – 573-256-8020; Kansas City – 816-941-4000.

Respectfully submitted by,  
Diane Grove and Sandra McKinnon