JANUARY 2026 VOL.13

CONNECTIONS

Community Counseling Center's Quarterly Newsletter

Hispanic Heritage Month Poster Contest Winner Announced

AGENCY UPDATES CCC Gives Back to the Communities We Serve

Employee of the 1st Quarter Announcements

WE'VE BEEN BUSY Community Outreach & Participation

Community Counseling Center Gives Back

At Community Counseling Center, our commitment to wellness doesn't stop at our clinic doors. We believe that a healthy community is built on strong partnerships, safety, and heartfelt gratitude.
This past quarter, our team and Foundation have been busy out in the field—from supporting the safety of our local youth to honoring the heroes who served our country. These moments of connection remind us why we do what we do. Below, we are proud to share two highlights of how CCC has been giving back to the communities we call home.

CCC Supports National Child Safety Council

This past October, the Community Counseling Center was proud to partner with the Cape Girardeau County Sheriff's Office through a donation to the National Child Safety Council (NCSC).

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C.L.U.E. Committee Honors Local Veterans

This November, our Connection through Learning, Understanding, and Empathy (C.L.U.E.) Committee brought some extra smiles to the Missouri Veterans Home in Cape Girardeau.

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The NCSC has been a leader in safety education since 1955. Through this donation, we are helping provide vital safety materials to children across Cape Girardeau County via school programs and local events. We believe that mental health and physical safety go hand-in-hand, and we are honored to support the Sheriff's Office in their mission to educate and protect our youth.

"We're deeply grateful for our community partners and their continued support in helping us educate and protect the youth of our county." — Cape Girardeau County Sheriff's Office

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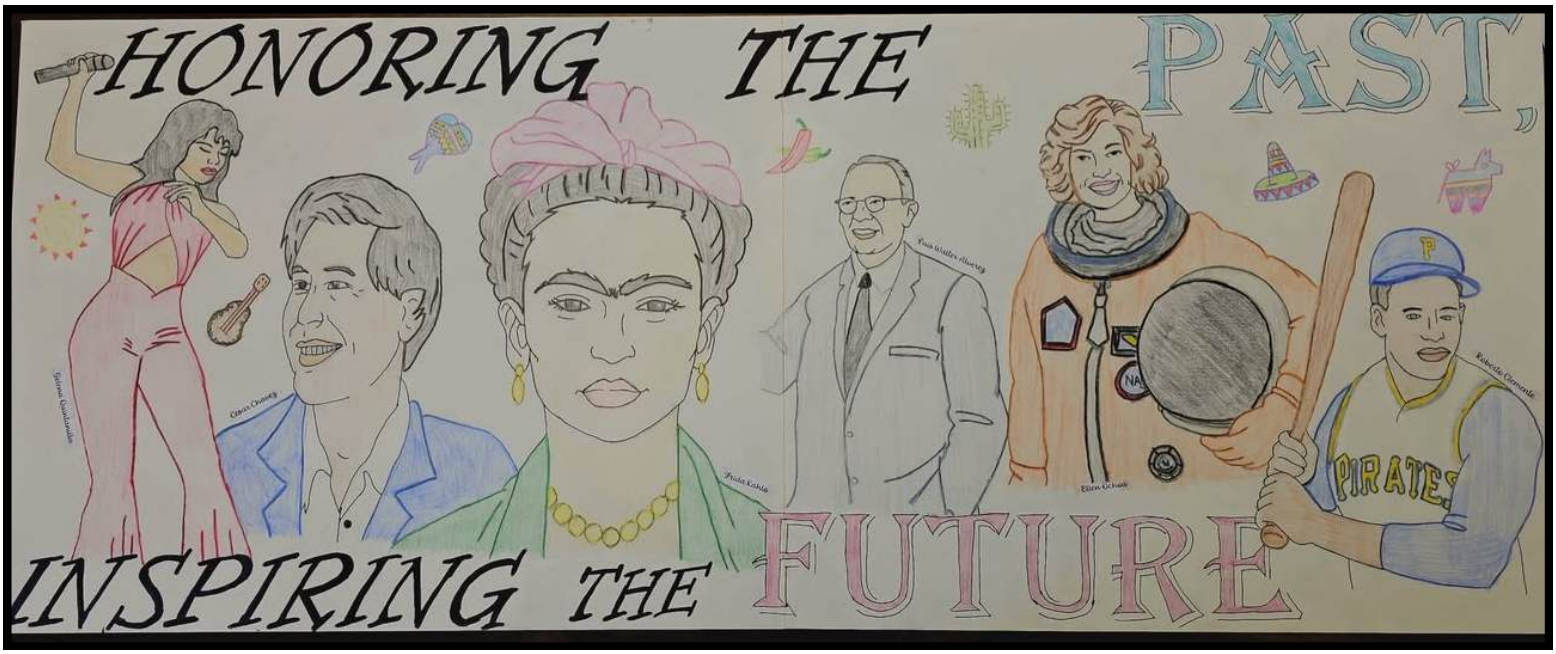
Members of the committee hand-packed and delivered 130 personalized gift bags to the residents. Each bag was filled with a handwritten thank-you card, a veteran-themed pen, and—the crowd favorite—a small rubber military duck wearing a "Thank You" hat! It was a small gesture to show our immense gratitude for their service.

The Impact:

- 130 Veterans reached.
- Hand-delivered with care by CCC staff.
- A meaningful connection made with our local heroes.

"It was such a meaningful project, and we were proud to honor our veterans in this way," shared Soni Lloyd, C.L.U.E. Chair. We are so thankful for our C.L.U.E. team for leading the way in empathy and community outreach!

Announcing Our 2025 Hispanic Heritage Month Poster Winner!



Diversity is one of our greatest strengths at Community Counseling Center, and this past October, we invited our staff to express that through the 2025 Hispanic Heritage Month (HHM) Staff Poster Contest. We are thrilled to announce that the winning entry came from Haley Shuffit of the Support Staff Department in Cape! Haley's poster was selected not just for its vibrant aesthetic, but for its deep cultural resonance. Her work served as a powerful reminder of how art can bridge gaps, educate others, and honor the rich history and diversity within our own community. "Haley's work stood out as a shining example of how art can connect us and celebrate the diversity of our community."

As the contest winner, Haley enjoyed a special lunch with a coworker of her choice, courtesy of the C.L.U.E. Committee. Her winning design is also being featured across our official social media platforms and right here in Connections. A huge thank you to everyone who submitted an entry or took the time to vote. Initiatives like these—led by our C.L.U.E. team—help ensure that CCC remains an inclusive, empathetic, and connected workspace for all. Congratulations, Haley! Thank you for sharing your talent with us.

Investing in Leadership: Fall Supervisor Workshop

Collaborating for a Stronger CCC

On October 1st, the Community Counseling Center leadership team gathered at the Jackson Civic Center for a day dedicated to professional growth, team building, and shaping the future of our agency. These workshops are a vital part of how we ensure our supervisors have the tools they need to support their teams and, ultimately, the people we serve.

Building a Better Workplace

The day wasn't just about meetings—it was about innovation. Our supervisors spent the afternoon brainstorming ways to enhance the "CCC Experience" for both current and future staff. Key highlights from our discussions included:

- Employee Wellness: Exploring creative scheduling options, such as the potential for four-day work weeks, to support better work-life balance for our dedicated supervisors.
- Elevating the New Hire Experience: Developing a more streamlined and collaborative orientation process to welcome new team members with open arms.
- Honoring Dedication: Launching the "With Gratitude: Employee Farewell Program," a new initiative designed to celebrate the legacy of our long-term employees with personalized awards and department lunches.

Connecting Through Play

Of course, it wouldn't be a CCC event without a little fun! The afternoon featured a Team Building Activity that allowed supervisors from different departments to step away from their screens and connect in person. These moments of networking and shared laughter are what strengthen the bond between our programs. From cybersecurity updates to discussing "Leading vs. Directing," the workshop left our team energized and ready to head into the new year with a clear vision.

"Our participation in these workshops continues to make our workplace a more inclusive, connected, and resilient space." - CEO Wendy Ice

Community Outreach & Involvement

CCC has been actively engaged in our communities over the past couple of months:

Mental Health is Safety, Too
CCC Participates in Community Safety Day

On Saturday, October 25th, the Community Counseling Center team headed to Jackson City Park for the annual Community Safety Day. While many stations focused on physical safety, our team was there to remind the community that mental wellness is just as vital to our overall well-being. Our interactive booth featured a unique "Mental Health Hazards" display, identifying common stressors and internal "hazards" we all face. To help attendees navigate these challenges, we shared tools and resources for mindfulness, including journaling, meditation, and the calming benefits of sound machines. We were honored to join local public safety organizations in educating the nearly 300 families and individuals who attended this year's event.

"Be The One You Needed"
CCC Partners for Annual Peer Support Event

Community Counseling Center was proud to join forces with FCC Behavioral Health and the Gibson Center for Behavioral Change for the 2nd Annual Peer Support Community Event on November 22nd. Held at the 4H Building in Arena Park, the event carried the powerful theme: "Be The One You Needed". Several dedicated CCC team members spent the day connecting with community members, sharing behavioral health resources, and supporting a "Lived Experience" panel. From face painting and games to sharing success stories, it was a beautiful day of celebrating recovery and the strength of our local support network.

Promoting Wellness at Every Age: Senior Living Expo

On November 5th, CCC joined seniors, families, and caregivers at the Jackson Civic Center for the 3rd Annual Senior Living Expo. Visitors to our booth received Senior Wellness Workbooks, which are packed with cognitive therapy activities including word searches, "seek and find" challenges, and healthy recipes. Along with these interactive tools, our staff provided educational brochures and promotional materials to help local families navigate the behavioral health services available to them.

Community Outreach & Involvement

CCC has been actively engaged in our communities over the past couple of months:

Busting Stigma and Winning at Wellness

CCC Teams Reach 1,500+ Youth Through Halloween Outreach

This October, Community Counseling Center took to the streets of Fredericktown and Perryville to turn spooky traditions into opportunities for connection. Through these two vibrant community events, our teams successfully reached over 2,000 area children with messages of hope, health, and, of course, a little bit of candy!

In Madison County: Our Fredericktown team took over Historic Downtown for the "FreakyTown" celebration. Dressed in their best Ghostbusters gear, they focused on "Busting the Stigma" surrounding mental health, providing a fun and approachable way for families to engage with our mission.

In Perryville: The team joined the Moonlight Madness Trunk or Treat on the downtown square. With a clever "The Price is Right" theme, they invited trick-or-treaters to "Come on Down to Better Mental Health," proving that wellness is always a winning choice.

We are so proud of the creativity our staff displayed in making mental health education interactive, inclusive, and—most importantly—fun for the youngest members of our community!

Halloween 2025: Unmasking Our Creativity!

This year, staff let their imaginations run wild with a "No Theme" costume contest, and the results did not disappoint! From the clever and classic to the downright hilarious, the hallways of CCC were filled with spirit on October 31st. After a competitive round of staff voting, we are excited to announce our 2025 spooky season champions:

The Leaderboard

Best Overall Individual Costume: Mike Mills. Mike takes home the coveted Traveling Trophy (to be displayed proudly until next year!) and a $75 Amazon gift card.

Most Creative/Original Individual: Tricia Hodges. Tricia's unique vision earned her a $50 Hobby Lobby gift card for her future masterpieces.

Best Group/Team Costume: Darla Hughes, Chasity Lovel, and Tiphany Murillo. This trio's collaboration won them a well-deserved team pizza party.

Best Duo/Pair Costume: Ben Jones and Benji Dorris. The "Bens" are heading to the cinema with a Movie Night for Two prize package.

Thank you to everyone who dressed up, sent in photos, and participated in the voting process. Your energy and humor continue to make CCC a wonderful place to work!

Community Outreach & Involvement

CCC has been actively engaged in our communities over the past couple of months:

Bollinger County Fall Festival: A Day of Community Connection

On October 4th, Community Counseling Center was out in full force to celebrate the Bollinger County Fall Festival in Marble Hill. The festivities began with Julie Petzold proudly ushering the CCC marketing van through the parade route, waving to local families, distributing candy, and kicking off the day's outreach efforts.

The connection continued immediately following the parade at our dedicated resource booth. Staff member Rhonda Horrell manned the table, where she engaged with festival-goers, distributed "awesome" CCC swag, and shared vital information about the behavioral health services we provide to the region. It was a wonderful day of sunshine and community spirit!

Sprinting for a Cause: CCC at the Mary Mingle 5K

The holiday spirit was in full stride this December as the Community Counseling Center Foundation hosted the annual Mary Mingle 5K. With over 500 participants hitting the pavement, the event was a massive success, generating $20,000 in net proceeds to support local mental health initiatives. Our CCC team was right in the heart of the action with a festive booth to cheer on the runners. We enjoyed connecting with the community and handing out custom laser-cut ornaments featuring phrases like "Oh What Fun It is to Run" and CCC's logo. We also distributed brochures detailing our various agency services to ensure attendees knew where to find support.

A huge thank you to everyone who ran, walked, or volunteered to make this "the most wonderful 5K of the year". Mark your calendars—the Mary Mingle is already scheduled to return on December 5, 2026!

Waddling Into the Holidays

CCC Spreads Cheer at Ste. Genevieve Christmas Parade

On December 6, 2025, Community Counseling Center brought a splash of fun to the Ste. Genevieve Christmas Parade with our unique "Christmas Duck" theme. Our agency van stood out in the procession, featuring giant, four-foot Santa and Elf ducks perched on top!

Staff members walked the route, handing out candy and tossing small rubber ducks to the crowd. Each duck carried a positive mental health message, such as “Be kind to your mind... take it one little waddle at a time,” making the event a truly wonderful and heart-warming experience for the whole community.

Holiday Displays Throughout Our Communities

Madison County

Bollinger County

Cape Girardeau County

A Night of Music, Magic, and Memories - 2025 Winter Holiday Party

On December 6th, the Jackson K.C. Hall was filled with holiday spirit as staff members and guests gathered for our annual Winter Holiday Staff Appreciation Party. The evening kicked off with a festive dinner accompanied by the smooth sounds of Gerry Huggins on the saxophone. The energy stayed high all night with a variety of highlights: Strike a Pose: The photo booth captured all the fun seen in the collage below. Friendly Competition: The crowd turned up the volume for our Karaoke Contest and a high-stakes round of Pass the Present. Winning Big: We loved handing out attendance prizes throughout the evening as a small token of thanks for everyone's hard work this year. It was a wonderful night to relax, reconnect, and celebrate the incredible team that makes Community Counseling Center so special!

THRIVING TOGETHER
A Community Behavioral Health + Wellness Conference

JOIN US FOR NEXT YEAR'S CONFERENCE!

DATE	TIME	LOCATION
WEDNESDAY **JULY 22, 2026**	**8 AM - 4 PM**	SHOW ME CENTER **CAPE GIRARDEAU, MISSOURI**

KEYNOTE SPEAKERS

BOBBY HENLINE

Bobby is a retired U.S. Army Staff Sergeant, motivational speaker, actor, and comedian. A veteran of four tours in Iraq, Bobby survived a devastating IED explosion that resulted in life-altering injuries. Since then, he has become a powerful voice of resilience, hope, and healing.

With courage and humor, Bobby shares his journey of overcoming both the physical and emotional challenges that followed his injury. His story is not only a testament to the strength of the human spirit but also a reminder of the importance of mental wellness—and finding light even in the darkest moments.

Prepare to be inspired, moved, and yes—laugh a little—as Bobby delivers a keynote unlike any other.

DARRYL STRAWBERRY

Baseball legend Darryl Strawberry is widely known for his extraordinary success on the field—an eight-time MLB All-Star, four-time World Series Champion, and one of the most powerful hitters in the game. But his impact goes far beyond sports.

Throughout his life, Darryl has held leadership roles in both his professional and personal journey. While achieving remarkable career milestones, he also faced deep personal struggles, including addiction, abuse, divorce, cancer, and even jail time. His story is one of incredible highs, painful lows, and ultimately, transformation.

Darryl will share his powerful and candid message about overcoming adversity, reclaiming purpose, and using life's most difficult moments to fuel growth and inspire change. His passion for helping others and his ability to connect through real-life experience makes his message one you won't want to miss.

Let's spark conversations, break the stigma, and thrive together as a stronger, healthier community. **See you there!**

PRE-REGISTRATION IS OPEN!
Pre-register at ccentr.com/events or scan this QR code.

FOR INQUIRIES OR SPONSORSHIPS:
Email us at ThrivingTogetherConference@ccentr.com

Make a real difference

in our community's mental health. Support the Community Counseling Center Foundation.

The Foundation raises money to provide resources that go beyond the Community Counseling Center's (CCC) regular budget, state appropriations, and other funding sources. These are things CCC wouldn't be able to provide without the Foundation's help.

CCC Community Counseling Center Foundation

Serving Cape Girardeau, Bollinger, Perry, Ste. Genevieve & Madison Counties.

Some examples of how we help:

Funding goes beyond the CCC's regular budget to provide extras like:

- New interventions for school counseling and outpatient therapy.
- Essential items for at-risk youth through street outreach.
- Household items for clients transitioning from residential care.
- Activities and Christmas gifts for residential clients.
- Security improvements for residential facilities.
- Community outreach and awareness initiatives.

Every donation helps provide Southeast Missouri residents with access to mental health care and the tools they need to thrive.

Let's come together to offer hope, promote healing and support those who need it most.

Will you do something *today* that will change someone's *every day?*

Join Us!

Scan the QR Code to learn how your contribution will change lives

Employee of the (1st) Quarter Announcements

Thank you & Congratulations

Perry County – Danielle Phillips

Danielle has been a youth day treatment specialist for just over 2 years at our Perryville location. She is very passionate about her work with youth and demonstrates this in her daily activities with clients and staff. Danielle is frequently seen training and assisting new staff, organizing teams, and creating fun crafts and activities for our clients. She consistently goes above and beyond for her team and the clients.

Danielle's hobbies include playing board games, watching movies, and volunteering at her church. She is originally from Indiana, is married, and enjoys traveling. She has attended mission trips and held vacation bible schools in Brazil, Honduras, Mexico, and Uganda.

Danielle says "I love my job because I get the opportunity to be a loving, kind, and consistent adult in a child's life. I am able to speak truth to our clients and remind them they are more than the labels the world may give them. I get to teach them important emotional skills they will need their entire life."

Here is what others had to say about working with Danielle: "Danielle is consistently taking on responsibilities that go beyond her job description. Whether its staying after work to help a coworker who is confused or bringing in cookies to make a coworker feel better. Danielle has taken on different reward systems to offer clients who are struggling as well as different ways to record our client's data in order to make the program run smoother."

"I think Danielle has been long overdue for recognition of the hard work she does. She makes every day at the Youth Day Treatment Program better for staff and for clients".

"After our team lead had to leave for her new job within CCC, Danielle made sure to help with training our new staff with creating notes and teaching how to use smartcare"

"Danielle goes above and beyond every day to help our clients and her coworkers. Danielle is always willing to come up with ideas and work with her team to better our program and to better help our clients. She always has a smile to offer and kind words to give others to help lift them up".

"Not only does Danielle take the time to assist her coworkers, both new and seasoned, but she does so with kindness and a smile on her face. Danielle truly cares about all of the clients in YDT and she work collaboratively with others to ensure all clients' needs are met"

"As a floater, I am at different sites daily. I had notes I needed to enter for Perryville, but I was in Jackson. Danielle made sure to have the client's assigned to me and provided valuable feedback on my notes and the point sheets I completed"

"Danielle is a dependable employee who is always willing to help wherever needed. In the last few months, there has been a new YDT specialist and a floating YDT specialist added here in Perryville. Danielle has been amazing in the process of welcoming the new employees."

We are incredibly blessed to have Danielle apart of our team here at Perryville Youth Day Treatment!

Employee of the (1st) Quarter cont.

Bollinger County – Jerry "Lee" Gilliam

Lee has been a CPRC case worker for almost 14 months in Bollinger County. Lee is very knowledgeable and excels in his position. He takes pride in his work. He is often complimented by other programs, school personnel, parents, guardians, etc. Lee is compassionate regarding the work that he does. He is thoughtful and exhibits a positive attitude in the workplace. When asked what he likes about working at CCC, Lee stated, "I love the support, motivation, and inspiration the team at CCC provides along with a positive work environment. I also enjoy having supportive supervision who encourages me to succeed. I love that the fundamental values of CCC align with my own. CCC has also provided me with a great work-life balance. Working at CCC has been a blessing to me, allowing me to do something which makes me feel like I'm truly making a difference. I look forward to many years of dedication to CCC and our consumers." Lee enjoys spending time with my family, watching baseball and playing guitar. This is what others had to say when they nominated Lee: Lee goes above and beyond what is required of him for his clients to make sure all of his clients' needs are being met. There are a few clients on his caseload that are high need, and he is a strong advocate for them and provides a voice for them when needed.

Ste. Genevieve County – April Gray

April has been employed as Support Staff with CCC for 2 years and 9 months. She has been an asset to our county since day 1. Some employee comments about April include

- April is very friendly and nice to the clients and other staff.
- She has taken the initiative to help medical records staff.
- She always puts on a happy face no matter how she feels.
- It was also a comment that she always brings candy to share. (she does know the way to our hearts)

One example given about when April went above and beyond is when the nurse was out and we had a Zoom appointment scheduled. She learned quickly how to set up the TV and do vitals for the client. Of course, there are many more reasons why April stands out as being flexible and willing to assist anywhere, in any way, needed. And, for all of those, we truly are thankful.

On a personal note, I'm extremely grateful to have April as one of the first face clients meet when they walk through the door at Ste. Gen. CCC. Also, for all of the light-hearted laughter over the simplest things like the lame jokes that ease the tension when it's really needed.

When asked what she likes about her job, April said "I love everything about my job, from interacting with our clients and my coworkers. Being a smiling face for our clients."

When asked about her hobbies, she answered, "I love to bake, read, spend time with my family and my dog Scrunchie, and taking long naps."

Employee of the (1st) Quarter cont.

Cape Girardeau County – Nicole Jackson

Nicole has been with CCC for 4 years as an Emergency Services Specialist and does contract Therapy! Nicole has been a go-getter since then and a crisis champ!

Some employee comments about Nicole have been:

·Nicole is a terrific worker, she is kind and makes sure everyone she comes in contact with is treated with respect.

·Nicole is always willing to meet clients where they are. It isn't a one-time issues with Nicole. She goes above and beyond in her multiple roles within the agency, she's ones you feel lucky to have on staff.

·Nicole brings positivity to the workplace, cares about our clients, and always maintains a positive, can-do attitude.

·Not only is Nicole dedicated to her work, but she steps in when coverage is needed, on top of top notch crisis services she provides a caseload of therapy clients, helping alleviate the ever growing waitlist.

Nicole is a valued member of our crisis team and always willing to pitch in a helping hand and does so quickly and with grace. Crisis team appreciates you Nicole!

Nicole reports her hobbies include: Reading, cooking, working out, and playing with her puppy Finely.

Cape Girardeau County – Kim Pobst

Kim has been with us 36+ years (including her time with Cottonwood). Now, that is employee commitment! Kim's expertise in payroll and attention to detail make an extremely complex job look effortless, 'did ya notice'? Probably not, and that's the point. Kim consistently goes above and beyond to ensure accuracy, for us and the company. We all appreciate it and those paychecks, so thank you Kim!

Some of those who nominated Kim had comments such as:

she 'interacts with every employee at least every two weeks!'

she 'works vacation and days off around payroll processing and deadlines'

she 'constantly stops what she is doing and helps Supervisors fix time cards and watches for errors/critical alerts that keeps employees' pay what it should be'

'Kim is a team player, gets along with everyone and is fun to have around'

These are just a few of the comments.

Outside of work, Kim enjoys spending time with family and friends, especially camping during the spring and fall. She loves campfires, cooking and experimenting with new dishes, BBQing, ranger riding, and deer hunting. If you've visited her office, you've probably seen photos of her adorable fur baby! Kim shares that one of the most rewarding parts of her job is helping employees receive their pay with minimal struggles. She understands how busy everyone is caring for their clients, and she takes pride in making this part of their work life a little easier. Kim also spreads joy in the office by sharing her homemade treats and brightening her coworkers' days.

Employee of the (1st) Quarter cont.

Madison County – Matt Leighton

Matt has been a dedicated PSR Specialist at the Fredericktown PSR for over six years, and during that time, he has consistently demonstrated creativity, teamwork, and commitment to the individuals we serve.

One of Matt's many strengths is his ability to think outside the box. He brings imagination and innovation to our program, helping to turn ideas into engaging, therapeutic experiences for our clients. From designing and building a giant Plinko board for our "Price is Right" game to crafting a spin-the-wheel game for our Summer Bash, Matt's creativity helps make our activities both fun and meaningful. He's also always willing to step in and lend a hand wherever needed, including filling in at other PSR locations when staffing is short-staffed, demonstrating his teamwork and reliability.

Matt has a natural ability to lift the mood of those around him. Whether it's through his perfectly timed movie quotes, clever memes, or lighthearted humor, he helps create an enjoyable and positive environment for both clients and staff alike. His approach fosters connection and morale, making the workplace brighter for everyone.

When asked what he enjoys most about working for CCC, Matt shared that he appreciates how the organization aligns with his educational background. He finds fulfillment in helping others grow, achieve goals, and build meaningful skills that enhance their quality of life.

Outside of work, Matt enjoys spending time with his family and friends, watching movies, playing and watching hockey and other sports, and going hunting. His balance of dedication, humor, and genuine care for others is evident both on and off the clock.

Positive feedback about Matt is received from coworkers and clients alike. He is described as helpful, dependable, dedicated, patient with new employees, and a pleasure to work with. His leadership and positive attitude promote a welcoming and uplifting atmosphere for everyone around him.

CCC
Community Counseling Center

WE'RE HIRING!

Questions? Email us!
employment@cccntr.com

CCC Recruiting Team

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employment@cccntr.com

SCAN TO APPLY

Community Counseling Center is an equal opportunity employer, and all qualified applicants will receive consideration for employment without regard to race, color, religion, sex, sexual orientation, gender identity, national origin, disability status, protected veteran status, or any other characteristic protected by law.

October 2nd Kristie Miller and Niki Hogue were at Fredericktown High School Career Day Event! They discussed CCC services and careers with the amazing students there.

Contact Us

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CCC

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