

SFCB NEWSFLASH

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Inside Our Doors

Over the next several months, we're thrilled to take you on a journey inside our organization through a new Spotlight Series. Each edition will shine a light on a different part of the work we do and the remarkable people who make it happen. Down the hall, we will have a closer look at our Community Services. Through these spotlights, we hope to share more about what we do, why we do it, and how every part of our organization works together to make a meaningful difference in our community. This month, we're taking you behind the doors of our Community Services Department, where dedicated staff work every day to support individuals in building skills, gaining independence, and thriving in their community.

St. Francois County Board for the Developmentally Disabled is proud to partner with the Missouri Department of Mental Health to provide vital Community Services to individuals throughout St. Francois County. Our Community Services Team works closely with each individual, their family or responsible party, their service coordinator, and local businesses to identify needs, set goals, and create customized plans for success, whether at home, in the community, or on the job.

Our Community Services department offers four core programs designed to support growth, skill development, and community participation. These programs are On-Site Day Program, Community Integration, Supported Employment, and Individualized Skill Development. Our On-Site Day Program provides a group-based learning environment where individuals engage in curriculum-based activities that strengthen daily living skills, communication, teamwork, and socialization. Individuals are supported by caring staff who model skills, encourage progress, and celebrate every achievement. Through our Community Integration Program, individuals take part in meaningful experiences within the community, either individually or in small groups. These real-world opportunities help individuals build socialization skills, community life skills, and confidence navigating everyday environments. From volunteering to recreational outings, each activity is tailored to promote engagement and independence. For those seeking employment, our Supported Employment Program offers comprehensive, long-term support. This service includes job skill development, assistance with job searches and applications, coaching in competitive or customized employment settings, and continued follow-along support to maintain success. Our goal is to help each individual find and succeed in meaningful employment that aligns with their strengths and interests. Lastly, our Individualized Skill Development Program, is individualized support, delivered in a personalized manner, to support individuals who live in their own or family homes with acquiring, building, or maintaining complex skills necessary to maximize their personal independence. Teaching methods are individualized to what the participant wants to accomplish, learn, and/or change based on the identified skill as developed in the person-centered planning process and provided in accordance with the PCSP to achieve identified outcomes.

As we continue our Spotlight Series, we invite you to join us at the next stop of our journey as we visit Residential Services. We will explore another essential pillar of our organization and the dedicated teams. Thank you for joining us as we showcase the programs, people, and passion that shape the work we do every day. Stay tuned for the next spotlight!

JANUARY FLASHBACKS

Superbowl Party

Giving Crew and Sunshine Ladies had a blast cheering on the Seahawks during their Superbowl party! Go Seahawks!



MAC Game

What a great night for our Special Olympics teams to be able to play basketball at Mineral Area College! We had SO much fun watching the Cardinals games and playing on their court!



Developmental Disability

March is recognized as Developmental Disabilities Awareness Month, a designation first established in 1987 when President Ronald Reagan issued a national proclamation urging Americans to increase their understanding of the needs and abilities of individuals with developmental disabilities. This month serves as an important opportunity to highlight both the challenges these individuals may face and the significant contributions they make to our communities. Developmental disabilities are a group of conditions caused by differences in brain development or by physical or genetic factors. These conditions begin during the developmental period, typically before the age of 22, and may result from injury, infection, or other impairments. They can affect physical abilities, learning, language, or behavior, and the impact varies widely from person to person. Common examples include Autism Spectrum Disorder (ASD), Cerebral Palsy, Down Syndrome, Intellectual Disability, and various Learning Disabilities.

Despite their strengths and capabilities, many individuals with developmental disabilities still face barriers to full participation in everyday life. These barriers may include social stigmas, discrimination, and limited access to education, employment, and community resources. By fostering greater awareness and understanding, we can help break down these barriers and promote a more inclusive and supportive environment where all individuals can lead fulfilling and meaningful lives.

Throughout the month, we are encouraged to learn more about developmental disabilities, challenge misconceptions, and celebrate the resilience, talents, and achievements of those living with these conditions. Together, we can create communities that value inclusivity, acceptance, accessibility, and equal opportunity for everyone.

To learn more, please visit: [MO Department of Mental Health](#), [National Disability Institute](#), and [WashU Medicine](#) for more information.

Community Services

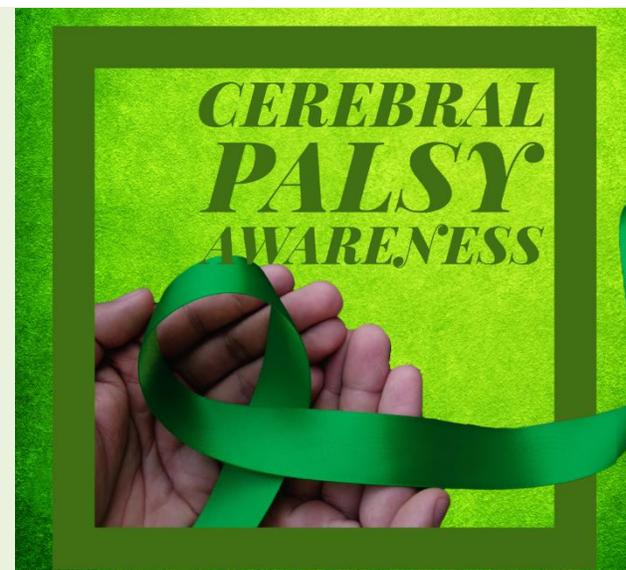


Cerebral Palsy

Cerebral Palsy is a lifelong neurological condition that affects movement, posture, and muscle coordination. It results from damage or abnormalities in the developing brain, most often occurring before or during birth, though it can also arise from injury or infection in early childhood. The condition varies widely, with individuals experiencing challenges such as limited mobility, muscle stiffness or weakness, coordination difficulties, and fine motor impairments.

Support for individuals with Cerebral Palsy extends beyond medical care. Access to therapies, adaptive equipment, community resources, and inclusive environments play a vital role in assisting individuals participate fully in school, work, and daily life.

To learn more, please visit [Cerebral Palsy Research Network](#).



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