**St. Charles County Resource Directory**

**Preventative Health Care Providers:**

**Developmental Disabilities Resource Board of St. Charles Resource Directory**

*Online Searchable directory of services and resource guide from St. Charles DDRB*

Focus of Services: Preventative Health Care, Behavioral/Mental Health, Housing, Transportation, Employment, Utilities

Location: 1025 Country Club Rd., St. Charles, MO 63303

Areas served: St. Charles County

Website: <https://www.ddrb.org/developmental-disability-resources-st-charles/resource-directory/>

Phone: (636)-939-3351

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**ECHO Autism**

*This network of providers virtually aids in finding autism and behavioral experts. The interdisciplinary team trains physicians, early interventionists, psychologists, and clinicians with specialized training in behavioral support, therapies, common medical and psychiatric concerns, and successful treatment plans. Through tele-mentoring, this is a resource that identifies medical and mental health providers knowledgeable in autism care in all areas.*

Focus of Services: Behavioral/Mental Health, Primary Care

Location: 403A Vandiver Drive, Columbia, MO 65202

Area Served: Services are state-wide across Missouri

Website: <https://echoautism.org/find-a-professional/>

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**StationMD**

*This resource provides telehealth services nationwide. They provide 24/7 telehealth access to emergency medicine physicians to address non-life-threatening concerns, primary care through scheduled appointments, and behavioral health through scheduled Psychiatry and Psychology telemedicine appointments. StationMD was developed by emergency medicine physicians to deliver medical care to people with I/DD. All physicians have dedicated training in the disabilities area.*

Focus of Services: Health Maintenance, Behavioral/Mental Health, Chronic Conditions; Diabetes, Hypertension, Heart Disease etc...

Location: Telehealth services

Website: <https://www.stationmd.com/modmh/>

Phone: (908)-663-2929 ext. 830

Eligibility: Available to all individuals with IDD throughout Missouri under the Waiver Service

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**BJC Behavioral Health**

*BJC Behavioral Health offers a continuum of services including early intervention services, school-based services, outpatient services, comprehensive children’s services, and adult psychiatric rehabilitation services. BJC Behavioral Health assures accessibility to their full range of behavioral health care services regardless of race, age, color, religion, national origin, gender, disability, or sexual orientation. No barriers to service delivery are permissible, including temporary residence or homeless status.*

Focus of Services: Behavioral/Mental Health, Healthcare, Substance Abuse, Pharmacy, Healthcare Benefits

Location: Administrative Offices, Suite 400, 1430 Olive Street, St. Louis, Missouri 63103

Areas served: St. Louis and the Southeast Area

Website: <https://www.bjcbehavioralhealth.org/>

Phone: (573)-438-5050

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**Compass Health Network**

*Compass Health Network is a nonprofit health care organization that provides a full continuum of behavioral health services as well as primary and dental health services throughout Missouri. Resources and treatments for substance abuse disorder are available to work on specific needs of an individual and their family. Mental health crisis line 24/7 service is accessible.*

Focus of Services: Primary Care, Dental, Vision, Mental/Behavioral Health, Health/ Preventative Screening, Blood Pressure Screening, Vaccinations/ Immunizations, Bone Density/Osteoporosis Screenings, Diabetes Screenings, Chronic Disease Management, Nutrition Program

Location: 3785 New Town Blvd. St. Charles, MO 63301 and 3 other locations in St. Charles.

Area Served: Across Missouri.

Website: <https://compasshealthnetwork.org/> (Accessible)

Phone: (844)-853-8937

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**Elks Mobile Dental Unit**

*This project of the Missouri Elks helps children and adults with developmental or intellectual disabilities get free dental care they need. The services are mobile to multiple areas in Missouri and provide both basic and individual specific needs.*

Focus of Services: Dental

Location: University Health, 2301 Holmes Street, Kansas City, MO 64108

Area Served: 14 cities/towns across Missouri, including St. Charles and St. Louis, on a scheduled basis

Website: <https://www.universityhealthkc.org/services/dental-care/elks-mobile-dental-program/>

Phone: (816)-404-6904

Eligibility: Children and adults who have developmental disabilities or intellectual disabilities (DD/ID) as identified by the Department of Mental Health, Division of Developmental Disabilities

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**Elara Caring**

*Elara Caring provides clients with Personal Care, Home Care, Respite Care, and RN/LPN Care for up to 24 hours per day. The team offers skilled home health, hospice care, behavioral health care, and palliative care.*

Focus of Services: Behavioral/ Mental Health, Nutrition, Medication Safety, Vision, Diabetes, Alcohol/ Drugs

Location:

* 100 Kingsbury Boulevard, Fredericktown, Missouri, 63645
* 3501 West Truman Boulevard, Suite G1, Jefferson City, Missouri 65109

Area Served: Across Missouri

Website: <https://elara.com/>

Phone: (573)-783-7231 (Fredericktown)

(800)-690-1753 (Jefferson City)

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**Help at Home LLC**

*A leading national provider of high-quality, relationship-based home care for seniors and people living with disabilities. Services include Home Care and Home Health which provides individuals with in-home daily, convenient care by caregivers and medical professionals.*

Focus of Services: Routine Visits/ Primary Care, Caregiver Support

Location: 10777 Sunset Office Dr #5, St. Louis, MO 63127.

Area Served: St. Louis and nearby regions.

Website: <https://www.helpathome.com/>

Phone: (314)-394-2200.

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**Preferred Family Healthcare**

*Preferred provides services to people with disabilities and barriers. Services are specifically based on individual’s needs and interests including, physical health and development, language and communication, social skills, health and safety needs, accessibility, and so on*.

Focus of Services: Social, Physical, and Cognitive Development

Location: 1570 S. Main Street, St. Charles, MO 63303, and 5 other locations in St. Charles.

Area Served: Across Missouri

Website[: https://pfh.org/](file:///C:\Users\dmbmy8\AppData\Local\Box\Box%20Edit\Documents\asyOy+nmC0ywXw974wHVOQ==\%20https\pfh.org\)

Phone: (636)-224-1000

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**Wright Way Behavior Services LLC**

*Wright Way Behavior Services LLC provides focused and comprehensive Applied Behavior and Analysis service to individuals wanting to see behavior change. In addition, social skills training, caregiver coaching, and employment assistance are offered.*

Focus of Services: Behavioral/Mental Health, Caregiver Support, Employment

Location: 5356 Vernon Avenue, St. Louis, MO, 63112.

Areas served: St. Louis.

Website: <https://wrightwaybehavior.com/>

Phone: (314)-305-9788

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**Donated Dental Services (DDS) in Missouri**

*The Donated Dental Services (DDS) program provides free, comprehensive dental treatment to individuals with disabilities, seniors and those who are medically fragile. DDS assists individuals who have difficulty affording such services or do not have easy access to public aid. Volunteer dentists and laboratories join to promote better oral health to those that need it.*

Focus of Services: Dental

Location: 1800 15th Street, Suite 100, Denver, CO 80202.

Areas served: Boone, Cape Girardeau, Greene, Livingston, Platte, St. Charles, and St. Louis.

Website: <https://dentallifeline.org/missouri/>

Phone: (573)-636-4440

Eligibility (if applicable): 1) patients with disabilities, 2) patients who are over 65, or, 3) who are medically fragile

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**Albert Pujols Wellness Center for Adults with Down Syndrome**

*The Albert Pujols Wellness Center for Adults with Down helps fill a growing need for wellness services for adults with Down syndrome. They focus on nutrition, exercise, safety and social/emotional well-being and specifically design these services to support individuals with adult Down syndrome.*

Focus of Services: Nutrition, Exercise, Behavioral/Mental Health

Location: St. Luke's Hospital, 232 S Woods Mill Rd, Chesterfield, MO 63017.

Areas served: St. Louis and nearby areas.

Website: <https://www.stlukes-stl.com/services/wellness-center/>

Phone: (314)-576-2300

Eligibility (if applicable): 17 and older with Down Syndrome

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**Behavioral Health Response**

*BHR provides confidential telephone counseling to people in mental health crises as well as mobile outreach services, community referral services, and critical incident stress management (CISM). BHR’s crisis hotline and mobile outreach services are provided free of charge to the public by paid professional staff who have master’s degrees in their respective behavioral science disciplines.*

Focus of Services: Behavioral/Mental Health

Areas served: Telehealth (accessible from anywhere)

Website: <https://bhrstl.org/>

Phone: (1-800)-811-4760 (Boone County Crisis Intervention Hotline)

(314)-469-6644 (Local)

(314)-469-4908 (Office)

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**Center for Hearing and Speech**

*Hearing testing, hearing aids and repairs, assistive devices, speech evaluation, and speech therapy are all available services. Center for Hearing and Speech offers hearing aid support through Missouri Vocational Rehabilitation services to all ages and abilities. No referral is necessary**.*

Focus of Services: Audiology/Hearing, Speech & Language

Location: 9835 Manchester Rd, St. Louis, MO 63119.

Areas served: St. Louis and nearby areas.

Website: <https://chsstl.org/>

Phone: (314)-968-4710 and (314)-968-4762

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**Kelly Storck, LCSW**

*Kelly Storck is a licensed clinical social worker with 25 years of clinical experience. Primary interests include working with trans, non-binary and identity-questioning children, youth, and adults. Provides individual therapy and assistance with gender care needs, including gender identity exploration, family and partner relationships, social transition, and information about medical/surgical options. Works with the larger LGBTQ+ community, survivors of trauma, and folks looking to foster greater emotional wellness in their life.*

Focus of Services: Behavioral/Mental Health

Location: 7902 Big Bend Blvd., St Louis, MO 63119.

Areas served: St. Louis and nearby area

Website: <https://www.kellystorck.com/>

Phone: (314)-540-8593

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**The Center for Head Injury Services**

*The Center for Head Injury Services offers a cognitive enrichment program, adult day health care, in-home and community-based independent living support, supported volunteer opportunities, family and individual counseling, outpatient medical therapies and adaptive equipment assessments and equipment. Comprehensive vocational evaluations and rehabilitation services, transition from school to work services, and supported employment assessments are also available. The Center serves individuals with brain injury as well as other developmental disabilities. Some programs have eligibility and referral requirements.*

Focus of Services: Cognitive & Social Development, Behavioral/Mental Health, Utilities, Employment, Caregiver Support

Location: 11828 Lackland Road, St. Louis, MO 63146.

Areas served: St. Louis and nearby area

Website: <https://www.headinjuryctr-stl.org/>

Phone: (314)-983-9230

**Clinical Directors:**

Specialist: Mary Kimbrough, PT, DPT, OCS – FUNfitness, St. Louis

Focus of Services: Physical Therapy, Exercise, Nutrition

Location: FUNfitness – pop up locations in the St. Louis region

Areas served: St. Louis and nearby area

Website: [SOMO FUNfitness](https://cdn.ymaws.com/www.mopt.org/resource/resmgr/conferences/2021_virtual_fall_speaker_handouts/special_olympics_for_apta_mo.pdf)

Email: [mkimbroighdpt@gmail.com](mailto:mkimbroighdpt@gmail.com)

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Specialist: Jill Heitzman, PT, Ph.D, DPT - FUNfitness, St. Louis

Focus of Services: Physical Therapy, Exercise, Nutrition

Location: FUNfitness – pop up locations in the St. Louis region

Areas served: St. Louis and nearby area

Website: [SOMO FUNfitness](https://cdn.ymaws.com/www.mopt.org/resource/resmgr/conferences/2021_virtual_fall_speaker_handouts/special_olympics_for_apta_mo.pdf)

Email: [jheitzpt@gmail.com](mailto:jheitzpt@gmail.com)

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ATSU Clinic

Focus of Services: Dental

Location: 800 West Jefferson Street, Kirksville, MO, 63501

Areas served:

Website: <https://www.atsu.edu/missouri-school-of-dentistry-and-oral-health/community/st-louis-dental-center>

Phone: (660)-626-2121

Email: [jheitzpt@gmail.com](mailto:jheitzpt@gmail.com)

**Health Promotion Programs:**

**Developmental Disabilities Resource Board of St. Charles Resource Directory**

*Online Searchable directory of services and resource guide from St. Charles DDRB*

Focus of Services: Preventative Health Care, Behavioral/Mental Health, Housing, Transportation, Employment, Utilities

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Location: 3785 New Town Blvd. St. Charles, MO 63301 and 3 other locations in St. Charles.

Area Served: Across Missouri.

Website: <https://compasshealthnetwork.org/> (Accessible)

Phone: (844)-853-8937

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**Disabled Athlete Sports Association**

*DASA provides recreational and competitive sports opportunities for children and adults with disabilities. DASA gives individuals with a physical disability the opportunity to participate in adaptive sports, recreational programs, and fitness activities designed to improve self-esteem, strength, independence, and well-being while instilling family values.*

Focus of Services: Nutrition/Fitness

Location: 1600 Mid Rivers Mall Circle, Ste 2272, St. Peters, MO 63376.

Areas served: Greater St. Louis area and Boone County

Website: <https://dasasports.org/>

Phone: (636)-477-0716

Eligibility (if applicable): Anyone with a disability

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**Preferred Family Healthcare**

*Preferred provides services to people with disabilities and barriers. Services are specifically based on individual’s needs and interests including, physical health and development, language and communication, social skills, health and safety needs, accessibility, and so on*.

Focus of Services: Social, Physical, and Cognitive Development

Location: 1570 S. Main Street, St. Charles, MO 63303, and 5 other locations in St. Charles.

Area Served: Across Missouri

Website[: https://pfh.org/](file:///C:\Users\dmbmy8\AppData\Local\Box\Box%20Edit\Documents\asyOy+nmC0ywXw974wHVOQ==\%20https\pfh.org\)

Phone: (636)-224-1000

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**Albert Pujols Wellness Center for Adults with Down Syndrome**

*The Albert Pujols Wellness Center for Adults with Down helps fill a growing need for wellness services for adults with Down syndrome. They focus on nutrition, exercise, safety and social/emotional well-being and specifically design these services to support individuals with adult Down syndrome.*

Focus of Services: Nutrition, Exercise, Behavioral/Mental Health

Location: St. Luke's Hospital, 232 S Woods Mill Rd, Chesterfield, MO 63017.

Areas served: St. Louis and nearby areas.

Website: <https://www.stlukes-stl.com/services/wellness-center/>

Phone: (314)-576-2300

Eligibility (if applicable): 17 and older with Down Syndrome

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**American Parkinson’s Disease Association Greater St. Louis Chapter**

*The APDA St. Louis Chapter works every day to support and empower those in our community who are impacted by Parkinson’s disease (PD). They promote hope and optimism through innovative services, programs, education, and support, while also funding vital research. Exercise/ wellness classes and support group services are available.*

Focus of Services: Nutrition/Fitness, Behavioral/Mental Health

Location: 16100 Chesterfield Parkway W Suite 125, Chesterfield, MO 63017.

Areas served: St. Louis and nearby areas

Website: <https://www.apdaparkinson.org/community/st-louis/>

Phone: (636)-778-3377

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**St. Charles YMCA**

*The state-of-the-art facility enables youth, adults, and families in St. Charles County to be healthy, confident, connected, and secure at the Y. Group exercise and water fitness classes are included in membership and personal training is available. The Y is committed to ensuring everyone can enjoy the Y and makes financial assistance available. We offer a great variety of programs and activities that help people of all ages and abilities grow in spirit, mind, and body, and we work to strengthen the community.*

Focus of Services: Nutrition/Fitness

Location: 3900 Shady Springs Lane, St. Peters, MO, 63376-6467.

Areas served: The whole county.

Website: <https://gwrymca.org/locations/st-charles-ymca>

Phone: (636)-928-1928

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**The Center for Autism Education (CAE)**

*The Center for Autism Education functions as an instructional day facility where services like physical, occupational, and speech/language therapy are provided. The Adult Day support services focuses on independence in all aspects of daily living for individuals aged 21 and older.*

*Vocational skills, building peer relationships, parent training and community integrations are also addressed. No referral is necessary.*

Focus of Services: Cognitive & Social Development, Behavioral/Mental Health, Caregiver Support

Location: 4110 Old Mill Parkway, St. Peters, MO 63376.

Areas served: St. Charles County and all 4 surrounding counties.

Website: <https://teachautism.org/>

Phone: (636)-978-7785

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**Show Me Aquatics and Fitness**

*Aquatic Therapy is a program designed for people with physical limitations associated with developmental disabilities including cerebral palsy, neurological disorders, orthopedic limitations, hearing, and visual impairments. Program offers physical therapy, water exercise, adaptive swimming lessons, and individual and group water programs for the purpose of improving health.*

Focus of Services: Fitness, Behavioral/Mental Health

Location: 2085 Bluestone Drive, Suite 202, St Charles, Mo 63303.

Areas served: St. Louis

Website: <https://www.showmeaquatics.org/>

Phone: (636)-896-0999

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**The Center for Head Injury Services**

*The Center for Head Injury Services offers a cognitive enrichment program, adult day health care, in-home and community-based independent living support, supported volunteer opportunities, family and individual counseling, outpatient medical therapies and adaptive equipment assessments and equipment. Comprehensive vocational evaluations and rehabilitation services, transition from school to work services, and supported employment assessments are also available. The Center serves individuals with brain injury as well as other developmental disabilities. Some programs have eligibility and referral requirements.*

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Location: 11828 Lackland Road, St. Louis, MO 63146.

Areas served: St. Louis and nearby area

Website: <https://www.headinjuryctr-stl.org/>

Phone: (314)-983-9230

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**Special Olympics Missouri - FUNFitness**

*FUNFitness is a program designed to help individuals with disabilities reach their fitness goals whether it’s being able to compete in a sport or a personal physical activity. Licensed physical therapists, assistant and students are available to provide a wide variety of services including assessing and recording information about flexibility, functional strength and balance.*

Focus of Services: Fitness, Education, Nutrition

Website: <https://resources.specialolympics.org/health/funfitness>

Areas Served: Pop up events across Missouri

Email: [funfitness@specialolympics.org](mailto:funfitness@specialolympics.org)

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**Special Olympics Missouri - Fit5**

*Fit5 is a 6-8 week course geared to help achieve personal fitness goals through focusing on physical activity, nutrition, and hydration. The program aims for exercising 5 days a week, eating 5 total fruits and vegetables a day, and drinking 5 water bottles per day. The course is offered virtually and to individuals, workshops, group homes, etc.*

Focus of Services: Fitness, Education, Nutrition

Areas served: Virtual / Kansas City Area

Website: <https://somo.org/health/> , <https://somo.org/dpi-somo-take-fit-5-workout-virtual/>

Email: [Dye@somo.org](mailto:Dye@somo.org)