

CAASTLC

Community Action Agency of St. Louis County, Inc.

The mission of CAASTLC, Inc. is to end poverty.
We are committed to helping the families and communities of
St. Louis County prevent the conditions of poverty for present and future generations.

Main Office:

2709 Woodson Road
Overland, MO 63114
(314) 863-0015

North Office:

26B North Oaks Plaza
Northwoods, MO 63121
(314) 863-0015

Family & Economic Security

Family Case Management:

Case Management is a customer centered, goal-oriented process for assessing the needs of an individual/family and guiding them to help them achieve their goals. The Case Manager "bundles" services, including education and employment options to assist the customer in achieving economic security.

Drug & Alcohol Education Classes*:

A substance abuse prevention program offered by CAASTLC, Inc. and facilitated by certified alcohol and drug counselors who utilize informative materials and group discussions.

Anger Management Education Classes*:

A program that uses cognitive behavioral theories for learning. The program places an emphasis on hope by providing methods to identify and manage anger.

Employment Development Program:

Our Employment Program curriculum teaches job search techniques, retention skills, computer skills and resume building for the job seeker.

Life Skills Classes*:

Classes are offered to help our customers reach their greatest potential through education and training. Classes are offered in the following areas: Health & Wellness, Financial Management, Parenting & Family Development, Home Management and Energy Conservation.

Reentry Support for Returning Citizens:

This program is designed to help ex-offenders find satisfying work by providing successful tips to navigate the job market, developing resumes that incorporate prison education and work programs and tools to improve an interviewee's performance. All participants are assigned a case manager to assist with identifying all needs and goal setting. The Makin' It Work curriculum is a core component.

***All CAASTLC classes are being held via videoconference until further notice.**

Youth Services

Youth Case Management:

CAASTLC, Inc. offers Case Management services to assist youth in identifying his/her interests, goals, skills and abilities, which will help them succeed in education and along their career path.

HiSET (GED):

Partnering with various St. Louis County school districts, CAASTLC, Inc. provides Case Management and supportive services to anyone enrolled in HiSET programs.

Reality Enrichment and Life Lessons (REALL):

The Reality Enrichment and Life Lessons (REALL) project is a hands-on simulation designed to challenge youth to think critically about how choices and decisions made in adolescence may have consequences in adulthood. Middle and high schools and youth groups can request this impactful exercise focused on keeping youth in school.

Farm Youth Intern Program*:

A summer internship that offers youth meaningful opportunities to grow produce on an urban farm, develop knowledge of sustainable agriculture practices, food system changes and social justice.

***Denotes as funding permits**

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Housing & Energy

Weatherization Assistance Program:

The Weatherization Assistance Program is administered by the Missouri Department of Economic Development. Weatherization reduces air infiltration into the home to help households save money on their heating and cooling bills. The average family saves over \$437 a year after their home has been weatherized. Income eligible home owners and renters are eligible for this free service. CAASTLC's weatherization team follows a strict COVID-19 protocols.

Housing Assistance:

CAASTLC, Inc. has a comprehensive housing assistance program which includes Down Payment Assistance*, Housing Counseling, Disaster Relief*, and Rent/Mortgage Assistance*.

Energy Services Programs*:

CAASTLC, Inc. has several Energy Assistance Programs (LIHEAP, Dollar Help, Dollar More & Heat Up) designed to alleviate the immediate threat of utility service disconnection and assist with restoration.

H2O Help Program*:

In partnership with Missouri American Water, CAASTLC, Inc. provides supplemental funding to customers who are facing disconnection of their water services.

*Denotes as funding permits

Community Outreach

Poverty Simulations:

Missouri's Community Action Poverty Simulation (CAPS) is a unique tool that helps people begin to understand what life is like with a shortage of money and an abundance of stress.

Job Fairs & Hiring Events:

Our Employment Program sponsors two annual job fairs and numerous Hiring Events within the St. Louis County region. A variety of employers participate and often provide on-site hiring opportunities.

Step Up to Leadership:

Step Up to Leadership is designed for income eligible, community-minded individuals desiring to develop leadership skills and turn their civic passions into action. Topics cover the value of grassroots participation, goal setting, public speaking, negotiation, conflict resolution and grant writing.

Health & Nutrition

Drive-Through Food Pantry:

CAASTLC, Inc. collaborates with the St. Louis Area Food Bank and others to provide USDA commodities and nutritious food items to individuals and families needing help. Our application process and food delivery are contact free.

CAASTLC's Seeds of Hope Farm:

Through our farm site in Spanish Lake, our main goal is to nurture a healthy food culture. Members receive affordably priced boxes of freshly picked produce. Volunteers have the opportunity to earn produce. The farm hosts farm dinners and cooking classes that are free for the whole family.

| Program Eligibility Annual Income Guidelines | | | |
|--|----------------------------|----------------|---------------|
| Family Unit Size | LIHEAP (Energy Assistance) | Weatherization | CSBG Programs |
| 1 | \$17,220 | \$25,760 | \$16,100 |
| 2 | \$23,268 | \$34,840 | \$21,775 |
| 3 | \$29,328 | \$43,920 | \$27,450 |
| 4 | \$35,364 | \$53,000 | \$33,125 |
| 5 | \$41,412 | \$62,080 | \$38,880 |
| 6 | \$47,472 | \$71,160 | \$44,475 |
| 7 | \$53,508 | \$90,240 | \$50,150 |
| 8 | \$59,556 | \$89,320 | \$55,825 |

*Income levels may vary depending on the funding source

Telephone Numbers:

Food Pantry: (314) 446-4467
Employment Services: (314) 446-4431
Energy Assistance: (314) 446-4420
Housing: (314) 446-4438
Water Assistance: (314) 446-4443
Weatherization: (314) 446-4428
Case Management: (314) 446-4443
Anger Management (314) 446-4441
Drug and Alcohol (314) 446-4455

This project/program is funded 100% at \$ 3,200.00 with federal funds received from the U.S. Department of Health and Human Services (HHS) provided by the Missouri Department of Social Services, Family Support Division. This flyer was prepared with the support of funds through the U.S. Department of Energy and the Missouri Department of Economic Development-Division of Energy. However, any opinions, findings, conclusions, or recommendations expressed herein are those of the author(s) and do not necessarily reflect the views of U.S. Department of Energy or the Missouri Department of Economic Development-Division of Energy.