

# CAASTLC

*The mission of CAASTLC is to stabilize and enrich vulnerable households by instilling hope and creating pathways to empowerment. We are committed to helping the families and communities of St. Louis County transition from poverty to self-sufficiency 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 achieve their goals and economic security by “bundling” services, including education and employment.

#### Drug & Alcohol Education Classes\*

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#### Anger Management Education Classes\*

Using cognitive behavioral theories for learning, this program places an emphasis on hope by providing methods to identify and manage anger.

#### Employment Development

This intensive workforce curriculum teaches resume building, job search techniques, computer skills, and other tools necessary to obtain and retain employment.

#### Life Skills Classes\*

CAASTLC’s Life Skills classes help customers stabilize their household through education and training in Health & Wellness, Financial Management, Parenting & Family Development, Home Management and Energy Conservation.

#### Reentry Support for Returning Citizens

This program is designed to help justice-involved individuals 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 interviewing techniques, as well as entrepreneurial training for those desiring to start a business. All customers are assigned a case manager to assist with identifying needs and setting achievable goals. The Makin’ It Work curriculum is a core component of this training.

**\*All CAASTLC classes are held via video conference until further notice.**

### Youth Services

#### Youth Case Management

CAASTLC, offers Case Management services that assist youth in identifying interests, goals, skills and abilities to help them succeed in their educational endeavors and their career path structure.

#### HiSET (GED)

In partnership with St. Louis County school districts, CAASTLC provides Case Management and supportive services to those enrolled in HiSET or technical education programs to help individuals attain educational certification.

#### Reality Enrichment and Life Lessons (REALL)

This hands-on simulation focuses on keeping youth in school. It challenges them to think critically about how choices and decisions made in adolescence lead to rewards or consequences in adulthood. Middle and high schools as well as youth groups can request to participate in this impactful exercise.

#### CAASTLC Seeds of Hope Farm - STEM Curriculum

Using a STEM curriculum developed by The University of Missouri Extension, students and youth groups participate in hands-on agricultural experiences based on the science of farming.



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[www.caastlc.org](http://www.caastlc.org)

# CAASTLC

Community Action Agency of St. Louis County, Inc.

## Housing & Energy

### Weatherization Assistance

CAASTLC's Weatherization Assistance Program is designed to reduce air infiltration into homes to help households save money on their heating and cooling bills and improve comfort while ensuring health and safety. The average household saves over \$437 per year after their home has been weatherized. Income-eligible home owners and renters are eligible for this free service.

### Housing Assistance

CAASTLC has a comprehensive housing assistance program which includes Down Payment Assistance\*, Housing Counseling, Disaster Relief\*, and Rent/Mortgage Assistance\*. Special funds are available to St. Louis County households impacted by COVID.

### Energy Services\*

CAASTLC has several Energy Services Programs (Low-Income Home Energy Assistance Program (LIHEAP), Dollar Help, Dollar More & Heat Up) designed to alleviate the immediate threat of utility service disconnection and assist with restoration of energy in the home. NO disconnection notice is required. Some programs have increased payment levels and provide gas and electric services year round.

### Water and Sewer Services\*

In partnership with Missouri American Water and the State of Missouri, CAASTLC provides assistance with water and sewer bills to alleviate the immediate threat of water disconnection and assist with restoration. Assistance with sewer bills can alleviate referrals to collection agencies and property liens.

\*Denotes as funding permits

## Community Outreach

### Poverty Simulations

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

### Job Fairs & Hiring Events

Annually, CAASTLC provides two job fairs and numerous hiring events within the St. Louis County region. A variety of employers participate and often provide on-site employment opportunities.

### Step Up to Leadership

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

## Health & Nutrition

### Drive-Through Food Pantry – By Appointment

In collaboration with the St. Louis Area Food Bank and others, we provide USDA commodities and nutritious food items to individuals and families needing help. Our application process and food distribution are contact free.

### CAASTLC's Seeds of Hope Farm

Through our farm in Spanish Lake, we nurture a healthy food culture in areas considered a food desert. Members receive affordably priced boxes of freshly picked produce. Volunteers have the opportunity to earn produce. The farm hosts dinners and cooking classes that are free for the whole family. Healthy lifestyles begin with healthy eating.

### Program Eligibility Annual Income Guidelines

*These guidelines represent the maximum eligible household income for the applicable family unit size regarding the above-listed programs. "Please note color codes of red and blue to match corresponding programs."*

| Family Unit Size | LIHEAP & LIHWAP<br>60% of State Median Income                                 | Weatherization<br>200% of Federal Poverty Guideline                            | CSBG Programs<br>125% of Federal Poverty Guideline                            |
|------------------|---|--|---|
| 1                | \$28,440  | \$29,160   | \$18,225  |
| 2                | \$37,188  | \$39,440   | \$24,650  |
| 3                | \$45,948  | \$49,720   | \$31,075  |
| 4                | \$54,696  | \$60,000   | \$37,500  |
| 5                | \$63,444  | \$70,280   | \$43,925  |
| 6                | \$72,192  | \$80,560   | \$50,350  |
| 7                | \$73,728  | \$90,840   | \$56,775  |
| 8                | \$75,264  | \$101,120  | \$63,200  |
|                  | For families with more than 8 members, add \$7,710 for each additional person | For families with more than 8 members, add \$10,120 for each additional person | For families with more than 8 members, add \$6,425 for each additional person |

### SERVICE CONTACT LIST

|                                    |  |
|------------------------------------|--|
| Energy Assistance                  | 314.446.4420   |
| Energy Fax Number                  | 314.446.4480   |
| Employment/Entrepreneurship        | 314.446.4431   |
| Case Management                    | 314.446.4425   |
| Anger Management                   | 314.446.4426   |
| Water Assistance                   | 314.446.4427   |
| AC Units (Elderly & Disabled Only) | 314.446.4443   |
| CAASTLC Website for Applications   | <a href="http://www.caastlc.org">www.caastlc.org</a>                         |
| Housing                            | 314.446.4438   |
| Weatherization                     | 314.863-0015, Option 2   |
| Weatherization Fax                 | 314.427.2564   |
| Food Pantry                        | 314.446.4467   |
| Drug and Alcohol                   | 314.446.4437   |
| Seeds of Hope Farm                 | 314.614.0412   |
| Re-Entry Services                  | 314.446.4441   |
| Program Fax                        | 314.863.1287   |
| Media/Public Relations             | <a href="mailto:Publicrelations@caastlc.org">Publicrelations@caastlc.org</a> |