

# CAASTLC

Community Action Agency of St. Louis County, Inc.

2709 WOODSON ROAD | OVERLAND, MO 63114 | 314. 863.0015 | WWW.CAASTLC.ORG

*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.*

PROGRAM ELIGIBILITY ANNUAL INCOME GUIDELINES			
<i>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.</i>			
FAMILY UNIT SIZE	LIHEAP & LIHWAP	WEATHERIZATION	CSBG PROGRAMS
1	\$30,419	\$29,160	\$18,225
2	\$39,779	\$39,440	\$24,650
3	\$49,139	\$49,720	\$31,075
4	\$58,499	\$60,000	\$37,500
5	\$67,858	\$70,280	\$43,925
6	\$77,218	\$80,560	\$50,350
7	\$78,973	\$90,840	\$56,775
8	\$80,728	\$101,120	\$63,200
		For families with more than 8 members, add \$10,280 for each additional person	For families with more than 8 members, add \$6,425 for each additional person

## FAMILY & ECONOMIC SECURITY

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

This program, facilitated by certified alcohol and drug counselors, utilizes informative materials and group discussions to help prevent substance abuse.

### 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.

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 giving useful tips to navigate the job market, developing resumes that incorporate prison education and work programs, providing tools to improve interviewing techniques; and offering 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.

## HEALTH & NUTRITION

### DRIVE-THROUGH FOOD PANTRY – BY APPOINTMENT

In collaboration with St. Louis Area Food Bank and others, CAASTLC provides 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, CAASTLC nurtures a healthy food culture in an area considered a food desert. Fresh, organically grown food is grown and distributed to low-income families through CAASTLC's food pantry and community partner food pantries. Volunteer opportunities are available for individuals and groups. Interactive dinners; cooking classes; and a variety of gardening classes such as container gardening; starting your own garden; and growing herbs are offered free to the whole family. Healthy lifestyles begin with healthy eating.

## 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. Households save an average of \$437 per year after weatherization.

### 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 Energy Services Programs including (Low-Income Home Energy Assistance Program (LIHEAP), Dollar Help, Dollar More and Heat Up St. Louis, 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 & SEWER SERVICES

In partnership with Missouri American Water and the State of Missouri, CAASTLC aids 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 avoid property liens.

# 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 and challenges them to think critically about how choices and decisions made in adolescence lead to rewards and 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.

# 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

CAASTLC hosts two annual 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.

# IMMIGRANT INCLUSION

This program is designed to help immigrants build their lives in the USA by providing a network of resources and life skills classes that will help in understanding the social and cultural environment. We provide support from the first steps of meeting basic needs such as food, finding affordable housing, and navigating the legal processes, to achieving educational and career goals.

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[WWW.CAASTLC.ORG](http://WWW.CAASTLC.ORG)

# CONTACT INFORMATION

AC Units Elderly/Disabled Only	314.446.4443
Anger Management	314.446.4415
Counseling	314.446-4426
Fund Development	314-446-4430
Drug & Alcohol Classes	314.446.4415
Employment	314.446.4416
Energy Assistance	314.446.4420
Energy Fax Number	314.446.4480
Entrepreneurship	314.446.4460
Fax - Weatherization	314.427.2564, #2
Fax - Program	314.863.1287
Food Pantry	314.446.4467
Housing Assistance	314.446.4438
Immigrant Inclusion	314-446-4425
Public Relations	314.446.4435
Reentry Program	314.446.4431
Seeds of Hope Farm	314.614.0412
Water Assistance	314.446.4427
Weatherization	314.446.4428
Weatherization	314-863-0015, #2
Website	<a href="http://www.caastlc.org">www.caastlc.org</a>

## THE PROMISE OF COMMUNITY ACTION

*Community Action changes people's lives, embodies the spirit of hope, improves communities, and makes America a better place to live. We care about the entire community, and we are dedicated to helping people help themselves and each other.*

## HELPING PEOPLE. CHANGING LIVES.

## AMERICA'S POVERTY FIGHTING NETWORK

Celebrating 60 years, Community Action comes out of President Lyndon B. Johnson's War on Poverty and from the advocacy of Dr. Martin Luther King, Jr.

The Economic Opportunity Act of 1964 created the Community Action Network of national and locally-focused organizations that connect millions of children and families to greater opportunity.

## WE ARE #1000STRONG

