



Introducing NAMI San Diego serving as Children, Youth & Family Liaison

On June 1, 2016, the County's Family Youth Liaison (CYFL) services transitioned to NAMI San Diego. As the Children, Youth & Family Liaison, NAMI San Diego brings the expertise of peer and family experience to all aspects of family behavioral health and wellness while serving to support and express the voice and values of San Diego children, youth and families. NAMI San Diego was founded in 1978 by parents who regularly met around a kitchen table to support each other while doing their best to raise sons and daughters living with schizophrenia so that their children could have healthy and productive lives. In a day and age when stigma ruled and mental illness was considered the result of poor parenting and character flaws, these parents were visionaries knew the importance of person-centered support. (continued on page 3)

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CYFLiaison Community Newsletter

PROVIDER RESOURCE MANUAL



San Diego County Health and Human Services Agency Children, Youth and Families Behavioral Health Services (CYFBHS) Provider Resource Manual has information on all publicly funded services and programs. To find out if these will be a helpful resource for your family, review the table of contents below. Visit the online version by copying this link to your browser: <http://bit.ly/2cCGHsJ>

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The NAMI San Diego Children, Youth and Family Newsletter is a monthly publication and is funded by:

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Meet our CYFL Program Manager,
Suzette Southfox

"I look forward to getting to know the broader community of children, family and youth behavioral health service providers, allies, advocates as well as youth and parent partners. I want to learn your stories and join you in the vision of truly supported and empowered families and youth partners.

I invite you to contact me and look forward to working together!"



Introduction to the CYF Liaison

cont from pg.1

Today, the three-fold mission of NAMI San Diego is to Support people with mental illnesses and their families by helping them find coping mechanisms for their daily struggle with brain disorders. Educate people who have mental illness, their families, and the general public about mental illness with the goal of dispelling ignorance and stigma. Advocate for more research and an improved system of mental health services across the nation.



At the heart of NAMI San Diego's mission is the sharing of information and striving to end the stigma associated with mental illness

The main focus of the Child, Youth & Family Liaison is to work together with and provide information to both San Diego's Family and Youth Sector and the Administration of the County of San Diego, Health and Human Services Agency (HHSA) Behavioral Health Services (BHS) Children's System of Care.

Just as NAMI San Diego has a three-fold mission; the Child, Youth & Family Liaison provides EDUCATION through parent & provider workshops, training, speakers, focus groups, blogs, webinars. SUPPORT through information on programs & providers of mental health services for children, youth & families through community outreach & the NAMI SD Helpline 1-800-523-5933. ADVOCACY by helping families become active Youth & Parent Partners; that is, recognized community experts sharing valuable lived experience.

Family & Family Youth Partner Groups

FAMILY VOICE MEETING

CENTRAL SAN DIEGO area

Thursday, Sept 22, 6:30 - 8:00 pm

The FAMILY VOICE MEETING is a quarterly meeting which rotates throughout Central, North, East and South San Diego County. It is for families that are receiving Behavioral Health Services and offers opportunities to learn more about what the BHS Children's System of Care has to offer and give feedback as it relates to policies, programs and practices. Join us for a pizza dinner and great conversation! Hosted by NAMI San Diego.



For more information on Family & Family Youth Partner Groups, and/or to RSVP, please email CYFLiaison@namisd.org or call (858) 987-2980

FAMILY / YOUTH SECTOR MEETING

Thursday, Sept 29, 2:00 - 3:30 pm

The FAMILY/YOUTH SECTOR MEETING is a quarterly meeting to provide discussions and share information on behavioral health services in order to gain sector feedback on emerging practices, programs and policies. Meetings are held in-person and on-line. September's meeting is in-person, hosted by NAMI San Diego. Family Youth Partners and those who are deeply engaged in providing support for our children, youth and family communities engaged in behavioral health services are warmly welcome. Join us for an informative meeting!

NAMI San Diego Introduces oscER!

Your guide to navigating a psychiatric crisis situation in San Diego County



www.namisaniego.org/oscer



- Clear content on what to do Before, During and After a psychiatric crisis
- Helpful resources such as psychiatric clinic phone numbers and hours
- Find help with housing & legal aid
- Get education for yourself and your family
- Find walk-in centers, emergency departments and psychiatric hospitals in San Diego
- Use with your i-phone, android or computer
- FREE



SCAN THIS QR CODE WITH
YOUR MOBILE DEVICE FOR
MORE INFORMATION

North County Crisis Intervention & Response Team (760)233-0133

Within a Behavioral Crisis Center, the Crisis Intervention and Response Team provides walk-in and same day appointments to children & youth, ages 4 to 17, who are experiencing severe behavioral and/or emotional difficulties that may include co-occurring substance abuse disorders. A Mobile Assessment Team is also available for youth who are unable to come into the Center.



Licensed clinicians and family advocates will work with the child/youth and family to stabilize behaviors and develop an effective plan to avoid potential hospitalization and to allow youth to remain, and thrive, at the lowest level of care possible. Long term resources in the North County community will be identified, as needed, to support the continued success of the youth and family.

Program sites are open M-F from noon to 8pm and on Saturday from noon to 5pm. Services are provided to families with Medi-Cal and those who are uninsured. The programs are funded by the County of San Diego.

M-F 12:00PM to 8PM, Saturday 12:00PM to 5PM

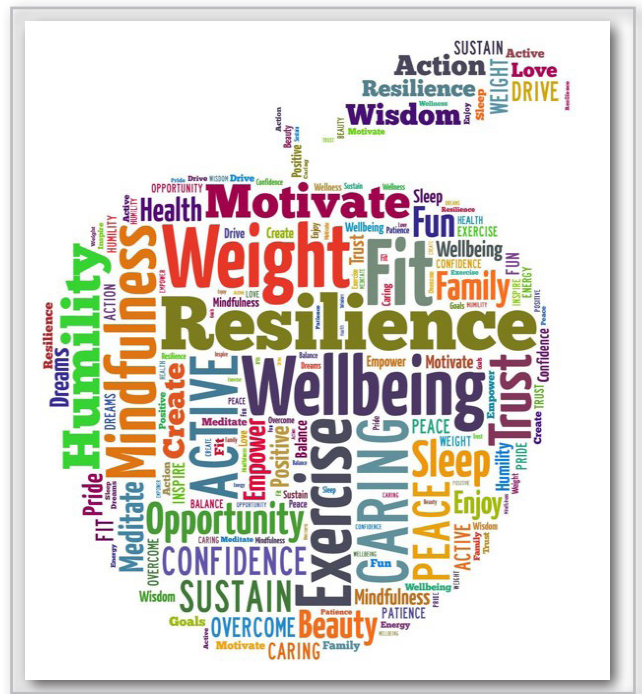
Escondido: 225 W. Valley Parkway, Ste 100, Escondido, CA 92025

Vista: (Opening 8/22/16) 1020 S. Santa Fe Ave., Suite B, Vista, CA 92084

CYFL: Education

Back to School Preventative Care

One in five children aged 13 to 18 have, or will have a serious mental illness. That means 20% of all youth in this age range have lived experience of mental health conditions. In order to provide the most support to all children and youth, the Children, Youth & Family Liaison team will be producing a monthly webinar for parents and families to bring information and resources for mental health and wellness to all San Diego families. Watch for the first Webinar with the October 2016 edition of this newsletter.



Child and Family Team Facilitation Training by BEHTA

**Child and Family Team (CFT) Facilitation Training Dates
posted July 2016 - December 2016 For more information, visit
<https://theacademy.sdsu.edu/programs/bheta>**

Child and Family Facilitation trainings are geared towards Behavioral Health professionals who will be facilitating Child and Family Team meetings and are an opportunity to strengthen facilitation skills while learning the necessary components of the CFT meeting.

Others who would benefit from this training include CYF-BHS therapists, counselors, family and youth support partners, case managers, and other direct service providers working with children, youth, and families. Pre-requisite: Pathways to Well-Being One Day Overview Training must be completed at least one week prior to training date.

San Diego County Pathways to Well-Being trainings help to facilitate a common, strategic and practical framework that integrates service planning, delivery, coordination and management

among all those involved throughout the County in working with children involved in multiple service systems. The San Diego County Pathways to Well-Being Child and Family Team (CFT) Facilitation trainings are taught with a representative from Child Welfare Services, Behavioral Health Services and the Family/Youth sector.

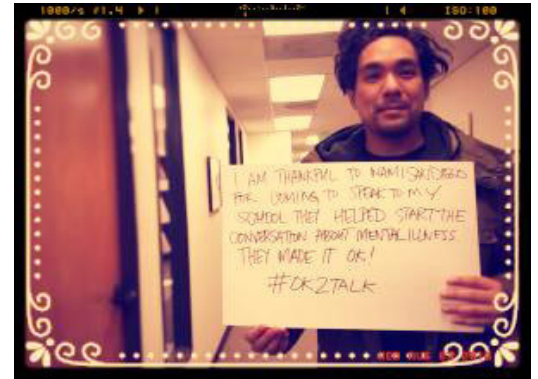
Behavioral Health Education & Training Academy (BHETA) is a County of San Diego Behavioral Health contracted program of the Academy for Professional Excellence, a project of San Diego State University School of Social Work.

CYFL: Education, cont

ENDING THE SILENCE High School Speakers Program

"Ending The Silence" is a NAMI Signature speaker program devoted to providing school-age students an opportunity to learn about mental illness through a 50 minute presentation that includes a power point, video, and personal experience. During the 2015-16 year, our team of presenters brought 42 presentations to 19 schools throughout San Diego County and reached 1,621 students with education, support and advocacy for mental health and wellness.

Provided free of charge to San Diego to area high schools, this program helps students learn symptoms and indicators of mental illness, and are given ideas about how to help themselves, friends, or family members who may be in need of support. The program is delivered by a two-person team including a trained presenters with lived experience who shares their own journey with mental illness and can relate to the student population. Students are given a resource card with valuable phone numbers and websites for mental health agencies along with a list of symptoms/warning signs. At the conclusion of the presentation, postcards are mailed home to parents informing them of the "Ending The Silence" program and information regarding the programs and services of NAMI San Diego.



Through this program, it is NAMI San Diego's belief that this generation of students can be well-positioned to eradicate the stigma associated with mental illness through education and advocacy.

To learn more about this program or request a speaker to come to your High School, please email CYFLiaison@namisd.org or call (858) 987-2980



ON PINS & NEEDLES CAREGIVER REPORT

It is estimated that at least 8.4 million Americans provide care to an adult with an emotional or mental health issue. Prior research has shown that these caregivers are especially vulnerable, as they face complex, high burden care situations, resulting in higher caregiver stress and strain. This study builds on prior research to better understand these mental health caregivers' unique perspectives and experiences.

While this study focuses on the caregivers of adults and older adults. There are many inter-generational families and communities that support both children and youth with mental health conditional and transitional age youth, siblings, parents, and grandparents, as well. This report is a powerful documentation of the needs of caregivers.

For more information and to view the report, please visit www.caregiving.org

Last Rev: 9/8/2016

A Youth or Family Partner

is an overarching term for Parents & Caregivers of Children or Youth who have or are currently receiving services from a public child family serving agency (see the list below). Youth are defined as a person under the age of 25 who has received services or are currently receiving services from a public child family serving agency, particularly children, youth and family behavioral health services.

Youth and Family Partners become involved in many roles within the behavioral health community including NAMI San Diego volunteers and staff. Youth and Family Partner (YFP) roles may include;

- **Administration**
- **Advocacy & Community Engagement**
- **Training & Supervision**
- **Support Partners (direct service)**
- **Peer to Peer**
- **Outcome and Evaluation Programs & Activities**



For more information on becoming involved as a Youth or Family Partner, please let us know by emailing us at CYFLiaison@namisd.org. We can't wait to add you as a CYFL Partner!

Community Engagement Forums

Do you have input on Mental Health and Alcohol Drug Services in your community?

If yes, please plan to attend one of the 12 Community Engagement Forums sponsored by Health and Human Services Agency Behavioral Health Services. **Your voice is needed.**

Forums will take place in Escondido, Central San Diego, National City, Oceanside, Alpine, and La Mesa from August 29 through Oct 4, 2016.

RSVPs are necessary to secure a participation space. There is no charge to attend and in some cases dinner is provided. Two of the Forums offer free childcare! Those will take place

on September 12 at Marina Village Cventer from 9am to noon and on September 29 at the QLN Conference Center in Oceanside from 6pm to 9pm. The Oceanside event also serves dinner. For more info, call (858) 987-2980.



NAMI San Diego Children, Youth & Family Liaison as Mental Health Service Act (MHSA) Issue Resolution Point of Contact

NAMI San Diego serves as the Mental Health Service Act (MHSA) Issue Resolution point of contact for issues with programs, services or experiences within the Children, Youth and Family Behavioral Health System of Care.

Let us advocate for you by calling us at (858) 987-2980.



San Diego

NAMI Children, Youth & Family Liaison
Vol. I, Issue 1, September 2016
5095 Murphy Canyon Road, Suite 320
San Diego, CA 92123

Return Service Requested



Save The Date!

NAMI San Diego OPEN HOUSE will be on Tuesday,
September 27, 2016 from 6-8 pm!

Inviting members of the CYFBHC and Families!



RSVP by:

- visiting the EventBright invite at www.bit.ly/NAMISanDiego
- email CYFLiaison@namisd.org
- Call (858) 987-2980

Open House Location at
NAMI San Diego
5095 Murphy Canyon Rd.
San Diego, CA 92123
Look, Learn, Meet and
Have Fun!