



Children, Youth & Family **LIAISON**

NAMI San Diego Welcomes New CEO Cathryn Nacario

Please join us in welcoming NAMI San Diego's new CEO Cathryn Nacario at the helm of one of the oldest mental health advocacy organizations in San Diego. We all want to get to know Cathryn a little better, and in her efforts to get to learn staff names, departments, and all NAMI San Diego does, she took a few minutes to sit down with us and answer a few questions.

How did your family react to the news that you would be the next CEO for NAMI San Diego?



Cathryn Nacario

My family, both biological and blended, were thrilled...including the two daughters in my household, aged 10 and 17. My family knew from my nursing days, how much I loved working with and serving vulnerable populations. When I first saw the NAMI San Diego CEO job announcement I realized not only was this my dream job, but also a perfect opportunity to return to the nonprofit world with a new and effective skill set. My family was as excited as I was to see me take a leadership position to serve the greater good.

Share a little about the road that led you to NAMI San Diego?

Years ago, I worked with San Diego Hospice as a pediatric nurse which was as difficult an experience as it was rewarding. Later, I spent seven years working with the Borrego Medical Center during which time I helped to establish a downtown clinic to address the striking social and economic discrepancies that I saw in the community. I wrote some of the first Federally Qualified Health Center (FQHC) grants to meet the needs of uninsured and under-insured populations. It was deeply meaningful work. Fast forward to a new marriage, a blended family and a rekindled desire to serve the nonprofit world. And here I am.

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TAY Spotlight: Emma Rodriguez

NAMI San Diego's CYF Liaison provides a platform for the authentic voice of children, youth, and families to be heard. One of the ways we work towards this goal is by connecting four Transition Age Youth (TAY) individuals aged 16-25 to the Children Youth & Families Behavioral Health Services Council and the newly-forming TAY Council to act as voting members and alternates. The CYF Liaison recognizes Emma Rodriguez, an involved, voting TAY member and high school student in San Diego County. Emma has served as an integral part of helping the System of Care connect with young people living with behavioral health concerns in San Diego County.



CYFL: In your own words, what does the term "Transitional Age Youth" (TAY) mean to you?

Emma: I am a very technical person, so it generally pops up in my mind as what it represents - youth ages 16-25.

CYFL: The phrase TAY implies you're going through a period of change or transition. What are some of the aspects of your life that are currently changing?

Emma: Well, for one, I am constantly learning how to cope with my mental illnesses. I am also currently filling out college applications, which is a terrifying thing that signifies pretty much the greatest change in my life since I was born.

CYFL: What types of programs or services do you wish were available to TAY in San Diego?

Emma: I would like to see some sort of peer counseling service. It is great to speak to professionals, but they cannot always connect to what I am feeling as a TAY. I think we need to expand the family youth partners (peer support people) to employ more youth! TAY are also not tapped for their input as often as they should be. There was a recent survey to decide what kind of trainings should be made available to those who work with TAY, but I am quite sure very few of us were actually asked that question. We have ideas too!

CYFL: Of the programs out there, which do you find most helpful and engaging?

Emma: "Urban Beats," I know they allow TAY to engage with the arts in order to fuel their recovery and prevention.

CYFL: What are your plans for the next few years?

Emma: I plan to go to college, I assume UCSD, and double major in economics and political science. After that, who knows?

CYFL: What role do you play in ending mental health stigma?

Emma: I am currently attending the World Hearing Voices Congress, to learn about how people are fighting the stigma against those of us with psychosis. I think right now, the best thing I can do is to provide an example of someone with mental illness who is not defined by it. I am a 4.0 student who runs three clubs at my school and may be elected Student Body President with a diagnosis of depression and psychosis. If I can do it, so can you!

CYFL: Finally, tell us something interesting about yourself!

Emma: I had to pause at this. I feel like what I said above made me sound pretty interesting! Here goes: I was inspired to practice Classical Ballet for a long time (before school took over) by the paintings of dancers by French impressionist Edgar Degas which I just had the honor of seeing in real life.

Thanks Emma! We enjoyed getting to know you!

SEPT / OCT REMINDERS

Family Support Partner Coaching Meetings:

Coaching Meetings provide education and support for Family Partners and are held the 4th Friday of the month from 1-3 pm at the NAMI San Diego main office; 5095 Murphy Canyon Rd, Ste 320, San Diego, 92123. **RSVP to cyfliaison@namisd.org**

- **Oct 27, 1-3 PM: Presenter:** Do Right Law will speak on FAPE (Free Appropriate Public Education)
- **November:** DARK (no meeting)
- **Dec 28, 1-3 PM:** Holiday Celebration
- **Call / Text (858) 987-2980** for more information or email cyfliaison@namisd.org

The NAMI San Diego CYFL Team is comprised of:

CEO: Cathryn Nacario

COO: Sue Skube

Community Development Director: Renee Cookson

CYFL Program Manager: Suzette Southfox

CYFL Lead Trainer: Linda Ketterer

CYFL Family Specialist Trainer: Valerie Hebert

CYFL Technology Engineer: Leo Pizarro

CYFL Community Developer: Shane Drosi

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Meet The CEO ... Cathryn Nacario

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How do you like to (and not like to) spend your non-working hours?

What I don't like to do is sit still. I find being "idle" a very difficult thing. What I like to do is move! While I'm no longer an active triathlete (for health reasons), I still enjoy running and hiking. In fact, my family knows that when I am out on a trail, jogging or walking, not to call or text me. This helps me "unplug" as exercise and movement is meditative and restorative to me. I also like to spend time baking bread. I bake all the bread my family eats. I also love to cook and have a low sugar kitchen. I am really interested in integrated nutrition. My oldest daughter says I've "ruined her" because when she eats fast food, it tastes bad.

If you had the opportunity to relay one message to ALL San Diego's children, youth, Transitional Age Youth and families living with behavioral health challenges – what would it be?

YOU ARE NOT ALONE. That's the most important message I can think of. Through personal experience, I have seen how devastating it can be when people don't talk about mental illness. Stigma is an ongoing battle, but the most important thing for parents and people of all ages to know is that there are many others who have lived experience with mental illness, both as peers and as family members, and we can learn from them. You are not alone is the first message I want all of San Diego to know when it comes to mental illness, and that NAMI San Diego is here and is ready to help.

Parent Support Meetings

Find Resources! Learn! Share!

PEP: Parents Empowering Parents - SUPPORT GROUP MEETING - #OURVOICESMATTER

The Children, Youth & Family Liaison continues an Open, FREE, monthly coaching and support group meeting for parents and caregivers of children and youth living with challenging behaviors and behavioral health issues. Parents Empowering Parents (PEP) Peer-led meeting is based on standard group guidelines and principles of support. Find resources, learn, share, give feedback and develop support systems. *Parents and Caregivers ONLY*. RSVP REQUESTED: email CYFLiaison@namisd.org or call/text 858-987-2980.

NAMI SD PEP Meeting Dates:

* Meets 3rd Wednesday of the Month from 6-8 pm.
2017 meeting dates:

- October 18, 2017
- November 15, 2017
- December 20, 2017

Meeting location: NAMI SD, 5095 Murphy Canyon Rd, Ste 320, San Diego, 92123

FAMILY VOICE TOWNHALL Oct 26, 2017

Location: SOUTH 10:30 AM-12 PM

Chula Vista CIVIC Library

365 F St, Chula Vista, CA 91910

Nov 9, '17 - Location: EAST

El Cajon Library

201 E. Douglas Ave, El Cajon, 92020

Is your family currently engaged in the Children, Youth & Families Behavioral Health System of Care? If so, we want to hear your voice! Please join the NAMI SD CYFL team for our quarterly Family Voice Town Hall Meeting. We also want to hear from families who are not receiving services but would like to, as we want to connect you with the resources you need to support your family. Families who were historically engaged in the CYFBHSOC are also encouraged to join our meetings. *Children & Youth are welcome*. Refreshments provided!

Your experience and wisdom are highly valued by our team, and we would love to create a larger network of Family Support Partners.



For more information on Family Support Meetings, and/or to RSVP, please call/text 858-987-2980 or email CYFLiaison@namisd.org

FAMILY & YOUTH FOCUS GROUP w/Hot

Topic Prompt **ONLINE** Dec 5 at 2:00 pm

*Visit and Like our Facebook Page [Here](#), and Join Us Online!

Our Family & Youth Focus Group Meetings are for parents, providers, Family Youth Partners, youth, TAY (Transition Age Youth) and those who support families engaged in the Children Youth Families Behavioral Health System of Care. These meetings are dedicated to discussing best practices in the current system of care and how we can continue to improve or develop services to help our families thrive. We want to hear about emerging practices, programs, and policies. These meetings are held quarterly online via Facebook Live.

WORKING TOGETHER Training

What if Family Support Partners (Peer Staff) and Professional Staff (Mental Health Clinicians & Program Staff) could work more successfully together?



The CYF Liaison is training the Children's System of Care on using Lived Experience as a powerful tool for Mental Health Professionals. Working Together is a vibrant and meaningful learning experience that builds the foundation for a strong, positive collaboration between clinicians, mental health workers, therapists, program staff and Family Support Partners, Children's System of Care Peer Staff with Lived Experience.

Limited Spaces. RSVP secures seat.

RSVP @ <http://bit.ly/CYFLNOV8WT>

Working Together, a training of the Children, Youth & Family Liaison, is approved by the CA Board of Registered Nursing, BRN Provider # 16262, for (4) CEH contact hours, CFAAP/CAADAC (4) CEH contact hours, California Association for Alcohol/Drug Educators (CAADE) (4) CEH contact hours.

Nov 8, 2017 from 12:30 - 4:30 PM

5095 Murphy Canyon Rd, Ste 320
San Diego, CA 92123

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**One Degree Shift;
Conversations that matter.**
COMING SOON

What if you could find a connection to a behavioral health service you've never heard about? Launching in the fall, the Children, Youth & Family Liaison team will introduce a series of podcast episodes dedicated to shed light on behavioral health topics that are meaningful. This podcast, called

One Degree Shift, intends to promote greater understanding and acceptance of behavioral health and behavioral health services within a safe and trauma-informed environment. Helping you answer those what if's, how to's, and where's of life as a parent or provider to the children and youth of San Diego. To change what happens today for a brighter tomorrow we hope you subscribe to our podcast! Discover something new, something to share, and more importantly something to incorporate into your lives. **One Degree Shift** episodes are soon to be available on popular podcast platforms, stay tuned as we will release the first episode on our website.

Our Voices Matter

Featuring a Family Support Partner

“You are definitely stronger than you think you are!” is the main message Julian Perez has for the families he works with...and Julian has seen a lot of families in the 6 years he has worked with Fred Finch as a “Wraparound” coach. Wraparound is an intense home-based mental health service that uses therapeutic interventions and includes Family Support Partners or peer staff with lived experience. For the past 7 months, Julian

has been the Family Partnership Coordinator/Wraparound Coach teaching and mentoring new Family Support Partners to use their lived experience to help engage families faster and aid in the process of their recovery. Julian stated that even though there are many rewards that come with this type of work, his greatest accomplishment is “actually, physically, seeing the change within the family.” Julian enjoys being

able to observe families move through the low points of Child Welfare Services or Juvenile Justice involvement, to finding help, hope and happiness. Regardless of the length of the path that families are on, Julian knows that the time, effort and hard work he invests helps make a difference in the life of the family.

Julian admits that there are particular struggles working as a Family Support Partner in the field of family behavioral health. Heavy case-loads mean having a lot of families in “crisis mode” at one time. Additionally, working from a multiple team approach with multiple perspectives approach can make things quite complex. Julian states, “The way I might see a certain tool being used [may] be quite different from the way another Family Support Partner [approaches the same situation]. Spending time justifying

the concept and evidence of why the tool is used the way it is consumes precious time and energy.”

As a child, Julian went through his own trials, “Working with families makes me know some of the suffering I went through as a kid can actually help turn someone around.” Sometimes it just takes one person to change the path of your life. When Julian was 13 years old and his brother was 15, many of their neighborhood friends began to become involved in gangs, the demographics of the neighborhood being a profoundly strong factor. It was then a mentor came into Julian’s life, offered him a hamburger and changed his life forever, helping to shape Julian into the man he is today; a proud father and a gifted Family Support Partner.

Julian’s one message for a family in crisis is, “You are definitely stronger than you think you are!” Julian knows that wrap-around services draw upon a family’s natural strengths and values. It never ceases to amaze Julian when he sees the families no longer need the services, having become capable of succeeding on their own.

When organizations understand and identify the value of “lived-experience,” it strengthens the vibrant, effective work of Family Support Partners. When programs utilize the power of lived experience and support peer staff as a distinct professional, the whole system of care is supported.

Julian’s passion for his work and his family extends into afterhours passion for music. “I am a drummer” says Julian, who also plays the guitar. He is drawn to seeking and learning new instruments as well as producing videos and mixing live music at his church.

Julian is eager for broader exposure regarding the role of Family Support Partners. Julian believes that as we grow in our understanding of how “lived experience” can support families, peer staff movement will gain momentum, as one of many legitimate professional paths. Julian declares, “I have seen families both hurt and helped within the system of care.” It’s a system that can change lives if we all work together.

You Are Stronger Than You Think You Are

By Linda Ketterer



Julian Perez

Family Support Partner of the Month

Family Support Partners are members of the community who use their personal lived experience to reach out and help other families who are facing a challenging journey.

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5095 Murphy Canyon Road, Suite 320
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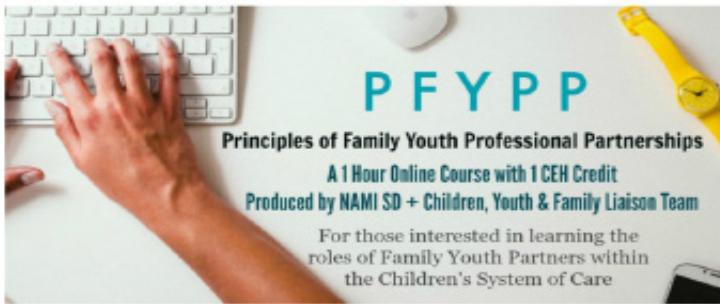
Return Service Requested



Professional Support

TOPIC: PFYPP Online Course w/ 1 CEH

Sign Up LINK: <http://bit.ly/CYF-PFYPP>



Course Overview: Learn the basic Principles of Family & Youth Professional Partnerships in this pre-recorded training, available to take any time of the day or night, on any computer or tablet device. This one hour training is for family members with Lived Experience, Children, Youth & Families program staff, and those interested in becoming Family Support Partners (Parent Partners, Peer Partners, Family/Youth Partners, etc) within the Children, Youth and Families Behavioral Health System of Care. Learn about guidelines and benefits of working with Family Support Partners. 1 CEH (Continuing Education Hour) is available to all who complete the training requirements. To sign up, visit this link: <http://bit.ly/CYF-PFYPP>



Issue Resolution



The NAMI San Diego Children Youth & Family Liaison (CYFL) serves as the Mental Health Services Act (MHSA) Resolution Point-of-Contact for issues within the Children Youth & Family Behavioral Health Services System of Care (CYFBHSOC). We serve the community by facilitating dialogue between families, Family Support Partners, and providers. Families can attend our Family Voice Meetings to talk about what is working well for them and where they need additional support within the Children's System of Care. If families feel they are not receiving proper care from their providers, have an issue, or if they are struggling to find the services they need, the CYF Liaison provides a safe, trauma informed, judgment free space for families to discuss and resolve these concerns and also provides Behavioral Health Services with community feedback to assist in improving the current system of care.

FOR ISSUE RESOLUTION ASSISTANCE: (858) 987-2980

CYFL is funded by The County of San Diego Health & Human Services Agency

Job Postings

- **Family Youth Partner Presenter** - To apply visit www.namisaniego.org/category/jobs
- **Family Services Coordinator** - Christie's Place - for additional information, contact Sara Duran at duran@christiesplace.org
- **Reentry Works Job Developer** - Second Chance Program - Apply to jobs@secondchanceprogram.org
- **Peer Support Specialist** - Community Research Foundation - Apply to <http://bit.ly/CRFCareers>
- **Peer Specialist - Bilingual** - Community Research Foundation - Apply to <http://bit.ly/CRFCareers>
- **Parent Partner** - Community Research Foundation - Apply to <http://bit.ly/CRFCareers>
- **Family Support Partner (temp)** - MHS Families Forward - Apply to <https://careers-mhsinc.icims.com/jobs/2944/family-support-partner--temp/job>