



## NAMI SD & Children Youth & Family Liaison Open House A Big Success

"I'm so glad I attended! I had no idea NAMI San Diego offered so many innovative programs," is what you might have heard among the crowd at the Open House and Children, Youth and Family Liaison "Coming Out" Party the evening of September 29.



More than 150 people participated in this celebratory community event. Not only did it showcase

an office tour of NAMI San Diego's programs including the CYF Liaison, Noble Works, In Our Own Voice, Friends in the Lobby, Family to Family, Tech CAFÉ, Next Steps, Outreach, the NAMI SD Helpline, but it was also a fun-loving, intergenerational gathering that allowed for children, families, behavioral health professionals, and anyone interested in helping NAMI San Diego end the stigma of mental illnesses and build relationships with each other. (continued on page 3)

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## CYFLiaison Community Newsletter



The NAMI San Diego Children Youth & Family Liaison (CYFL) Team serves as the Mental Health Service Act (MHSA) Resolution Point-of-Contact for issues within the Child Youth & Family Behavioral Health Services System of Care (CYFBHSSOC). We serve the community by facilitating dialogue between families, Family Youth 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 CYFBHSSOC. 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 CYFL Team provides a safe, trauma informed, judgment free space for families to discuss and resolve these concerns. The CYFL also provides Behavioral Health Services with feedback from our families so as to assist in improving the current system of care.

By creating a welcoming environment where families can express themselves and share their experiences, we honor the truth that they are indeed the experts of their own lives. The CYFL team believes that the more opportunities we create for dialogue, the better we will understand the needs of our families. With this increased understanding, we can better serve and empower all of the families engaged in the Children, Youth, and Family Behavioral Health Services System of Care.

**FOR ISSUE RESOLUTION ASSISTANCE:**  
**(858) 987-2980**

## OCTOBER EVENTS

### • Domestic Violence Awareness

On October 4, 2016, the CYFL Team participated in community outreach at the Domestic Violence Awareness Month Kick-Off Event at the San Diego Central Library.

For more information on Domestic Violence Services, contact the San Diego Domestic Violence Council.

Phone: 888-DVLINKS (385-4657)

National Domestic Violence Hotline:  
800-799-SAFE (7233)

Email: [sddvcinfo@gmail.com](mailto:sddvcinfo@gmail.com)

### • Red Ribbon Week

Red Ribbon Week began after DEA agent Enrique "Kiki" Camarena lost his life in 1985. Camarena had been working undercover in Guadalajara, Mexico, and his efforts led to a tip that resulted in the discovery of a multimillion dollar narcotics manufacturing operation in Chihuahua, Mexico. Today the red ribbon is a symbol for prevention in order to reduce the demand of illegal drugs and honors the memory of Camarena.

**In honor of Red Ribbon week, we will have a training on Popular Synthetic Drugs for our Family Youth Partner Coaching Mtg on the last Friday of the month, October 28, 2016 1-3pm at the NAMI SD office. Please RSVP: [CYFLiaison@namisd.org](mailto:CYFLiaison@namisd.org)**

### • NAMI On Campus Training

NAMI California is offering a NAMI On Campus program to help high schools create supportive, positive mental health clubs. San Diego currently has 5 active clubs and a FREE day-long training for students and advisors is being offered on Fri, 11/4/16. Register by Oct. 28 at:  
<http://sdcoe.k12oms.org/918-122532>

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# NAMI SD & CYF Liaison's Open House

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The evening began with the popcorn machine playing staccato to the rhythms of Caprice String Trio's violin, cello and viola playing well-known pop, rock and classical tunes. Guests sipped Boba tea and coffee drinks, and enjoyed organic hot dogs and Maine lobster rolls from local food trucks. Children and families bonded over face painting, caricature portraits, "fishing" for toy prizes, arts and crafts bag making, magician's tricks, and much more. CYFL staff members listened to participants' stories while warmly welcoming an office full of guests' enthusiasm for the upcoming programming including the Family Voice, Sector, and CYF Partner Coaching meetings. The night concluded with many children exclaiming, "Mom, I'm having so much fun! I don't want to leave." What a positive jamboree had by all!

**The CYFL would like to thank all who helped make the Open House a very successful**

**event:** All of NAMI San Diego Staff! 35 terrific NAMI San Diego volunteers! Our neighbors at 3095 Murphy Canyon Rd; Caprice String Trio; O-Organics Food Truck; City Heights Coffee House; Two for the Road Food Truck; Beach 'n Boba Food Truck; Wandering Magician, True Southfox; Caricature Artist, Alex LaShomb; Balloon Artist & Face Painter, Rosalie Jane



Linda and Carolina at the Photobooth

**NAMI San Diego would like to offer a Special Open House  
Thank You to Jess Reimnitz of  
Thrivent Financial Consulting.**

## Family Support Meetings

FAMILY VOICE MEETING - EAST COUNTY  
THURSDAY, Oct 27, 2016, 6:30 - 8:00 PM

**Meeting Location:**

**Santee United Methodist Church,  
8964 N. Magnolia St  
Santee, CA. 92071**

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

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



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

FAMILY/YOUTH SECTOR MEETING  
ONLINE, Dec 29, 2016, 2:00 - 3:30 pm

Our **Family Youth Sector Meetings** are for parents, providers, Family Youth Partners, and anyone who supports families engaged in the Children Youth Families Behavioral Health Services System of Care (CYFBHSSOC). 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. Providers are encouraged to bring literature and program updates to share with other providers and Family Youth Partners. These meetings are held quarterly and alternate between in person and online. ***Our next meeting will be online. Please register by emailing us at [CYFLiaison@namisd.org](mailto:CYFLiaison@namisd.org)***



## Family Youth Partner Monthly Coaching

Are you a Family Youth Partner (FYP)? If so, we invite you to participate in our monthly Family Youth Partner Coaching Meetings, which are held on the last Friday of the month from 1pm to 3pm, at NAMI San Diego headquarters: 5095 Murphy Canyon Road, San Diego, CA 92123. Our aim is to create an open and supportive community meeting space where individuals currently or historically engaged with the Children Youth Family Behavioral Health Services System of Care (CYFBHSSOC) and working as active Family Youth Partners feel welcome and empowered to share their authentic experiences, ideas, and needs. Family Youth Partners under the age of 18 may attend when accompanied by a caregiver. Individuals who are interested in becoming Family Youth Partners are also welcome to join us.

Meetings are facilitated by the NAMI San Diego Child, Youth & Family Liaison (CYFL) Team. The first half of each meeting is dedicated to group dialogue so we may learn from one another on how to better support families currently or historically engaged with the CYFBSSOC. Participants are encouraged to bring literature and share updates about their programs. We welcome your stories, successes, questions, concerns, and ideas. The latter half of the meeting features a one-hour educational presentation to support professional development. Our first meeting, which was held on September 30, 2016, featured an expert speaker on Individualized Education Plans (IEPs). Our upcoming meeting on October 28, 2016 will feature a presentation on Synthetic Street Drugs.

It is our hope that our Family Youth Partner Coaching Meetings will foster a stronger sense of community and create a safe space for the birth of new solutions and creative partnerships within the current system of care. We know how invaluable peer contribution is to the support and successes of families in the Child, Youth & Family Behavioral Health Services System of Care. Your lived experience and empathy instill feelings of comfort in our families, and your wisdom and guidance inspire courage and a feeling of faith that they too are on their way to better horizons.

NAMI SD Children, Youth & Family Liaison  
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*Return Service Requested*



## NAMI San Diego oscER App

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

- Find clear content on what to do Before, During and After a psychiatric crisis
- Get helpful resources such as psychiatric clinics 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



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MORE INFORMATION

[www.namisandiego.org/oscer](http://www.namisandiego.org/oscer)