



## **NAMI SD and Children, Youth & Family Liaison's Season of Giving Thanks**

As 2016 winds to a close, we would like to take this opportunity to **thank you for all you do** to support NAMI San Diego and the Children, Youth and Family Liaison's mission of helping. We are thankful for the concern and care you share and for your ongoing efforts to help bring the highest possible level of services to persons struggling with mental illness and their family members.

If you are looking for a worthy cause to which you can donate time or money this holiday season, the CYFL offers a few wonderful suggestions on page 3. In addition, Live Well San Diego is on a mission to bring community organizations together to help people efficiently get appropriate services. Events include several Holiday Assistance Programs designed to help low-income individuals and families, older adults, individuals living with disabilities, hospital patients and others to celebrate

### **Holiday Assistance Programs**

- Christmas meal delivery
- "Adopt-A-Family" program
- Holiday Gifts/Toy Drive
- Help serve Christmas meals to homeless

any of the annual holidays.

Donations of clothing, toys, and your time are all appreciated! To participate, simply call 2-1-1 or visit the Live Well San Diego website at [www.211sandiego.org/holiday\\_assistance](http://www.211sandiego.org/holiday_assistance).

**Visit page 3 for information the CYFL's Winter Holiday Donation Drive and learn how you can participate.**

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### **CONTACT US**

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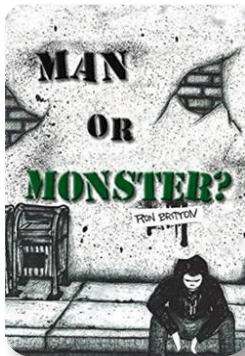
The CYFL is funded by The County of San Diego Health & Human Services Agency

# Our Voices Matter

Featuring a Family Youth Partner

**Ron Britton is our featured Family Youth Partner (FYP) of the month.** Ron has served as a Family Youth Partner for the past 8 years, serving three years with MHS (Mental Health Services) and five years with Harmonium, where he currently supports youth and families around Individual Education Plans (IEP's), 504s, behavioral problems, social issues and more.

One of Ron's greatest accomplishments working with families is teaching ways to successfully communicate around behavioral health challenges and mental health services. Ron recalls a pointed illustration of working with a 6-year-old boy who was surrounded by gang involved adults and family members. The child struggled with such extreme triggers and tantrums as to interfere with his daily living. Ron began to work with the child in public social settings, such as grocery stores and parks, where Ron began to introduce structure and boundaries delivered through one-on-one attention. With his powerful, person-centered redirecting and negotiation skills, the young boy's behavior became positively enhanced. Although Ron was only able to work with this child for a short time, he was able to positively impact this family by providing what turned out to have been the only individual attention the child had received up to that point.



Do you know a CYF Partner who is making a difference in their community? Nominations are open for a possible feature in a future edition of Our Voices Matter, a column promoting Caring People in the CYFL Newsletter. Send your nomination via email to [CYFLiaison@namisd.org](mailto:CYFLiaison@namisd.org)

the importance of keeping the integrity of the authentic voice of the Family Youth Partners, which not only delivers effective and deeply appreciated peer support to families in crisis, but helps to break the stigma of accessing and engaging with appropriate behavioral health services.

Ron believes that families often possess the answers they need to solve their complex issues and that the Family Youth Partner simply holds up and confirms the solutions and skills already inherent in the family. Ron's hope for the future is

that the organizations utilizing Peer Specialists will have confidence in their abilities and allow them to "use their skills of engagement" to support families. When providers enable FYPs "to use the skills they have learned through their lived experience," they can empower the families "to be the experts of their own lives." Ron hopes that California will eventually have state certification that allows Peer Specialists to gain professional acknowledgement and continued room for growth within the behavioral health field.

Ron Britton is also an accomplished published author. His "passion" for writing produces words that encourage, bring insight, and make you ponder. Ron's book, "Man or Monster?" can be found online. To read Ron's piece called "Poetification," which he wrote specifically for this article, please visit the CYFL blog at [www.cyfliaison.namisandiego.org/blog](http://www.cyfliaison.namisandiego.org/blog).

## DECEMBER REMINDERS

### • FYP Coaching Meeting is on December 30, 1-3 PM

Reminder: No Family Voice Meeting in December due to holiday schedule. We wish you and your family a healthy and happy Holiday Season and look forward to seeing you Dec 30 at the Coaching meeting, or at the Family Voice Meeting on January 26, 2017.

### • NAMI SD Support Services



Holidays can be a special time for families and friends, and can also lead to stress. Know where you can seek out support groups in your community and educate yourself about your symptoms and diagnosis. Social support and knowledge can be valuable tools for coping. Here at NAMI San Diego, you can find a variety of support services. Visit our website for a calendar of support group meetings here: <http://bit.ly/2dwcbT9>

The NAMI San Diego CYFL Team is comprised of:

CEO: Shannon Jaccard, MBA

COO: Sue Skube

Community Development Director: Renee Cookson

CYFL Program Manager: Suzette Southfox

CYFL Program Coordinator: Valerie Hebert

CYFL Program Lead Trainer: Linda Ketterer

CYFL Program Trainers: Kelly Hutton, Carolina Moxley

The NAMI San Diego Children, Youth & Family Newsletter is a monthly publication. The CYFL is funded by The County of San Diego Health & Human Services Agency.

Telephones:

1 (858) 987-2980 OR 1 (800) 523-5933 (NAMISD Helpline)

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Website: [www.cyfliaison.namisandiego.org](http://www.cyfliaison.namisandiego.org)

# NAMI SD and CYFL's Season of Giving Thanks

cont from pg.1

## Winter Holiday Drive

CYFL's

During the holiday season, many of us look for simple ways to donate time or resources to local communities in need. This year, the NAMI San Diego Children Youth & Family Liaison are inviting

people to consider donating clothing and toiletries to **Monarch School**, which serves K-12 students impacted by homelessness. Monarch School and its committed team of teachers, support staff and volunteers are dedicated to providing children impacted by homelessness with an accredited education while caring for their basic needs. Today, nearly 350 kids between the ages of 4 and 19 are enrolled at Monarch School. These fundamental donations help reduce the increased anxiety and stress our students face every day.

Please drop off your donation by January 13, 2017 to either drop off location.

### Monarch School's Wish List of Immediate Needs

- \* New Underwear for high school girls – ladies' sizes 5 & 6
- \* Bras of all sizes
- \* New Boxer Shorts for boys ages 5 through 18
- \* Full Size Hygiene Products: body wash, body lotion, shampoo, and conditioner



### Consider a Year-End Donation to NAMI San Diego

#### #givingtuesday

Celebrated on the Tuesday following Thanksgiving #GivingTuesday kicks off the charitable season, when many focus on their holiday and end-of-year giving. Since its inaugural year in 2012, #GivingTuesday has become a movement that celebrates and supports giving and philanthropy. NAMI San Diego works to educate families, consumers and the general public about mental illness. We provide information about where to find treatment, support, and how to find the road to recovery. **Please visit our website, and make a donation to NAMI San Diego today. And, Thank you!**

<https://namisandiego.org/donate/>

### Drop off locations:

#### \* **Monarch School -**

Nat & Flora Bosa Campus  
1625 Newton Ave.  
San Diego, CA 92113

#### \* **NAMI San Diego -**

Child Youth & Family Liaison  
5095 Murphy Canyon Rd.  
San Diego, CA 92123

## Family Support Meetings

FAMILY VOICE MEETING -

**Jan 26, 2017**

**6:30 - 8:00 PM**

We wish you and your family a Happy Holiday season and look forward to seeing you in January, 2017 at the next Family Voice Meeting -

### Chula Vista Public Library

South Branch - Room B  
389 Orange Ave, Chula Vista, CA

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 want 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)**

## Announcing The Principles of Family & Youth Professional Partnerships 1-Hour Online Training (PFYPPT)

The PFYPPT training has been designed to provide all members involved in the care and support of children, youth and families engaged in San Diego's Children, Youth & Families (CYF) Behavioral Health Services (BHS) System of Care (SOC) with an introduction to the principles of the family/youth professional partnership. The goal is that by learning these principles, participants will understand and

### CYF Liaison Presents:

#### Principles of Family & Youth Professional Partnerships Training

appreciate the value of working effectively with Peer Specialists, known in the children, youth & families sector as "Family Youth Partners," in order to best support and encourage the families in this system of care.

"Family Youth Partners" are a branch of Peer Specialists

that are comprised of parents, caregivers, or youth that work in the behavioral health field as paid or unpaid staff. They have valuable lived experience of either receiving children, youth & family behavioral health services or supporting a young family member receiving these services. FYPs who are living successfully in recovery have added to their lived experience a foundation of additional training in mental health, behavioral health, trauma informed care, communication skills, crisis intervention, and more.

Family Youth Partners use their lived experience and training to remind parents, families and youth of their innate strengths and draw the family attention to what is working well, inspiring families to find and use appropriate community resources. FYPs also work to empower and encourage families to use their unique voices.

This one hour, on-line learning experience is approved for (1) CE, Continuing Education Hour, and will be available to take online any time from the date the course goes live (currently scheduled for Dec 22, 2017) onward. The online course is available for access at any time of the day and can be taken on a multitude of electronic devices, making it a very convenient way to add to CEs or to simply gain training in order to work in the behavioral health field as a Family Youth Partner.

**Sign up for this FREE 1-Hour Training by visiting the CYFL website HERE: <https://cyfliasion.namisanidiego.org/online-training/>. Includes 1 CE (Continuing Education Hour) Learn more by calling (858)987-2980 or email us directly at [CYFLiaison@namisd.org](mailto:CYFLiaison@namisd.org).**

## Holiday Stress Busters

By Barbara Keith Walter, Ph.D. M.P.H.  
Assistant Clinical Professor of Medical Psychology  
Department of Psychiatry & Behavioral Sciences  
Duke University Medical Center

Holidays can be very exciting and happy for many children, but can also be a very stressful time for some children and their parents. Stress can be due to unrealistic expectations, difficulties with establishing priorities, multiple and competing demands on time and energy, or facing the holidays after a loss or change in the family. Thus, it is important to recognize sources of stress, establish priorities, organize your time, and abandon impossible goals.

Additional tips to help prevent and manage stress during the holidays:

- Remember that children can be impacted by stress in the family and try to effectively manage your own stress.
- Recognize that family relationships are a source of support, but they can also trigger stress.
- Spend time with people you care about and try not to isolate yourself.
- Accept family members and friends for who they are and put aside conflicts or unrealistic expectations.
- Remember that you do not have control over the way other people behave, but you do have control over the way you react to other people's behavior.
- Accept that traditions change as families change and that things don't have to be the same or perfect to be special.
- Discuss plans in advance so activities are predictable and children know what is expected of them. Whenever possible involve children in planning and try not to change plans unexpectedly.
- Try not to abandon healthy lifestyle habits, such as regular meals, good nutrition, good sleep habits, limiting time watching TV or playing computer and video games alone, and balancing periods of rest with activity.
- Attempt to stick to established routines and continue to consistently enforce established rules and consequences even if you are traveling or relatives are visiting, but also recognize when it is important to be flexible.
- Bring a favorite stuffed animal, blanket, book, game, or small toy when traveling.
- Anticipate times when children will be waiting and bring something to entertain them.
- Establish a budget and attempt to stick to it. Don't promise children gifts that you cannot realistically give them and don't be afraid to let children know if something is too expensive or they are asking for too many gifts.
- Consider alternatives to giving gifts, such as sharing your time, talents, or resources with others.
- Help children find a special way to remember special people who are not with them over the holidays.



To read more tips, please visit the original post on the Duke Children's Hospital and Health Center website page at [http://www.dukechildrens.org/about\\_us/newsroom/holiday\\_stress](http://www.dukechildrens.org/about_us/newsroom/holiday_stress)

## Steps To Take When You or A Family Member Are In Crisis

### “Remain calm” ...

Easy to say, tough to do when things fall apart.

Anything from a minor fender bender to a full blown “something really bad” can send us into a state of crisis, sometimes at the drop of a hat.

What is the definition of being in crisis? In mental health terms, a crisis refers not necessarily to a traumatic situation or event, but to a person's reaction to an event. One person might be deeply affected by an event while another individual suffers little or no ill effects. Some days it can feel like we are floating along and managing, while others feel like our whole world is falling apart.

A crisis presents an obstacle, trauma, or threat, but it also offers an opportunity for either growth or decline.

### Here are some steps to take “When Crisis Calls”:

- Call 911, AND:
- When you are on the phone with 911, request they send an officer who has been trained by the PERT Team. (San Diego and Southern CA area) PERT stands for Psychiatric Emergency Response Team. PERT pairs licensed mental health clinicians with uniformed law enforcement officers/deputies. \*NOTE: If you call 911 and ask for the PERT Team to come and you are told it is after hours, or no one is available now, ask for a PERT trained police officer to accompany the team who will answer the call.
- Call the San Diego Access and Crisis Line at 888-724-7240 (24/7 service provider in all languages)
- For children and youth under the age of 18 needing emergency psychiatric evaluation in the Central San Diego area, contact the Emergency Screening Unit (ESU) at (619) 421-6900 (24/7 service provider).
- For youth ages 4-17, in the North County area of San Diego, contact the North County Crisis Intervention and Response Team at (760) 233-0133. Hours of service are M-F 12-8 PM and Sat 12-5 PM.
- The Emergency Medication Clinic will assist with one-time emergency/crisis medication refills by appointment during their clinic hours M/W/F 9:00 AM - 12:00 PM. Call (619)397-6900 to set up an appointment. County Health Services will then need to ensure a follow up appointment has been made with the Primary Care Physician for medication management.
- Download the oscER app on your smartphone or tablet device. oscER is a navigational guide and support companion in a mental health crisis, and provides you with resources and information on how to prepare for, handle and recover from an emergency. (Learn more about oscER on page 8)
- Call the NAMI Helpline M-F 9am - 5pm at 619-543-1434 OR 800-523-5933.
- When you have a bit more time after the crisis has passed, sign up for a FREE education class. NAMI's Family to Family class - sign up at f2f@namisd.org or call 888-523-5933.

Please do not disregard the idea of reaching out to friends and family to talk about the crisis and how you are feeling. It really does help and can make all the difference in how you cope with the situation.



“My inspiration for this piece of art came from a place of despair when the world felt like it was crashing down on top of me. It took great strength and a lot of courage to find a peaceful place inside my heart that I could visit any-time I felt overwhelmed.”

-Valerie Hebert

#### A note about the Author and Artist:

Valerie Hebert works as the CYFLiaison Team Coordinator and is passionate about advocating for mental health rights. She uses her art as a coping tool and writes a blog based on her family's lived experiences.



For many of us, December can be a stressful time of year because of the financial and time pressures that come with decorating, entertaining, and exchanging gifts. One way to shift the focus off of consumerism and redirect our attention towards matters of the heart is to practice gratitude.

While everyone has experienced feelings of gratitude at various times in their life, we usually consider such emotions as fleeting and spontaneous. But the truth is that we can intentionally practice exercises which intensify feelings of joy and appreciation and strengthen the bonds we feel with our loved ones and our community.

In fact, in more recent years the benefits of gratitude have been researched extensively within the field of positive psychology. According to Robert Emmons, the world's leading expert on gratitude, gratitude has two components. The first is an "affirmation of goodness." We acknowledge that there are good things in the world which we have received. We do not deny or ignore that there are problems and suffering in our lives or the world at large, yet when we view life from a larger perspective, gratitude inspires us to take note of the positive aspects of our lives. The second part of gratitude involves identifying the source of our blessings. "We recognize the source of this goodness as being outside of ourselves" (Emmons 2010). That is, we take the time to acknowledge that other people have helped us in numerous ways that have contributed to "the goodness in our lives." Rather than focusing on those things for which we feel proud, we are drawing our attention to all of the gifts we have received in life, those which can be attributed to other people or higher powers.

***What better time to begin generating feelings of good will towards others and gratitude for our blessings than during the holiday season?***

*At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.*

*-Albert Schweitzer*



Because gratitude encourages us to focus our attention on the blessings we've been given, instead of that which we feel we have achieved or earned independently of others, it is a "relationship-strengthening emotion." It highlights the many ways we have been "supported and affirmed by others" (Emmons 2010). This in turn generates feelings of good will and appreciation for the people in our lives, which naturally serves to strengthen our social connections.

To create powerful feelings of joy and a greater sense of closeness with your friends and family this holiday (without spending a dime), try a **gratitude visit**. The first part of this exercise entails writing a letter to anyone who has helped you in life but whom you feel you have not properly thanked. It could be a relative, a friend, a teacher, counselor, or mentor. The second part involves scheduling a time to visit this person and read the letter aloud to them. "The remarkable thing," says [University of Pennsylvania psychologist Martin] Seligman, "is that people who do this just once are measurably happier and less depressed a month later" (Wallis 2005).

The benefits of the gratitude visit exercise are quite powerful; however, they disappear after three months. Thus for less intense but longer lasting results, I recommend also committing to the **three blessings exercise**, which involves writing a daily journal entry about three things that went well that day and why. Numerous studies have shown that this exercise makes people "less depressed and happier three months later and six months later" (Seligman qtd. in Wallis 2005).

To reflect on how rich your life already is, try setting aside some time this December to make a few gratitude visits. And if you're looking for an easy yet powerful New Year's Resolution, keeping a journal of three blessings may be just what you need to ring in the new year with powerful feelings of joy and interconnectedness.

### Works Cited

Emmons, R. (2010, November). Why Gratitude Is Good. Retrieved November 16, 2010. [http://greatergood.berkeley.edu/article/item/why\\_gratitude\\_is\\_good](http://greatergood.berkeley.edu/article/item/why_gratitude_is_good)

Wallis, C. (2005, January). The New Science of Happiness. Retrieved January 9, 2005. <http://content.time.com/time/magazine/article/0,9171,1015832-4,00.html>

¿Usted tiene sugerencias sobre mejorar las Servicios de Conducta de la Salud del Condado de San Diego? ¿Ha estado preocupado/a porque sus familiares y jóvenes viven con enfermedades mentales y quieren resolver cuestiones sobre el cuidado? ¿Busca más apoyo y entrenamiento profesional dentro del Sistema de Conducta de Salud?

Si es así, ¡hay buenas noticias! El Enlace Niños, Jóvenes y Familias (CYFL) provee recursos por medio de reuniones, talleres, entrenamientos, oradores, blogs, grupos de enfoque y seminarios web. Según los requisitos de la Ley de Servicio de Salud Mental (MHSA), CYFL funciona como el punto de contacto de resolución para cuestiones.

*Las familias que quieran contactar a nosotros para resolver cuestiones dentro del Sistema de Conducta de Salud y Cuidado se pueden llamar al (858) 987-2980 o por Email: [CYFLiaison@namisd.org](mailto:CYFLiaison@namisd.org).*

**Las Reuniones de la Voz de la Familia son oportunidades gratuitas para que los jóvenes, padres, y cuidadores de niños y jóvenes expresen lo que necesitan y sus opiniones sobre los Servicios de Conducta de la Salud (BHS).** Facilitaremos una discusión informal acerca de cómo les va con los servicios que ellos reciben, y descubrir si les gustaría apoyo adicional. Además, nos gustaría aprender de sus perspectivas para que mejoren los servicios del Condado de San Diego. Invitamos también los jóvenes, niños, y los que quieren recibir servicios.

### **Las Reuniones del Sector de Servicios Públicos son para los directores de programas que interactúan con Asociados de Familias y Jóvenes.**

Ocurren trimestralmente en persona y por Internet. Las discusiones incluyen intercambiar información entre profesionales de Servicios de Conducta de Salud, y ofrecemos apoyo adicional. Además, son para que nosotros recibamos realimentación acerca de prácticas emergentes, programas, y las pólizas del Sector de Servicios Públicos. La realimentación es para que mejore el apoyo de los Socios de Familias y Jóvenes.



**Las reuniones de Coaching son para los que trabajan como Socios de Familias y Jóvenes (Family Youth Partner) dentro del Sistema de Conducta de Salud de Niños, Jóvenes, y Familias de San Diego. Son profesionales, voluntarios, y los interesados en ser Socios de Familias y Jóvenes.** Esta sesión ocurre en el final viernes de cada mes a NAMI San Diego. La reunión incluye tiempo para elaborar, reflexionar, aprender, dar y recibir apoyo, resolver cuestiones, y se fortalecen puentes dentro de la comunidad. Cada sesión tendrá una *(Continúa en la página 8)*

## **Job Postings**

- Career Pathways - Placement and Evaluations Specialist - Education Department
- Career Pathways Mental Health Education Program Trainer - Education Department
- Administrative Assistant - Next Steps Program (Part Time)
- Family Support Specialist - Next Steps Program
- Administrative Support Associate - NAMI San Diego Peer Assisted Transitions Program
- Bilingual Parent Partner / Case Manager - San Diego Center For Children. Learn more here: <http://bit.ly/2gzu6e1>

## **Why We Do What We Do**

**By CYFL Trainer Linda Ketterer**

The parent who is hopeless and feeling alone  
Because safety is an issue in their home  
When a child is doing the best that he/she can  
And the teacher needs a willing hand  
When a child is hurting beyond belief  
And seeking refuge and relief  
Not knowing why they feel what they feel  
Knowing Mental Health is important and real  
A dad who just wants more time with his child  
And the time away seems meaningless and idle  
Coming together as a team  
To give hope, encouragement and even dreams  
The child who comes without food or shoes  
This is why we do what we do  
**Don't let the small stuff get in your way  
We make miracles happen every day!**

To apply for one of these job positions, visit the NAMI San Diego Job Postings web page at [www.namisaniego.org/category/jobs](http://www.namisaniego.org/category/jobs). For other positions, visit the website listed.

## Issue Resolution



National Alliance on Mental Illness

# NAMI San Diego

NAMI SD Children, Youth & Family Liaison

Vol. I, Issue 4, December 2016

5095 Murphy Canyon Road, Suite 320  
San Diego, CA 92123



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 (CYF-BHSSOC). 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



*Return Service Requested*



*(Continúa de la página 7)*

Cada sesión tendrá una presentación educativa o una formación para desarrollo profesional y mejorar el apoyo por Socios de Familias y Jóvenes.

## Las Próximas Reuniones

### LA VOZ DE LA FAMILIA

La próxima: En el condado sur de San Diego

**Jueves, 26 de enero 6,30 p.m. – 8,00 p.m.**

\* La Biblioteca Sur de Chula Vista 389 Orange Ave,  
Chula Vista, CA 91911 Salón B

\* GRATIS - Pizza, ensalada, y conversación

### SECTOR DE SERVICIOS PÚBLICOS

La próxima: Un Seminario Web

**Jueves, 29 de diciembre 2016 2,00 p.m. – 3,30 p.m.**

### ENTRENAMIENTO PARA LOS SOCIOS DE LAS FAMILIAS Y JÓVENES

**viernes, 30 de diciembre 2016 1,00 p.m. – 3,00 p.m.**

**Tema: El Duelo de los Niños**

5095 Murphy Canyon Road #320, San Diego, CA 92123

*Por favor, reserva aquí:*

*(858) 987-2980 o por*

*Email: [CYFLiaison@namisd.org](mailto:CYFLiaison@namisd.org)*

## Ending The Silence

Ending the Silence (ETS) is a free NAMI classroom program, presented by two volunteers including a young adult with lived experience of a mental health condition. Through ETS, middle and high school students learn indicators of mental illness, how to find support for themselves, friends and family. ETS raises awareness, changes perceptions, and breaks stigma around mental illness, for students, teachers and staff. To request an ETS presentation, please contact [cyfliaison@namisd.org](mailto:cyfliaison@namisd.org) or call 858-987-2980

