



## The New Parenting Tool Box

- *That Pesky Oxygen Rule*

By Suzette Southfox, CYF Liaison Program Manager

I was one month shy of my 37th birthday when I gave birth to my son. The Twilight Zone perspective of this fact is this: when my mother was the same age, I was 18 years old...the same age as my son today....and my son today is the same age as my mom was when she gave birth to me. I don't think of this too often because, like math, it hurts my head.

"... there is one vital parenting tool that I still chase on a regular basis: **self-care**"

As an older mom, I began this parenting journey with a little more patience, a little less fear and a significantly wider net of support than I had when I was 18, and that was a good thing. However, as the parent of a young person who lives with a sometimes-disabling behav-

behavioral health condition, there is one vital parenting tool that I still chase on a regular basis: **self-care**.

One of the most painful comments I regularly hear is not from my loved one during a mental health crisis but from well intending folks reminding me how important it is to take care of myself. I know this. I got this. I live this. I try, try, try to practice self-care every single day. (Visit page 3)

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### CONTACT US

1 (858) 987-2980

1 (800) 523-5933 Helpline

[www.cyfliaison.namisaniego.org](http://www.cyfliaison.namisaniego.org)

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

[www.namisaniego.org](http://www.namisaniego.org)



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

# San Diego Connections

Here's Some News  
You Can Use!

**"Pssst!"**

"I love finding great items that are in excellent condition while saving so much money. I also love how easy it is to be a consignor. Everyone at the event is always so nice and helpful!"

-Danielle, JBF San Diego Savvy Shopper

Just between us, I want you to know about a great resale event that is coming soon to San Diego. **Just Between Friends** is a pop-up style resale shopping event where families with children can buy an amazing selection of children's and baby goods for a fraction of the cost of buying brand new, discounts are anywhere from 50-90% off retail prices. The event takes place at the **Scottish Rite Event Center**, located at **1895 Camino del Rio South** the weekend of March 10-12, 2017. An amazing selection of clothing, shoes, coats, toys, books, games, baby gear, strollers, nursery items and more.

Shop smart and get way more for less! This event is open to the public. There are opportunities for shopping early or selling items at the event. Check the [jbfsale.com](http://jbfsale.com) website for additional details.

- **Fri, March 10, 4-7pm**
  - **Sat, Mar 11, 9a-6pm**
  - **Sun, Mar 12 9a-Noon**
- HALF PRICE SALE!**

### Keep 'Em Safe "More child car seats and safety education classes."

That's what the County Health and Human Services Agency will be offering to low-income parents thanks to a program funded by a \$155,000 grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.

**The funds will be used to provide child passenger safety education classes and to give 200 free child safety seats to people with low or no resources.**



Keeping children safe while they ride with their parents or friends is part of the County's Live Well San Diego vision, which aims to improve the health and safety of children and families in the region.

The child safety workshops and free child car seats will be provided through Sept. 2017 and are part of the Keep 'Em Safe program. This is the seventh year the County has received funding from Office of Traffic Safety.

According to the Centers for Disease Control and Prevention, 602 children age 12 and younger died in 2014 in motor vehicle crashes in the U.S. About 34 percent of those children were in a child safety car seat or using a seat belt. A new California law requires that kids under the age of two be fastened into rear-facing child safety seats, unless the child weighs at least 40 pounds or is 40 inches tall.

**For more information about the Keep 'Em Safe program, contact the Pacific Safety Center at 858-621-2313 ext. 114 or 855-4-PSC-411 (toll-free).**



## FEB / MAR REMINDERS

### Family Youth Partner (FYP) Coaching Meetings:

Coaching Meetings provide education and support for FYPs and are held the 4th Friday of the month from 1-3 pm at NAMI SD, 5095 Murphy Canyon Rd, Ste 320, San Diego, 92123. Please RSVP to [cyfliaison@namisd.org](mailto:cyfliaison@namisd.org)

- **March 24, 1-3 PM:** Our presenter for the meeting is the Psychiatric Emergency Response Team (PERT) which consists of specially trained officers and deputies who are paired with licensed mental health professionals. Together, they respond on-scene to situations involving people who are experiencing a mental health related crisis and have come to the attention of law enforcement. The goal is to provide the most appropriate resolution to the crisis by linking people to the least restrictive level of care and to help prevent the unnecessary incarceration or hospitalization of those seen. Don't miss this informative presentation! RSVP today!

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)

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

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

# The New Parenting Tool Box

- That Pesky Oxygen Rule

(Continued from page 1)

We have all heard the in-flight instructions in the unlikely event of a sudden loss of cabin pressure, "Secure your own oxygen mask before helping others." These words are taped to the inside lid of my parenting tool box.

"...Place the oxygen mask on yourself first before helping small children or others who may need your assistance."



Because helping yourself first is not an easy thing to do. Even with practice. Since I struggle with this, I remind myself that self-compassion is not the same thing as selfishness.

For me, sometimes self-care means locking the bathroom door, or binging on Netflix, or getting up in the wee hours of the morning to have a measure of time alone. Sometimes self-care means sucking it up and telling my physician that it's time to treat my own depression. **And sometimes self-care means forgiving myself for not practicing self-care.**

## Family Support Meetings

NEW Meeting!

### PARENT-to-PARENT (P2P) SUPPORT COACHING MEETING - OUR VOICES MATTER!

The Children, Youth & Family Liaison announces a New, Open, FREE, monthly coaching support group meeting for parents and caregivers of children and youth with behavioral health issues. This Peer-led meeting is based on the NAMI standard group guidelines and principles of support. Find resources, learn, share, give feedback and develop support systems. *Parents ONLY until further notice.* RSVP REQUESTED: email [CYFLiaison@namisd.org](mailto:CYFLiaison@namisd.org) or 858-987-2980.

#### P2P Meeting Dates:

- **March 22, 6-8 PM.** Presenter: (TBD)  
Please feel free to send us an email at [CYFLiaison@namisd.org](mailto:CYFLiaison@namisd.org) for more information, or check our website for updates.

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

#### FAMILY VOICE MEETING -

##### St. Michael's by the Sea

Carlsbad - No. County  
2775 Carlsbad Blvd, Carlsbad, CA  
92008

**April 27, 2017**

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

Is your family currently engaged in the Children, Youth & Family Behavioral Health System of Care (CYFBHSOC)? 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 CYFBHSOC 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 Support Meetings, and/or to RSVP, please email [CYFLiaison@namisd.org](mailto:CYFLiaison@namisd.org) or call (858) 987-2980

#### FAMILY/YOUTH SECTOR MEETING

**In-Person**, Mar 30, 2017, 2:00 - 3:30 pm

##### Chula Vista Public Library

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

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 System of Care (CYFBHSOC). 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.

**Please register by emailing us at** [CYFLiaison@namisd.org](mailto:CYFLiaison@namisd.org)



## New Training!

### Working Together - 4-Hour In-Person Training

The CYF Liaison is proud to announce our newest Training opportunity: "Working Together." This training has a wealth of information to help participants, Providers and Family Youth Partners involved in the care and support of children, youth and families engaged in San Diego's Children, Youth and Families Behavioral Health Services System of Care work efficiently together.

**Calling all FYPs,  
Providers and those  
wishing to become a  
Family Youth Partner!**

#### New Training Dates:

**March 22, 2017  
April 13, 2017**

This four hour interactive training is approved for (4) CE, Continuing Education Hours, and is a very convenient way to add CEHs or to simply gain training in order to work more effectively with your colleagues and mental health partners to support families within the behavioral health field.

Please read a review from a recent Working Together training participant:

"Yesterday's training at NAMI San Diego (National Asso. of Mental Illness) was phenomenal. The topic was 'Working Together' meaning in this case how resources can come together in order to support families and children dealing with mental illness. Thank you," ... "NAMI staff for coordinating this event. What stood out to me, and the reason I wanted to share ..., is how the group that attended the training modeled the principles of what NAMI stands for. We were mixed cultures, ethnicities, personality types, backgrounds, experiences, and belief systems, yet we were respectful, sensitive to one another, compassionate, kind, and open to learning from each other for the four hour training. We had leadership that led with these qualities. Wouldn't it be amazing if each of us could share with the world this way? Wouldn't this be conducive to healing? No judging each other, but willing to listen and learn. Aren't we all leaders to some degree? Aren't we all in need of healing? ...." -Nancy P.

**Thank you, Nancy, for your glowing review!**

**Sign up for this FREE 4-Hour Training by sending us an email at [cyfliaison@namisd.org](mailto:cyfliaison@namisd.org), and specifying the training date you prefer. Includes 4 CEH (Continuing Education Hours) Learn more by calling (858) 987-2980.**

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).

## Our Group Forums Are Live!

Our Child, Youth & Family Liaison Online Forums are OPEN and available for your participation. With these electronic Forums, our goal is to:

- form several lively conversations where you can find the answers you are looking for
- encourage a place where your voice can be heard
- allow forum members an online space to develop community and collaborate with each other
- have a landing place where you can get to know others who might be dealing with a similar circumstance

Joining in is easy and confidential! Simply scroll to the bottom of our Forums page [here](#), and click on the word Register. Once you register, you will be able to select a secret name. Each time you come back to the Forums, use your personal name to Login. Then, all you need to do is get involved with the conversation. Come and let your voice be HEARD!

## Did you know?

**Are you someone who has experience with mental illness, or assists a family member who lives with mental illness? You may be able to put your Lived Experience to work for you by becoming a Peer Specialist or a Family Youth Partner.**

Family Youth Partners (FYP) and Peer Specialists are members of the community who use their knowledge and experience to reach out and help other people and/or families who might just be beginning a difficult journey. At NAMI San Diego, we offer Trainings and Learning opportunities so you can determine if becoming a Peer Specialist or Family Youth Partner is right for you. A Free Peer/Youth Partner/Family/Parent Partner 20-hour training course may be just what you're looking for! This free training course is offered by NAMI San Diego's Career Pathways Program. Classes include skills and tips on working with Peers and Families, using effective communications skills, problem solving techniques, modeling how to use them, as well as Ethics/HIPAA, and boundaries. Contact Career Pathways for more information at [Career-pathways@namisd.org](mailto:Career-pathways@namisd.org).



Interested in learning more about mental health and co-occurring disorders but are too afraid to ask? We write about these topics and more on our Blog. Updated regularly with new content, informative articles and features on people who are making a difference, there's something for everyone. Please visit <https://cyfliaison.namisaniego.org/blog/>

## Get Connected!

Take a look at ways the CYF Liaison wants to connect with YOU!

**Coming Soon!** We are pleased to announce a presentation on May 26, 2017 by Dr. Kristin Cadenhead on **Early Identification, Intervention and Prevention of Psychosis** and her work in the UCSD **CARE Program**. As part of our Coaching Meeting series, we are continually searching for ways in which to engage FYPs and participants in pressing matters that they care about, and ways to help families thrive. In this presentation, Dr. Cadenhead will discuss efforts to develop a "Psychosis Risk Prediction Calculator" to better identify individuals at highest risk of developing a psychotic illness and biomarkers that can be used to not only predict psychosis risk but also discuss the mechanism by which psychosis emerges. She will review promising treatments that may help delay or prevent the development of psychotic illness and improve outcomes. Read more about Dr. Cadenhead and the CARE Program [here](#). To RSVP to the lecture portion of our coaching meeting, or to learn more, please call us at (858) 987-2980 or send us [an email](#) at CYFLiaison@namisd.org.

Do you know about **QPR for Youth**? The CYF Liaison is putting together a meeting date and time for the discussion of this very important topic, especially as it relates to suicide and youth. What is QPR? A learning method that help saves lives, QPR trained people learn how to **Q**uestion a person about suicide, **P**ersuade someone to get help, and **R**efers someone to the appropriate resource. To let us know of your interest, please send us [an email](#) or call us at (858) 987-2980.



**Sign up for a Mental Health First Aid for Youth Training.** This Free 8 hour training is for parents, care-givers and those who work with youth ages 12-18 who are concerned about recognizing a crisis and how to get help. Planned for May 2017, send us [an email](#) to be added to our interest list.

Concerned about our political world and what's being done to support those who struggle with mental health parity? Afraid that the ACA (Affordable Care Act) will be repealed? Denial for services is a big threat to those living with mental illness and co-occurring disorders. Suicide, mental health and the epidemic of overdose are very real concerns that affect all Americans. We must find a way to unite and strengthen our communities, support families and ultimately help save lives. Learn the latest in legislature on The Kennedy Forum website by clicking [here](#).

**Do you like to be in the know?** Have you heard about [NIXLE.com](#)? Nixle keeps you up-to-date with relevant information from your local public safety departments & schools. To participate, simply text your zip code to 888777 to opt in. So easy! If you change your mind, opt out by texting your zip code to 888777 again. Find out the latest news on severe weather, criminal activities, missing persons, severe traffic, local events & more.

Your feedback is very important to us! Please call, [email](#) or speak up at a support meeting, coaching session or training.



It is our aim to be your resource for feedback, networking, sharing, engagement & support, so San Diego's Children's System of Care is the best it can be!

Take a moment to call to mind a powerful memory of a time you felt truly loved. Did you feel accepted, supported, valued, loved, respected, or cherished? Who made you feel this way? Try to remember what it was they did or said that made you feel loved.



It is likely that this person was speaking one of your primary love languages. The concept of love languages comes from Dr. Gary Chapman, a pastor and therapist who has provided marital counseling for 40 years. Over the years, Dr. Chapman began to hear similar complaints from couples who were dissatisfied with their marriages. By examining patterns of common themes in marital conflict, he came to the conclusion that people expressed love in 5 different ways, which he calls the 5 Love Languages. According to Chapman, the five ways in which people express love are *Words of Affirmation*, *Quality Time*, *Receiving Gifts*, *Acts of Service*, and *Physical Touch*. The beauty of the 5 Love Languages is that learning about them can help us improve all of our relationships. This includes our relationship with our spouse or romantic partner, our children, parents, friends, and even our colleagues. If we know what makes people feel valued and loved, then we can choose to express our love in that manner so as to have the desired impact.

People who have *Words of Affirmation* as their primary love language feel most loved when a loved one speaks to them with words of encouragement and kind words, such as affirmations. They are also inclined to be generous in

giving compliments, as we all tend to express love the way we wish to be loved. For instance, my 5-year-old has *Words of Affirmation* as one of her primary love languages. I realized this early on because she is always saying kind words to those she cares about. One day after watching a cartoon about Super Heroes, I asked my daughter what her super power was, and

she told me that she didn't have any because super powers are make believe. I told her that everyone has super powers, and that she did, too. I explained that her super power was that with her joy and laughter, she spreads happiness everywhere she goes. Her face lit up with glee as she began to smile. She gave me a big hug and said, "Thank you." I could tell that my *words of affirmation* really touched her in a profound way. She knew that I saw her strengths and that I valued her contribution to the lives of others. This gave her a sense of belonging and made her feel loved.

Fortunately, my daughter and I share the same primary love languages, which means that we both feel loved and appreciated in our relationship. Oftentimes when we have easy rapport with someone, it's because we have one or two of the same primary love languages. However, we all know and love a family member or friend who does not speak our love language. In fact, the majority of spouses do not share the same primary love language. In this case, we need to make an effort to discover what the other person's love language is and then make a conscious effort to express our love for them in this language.

### Love Language Challenge

1. Think about one relationship in your life that is important to you and which you feel is characterized by some sort of conflict or which you would like to strengthen.
2. Have this person take a brief 5 Love Languages Quiz, to identify their primary love language(s). You can find a quiz for children 8 years of age or older and another quiz for adults at [www.5lovelanguages.com](http://www.5lovelanguages.com). If your child is under the age of 8, you can guess their love language based on what they complain about or request from you often. For instance, my daughter is always asking me to play with her and wants to be close to me all of the time. This illustrates that she has Quality Time as one of her primary love languages and that this is the love language I need to work on in our relationship. (Some people have one primary love language, but many people have two or three.)
3. Once you have identified your loved one's primary love languages, pick the one you feel you have neglected in your relationship. It is likely to be a source of conflict, something your spouse, friend, or relative nags you about. Spend an entire week focused on developing this love language. For instance, if your spouse needs more Quality Time, dedicate an hour each day to giving them your undivided attention while doing an activity they love. If their love language is Receiving Gifts, you could give them a little surprise each day, such as stashing their favorite dessert into their lunchbox or gathering a small bouquet of flowers and placing them on their nightstand. If their love language is Words of Affirmation, you could place a poem or love note in their brief case or text them an uplifting message while they are at work. Make sure to speak their primary love language **every day for 7 days in a row**.
4. Enjoy the new life you have just breathed into your relationship. You may enjoy this so much that you will feel inspired to do a week-long challenge with another one of their primary love languages. I guarantee that they will be pleasantly surprised and that you will be delighted with their reaction.



# Our Voices Matter

## Featuring a Family Youth Partner

**Children do not lay awake and dream of becoming a drug addict.** In life, roads are taken and paths are traveled and before you know it, you are involved in a nightmare you never thought possible. I wish it had only been my life that was affected, but I brought along innocent children whose only hope was for a mother who loved, cared for, and protected them. One out of three isn't bad...I truly loved them.

Through the many trainings I have attended, I have learned that "trauma" had a lot to do with the choices I made. The death of my father, living in poverty, being bullied, six of seven children, a brother with special needs, were the things that formed my world. These events, though I tried my best to normalize them, shaped me in ways where I felt the need to escape which became a nightmare that lasted 21 years of my life and nearly 10 years of my children's lives. How wonderful would it have been

if people in the 1960's had been Trauma Informed?

Fast forward to recovery, I began attending college thinking it would aid me in helping my children with their homework. Before I knew it, I began to gain knowledge for a career and an accomplishment no one would believe I could succeed at, especially me.

I graduated with honors,

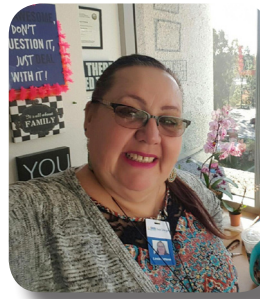
maintaining a 3.96 GPA and earned a multiple subject teaching credential: Preschool-Adult Education. I dreamed of having my own elementary school classroom. I felt I was born to teach. With high hopes, I became a substitute teacher, an on-sight substitute, and a long-term substitute.

I worked hard and did whatever I could to achieve my dream of having my own classroom. I had stacks of letters that praised my ability to reach the unreachable and encourage the unteachable. But after five years of searching for a classroom where I could make a real difference as a teacher, I had to let go of that dream in order to survive.

In the wake of this failed dream, with a broken heart, the principal of the school encouraged me to apply for a position within San Diego Youth Services' Prevention Early Intervention (PEI) Program, a school-based program where I could remain in a school environment. I did and eventually, I would become a "Promotora." Today I am a Lead Trainer and "Family Youth Partner".

When I began work as a "Family Youth Partner", sharing my story of recovery to whomever would listen was easy because I have always been an "open book." But never in my wildest dreams would I have imagined the capacity to reach so many people from so many sectors of our county.

Even though I don't have a class room, I have been able to provide trainings to the private sector, teaching families and



**CYFL's Lead Trainer  
Linda Ketterer is our  
Family Youth Partner  
of the Month**

colleagues of dangerous new synthetic street drugs. I have been able to reach family after family, breaking the stigmas associated with mental illness and how important it is to have a healthy mind. I have been able to facilitate parent support groups, after-school children's groups, assemblies, special events, health fairs and so much more.

Additionally, and still without a classroom, I have educated San Diego/Riverside county field workers who encounter families like mine. I have trained the Child Welfare Worker who is trying to keep the family intact. I have instructed the Behavior Health Specialist who keeps the family voice in the center of all planning. I have reminded various county and provider staff that their work is not in vain. And if they ever became overstressed or overwhelmed, to think of me and the hardships my family had endured and how someone just like them had helped to make my family successful in recovery!

I now realize the classroom I have been working in is so much bigger than a single cubicle room. My classroom is the community in which I live, the environment where I work, the county where a voice brings about hope for the future and change for the better. Who would have known that the roads I have taken – as painful as they were at the time – were not in vain, but actually lead me to find a destiny bigger than I could ever imagine. I was born to teach, because I was born to be a Family Youth Partner!

- Linda Ketterer

*"The Promotora model came from Latin America where respected women within the community would engage families with education, supporting both physical and mental health. Because these women were trusted within the community, they helped to break the historical stigmas towards mental illness and families were able to find the aid they needed. In the 1960s and 1970s, this model developed in the United States. Over these two decades the federal government initiated a support campaign for outreach to rural, marginalized, and hard-to-reach communities with the intention of improving access to care to the unserved and underserved populations."*

## Children's Mental Health Awareness Day - May 3, 2017

**SAVE THE DATE!**

National Children's Mental Health Awareness Week is the National Federation of Families yearly event, geared toward raising awareness to the issues and causes integral to the children's mental health field in each community across the country.



**Date:** May 3, 2017  
**Time:** 4:00 - 6:00 PM  
**Location:** Spring Valley  
East Community Cam-  
pus, 3845 Spring Dr,  
La Mesa, CA 91977

Please join us as we create a national  
dialogue about the importance of  
healthy families and resilient children!

## Issue Resolution

The NAMI San Diego Children Youth & Family Liaison (CYFL) 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 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.

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 CYF Liaison 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**

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

**NAMI SD Children, Youth & Family Liaison**  
**Vol. II, Issue 2, February 2017**  
**5095 Murphy Canyon Road, Suite 320**  
**San Diego, CA 92123**

*Return Service Requested*



## Job Postings

- **Family Support Specialist** - Next Steps Program (Full Time) - Apply to NAMI SD [Here](#) or visit [www.namisandiego.org/about/careers](http://www.namisandiego.org/about/careers)
- **In Our Own Voice (IOOV) Coordinator** - (Full Time) - Apply [Here](#) or visit [www.namisandiego.org/about/careers](http://www.namisandiego.org/about/careers)
- **Bilingual Peer Support Specialist** - Peer LINKS Program (Full Time) - Apply to NAMI SD [Here](#) or visit [www.namisandiego.org/about/careers](http://www.namisandiego.org/about/careers)
- **In Our Own Voice, Peer Presenter** - Offsite (PT) - Apply to NAMI SD [Here](#) or visit [www.namisandiego.org/about/careers](http://www.namisandiego.org/about/careers)
- **Peer Specialist** - NAMI San Diego Next Steps Program (Part Time) - Apply to NAMI SD [Here](#) or visit [www.namisandiego.org/about/careers](http://www.namisandiego.org/about/careers)
- **Bilingual Family Support Partner / Wraparound Program** - MHS Families Forward. Learn more by clicking on Careers, then Family Support Bilingual, then Families Forward Central at [www.mhsinc.org](http://www.mhsinc.org)