



NAMI Basics Class Returns to Support San Diego Parents

NAMI SD & CYF Liaison's Newest Support Program for Parents

"You Are Not Alone."

One of the toughest things a parent or primary caregiver of a child with challenging behaviors must face is the acceptance that their child may have a mental illness. Families may struggle to find support as parents begin to learn how to navigate a new version of normal.

A free, 6-session course for parents and caregivers of children and adolescents living with mental illness

Such parents have diverse and complex needs. Things like obtaining the right diagnosis for their child, learning how to best support their child's needs, and education for the entire family are all very important elements for families in crisis.

The NAMI Basics course is specifically designed for parents and caregivers of youth and adolescents, even if the youth does not have a specific diagnosis. NAMI Basics provides necessary education and support and allows families to connect to one another while learning about mental illness and empowering themselves to overcome the challenges they are facing. It provides information families want and need about their child.

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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 is easy & confidential! Simply scroll to the bottom of our Forums page [here](#), and click on Register. Once you register, you will 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!

CONTACT US

1 (858) 987-2980

1 (800) 523-5933 Helpline

www.cyfliaison.namisaniego.org

CYFLiaison@namisd.org

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!

Do you know about **QPR for 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. The CYF Liaison announces a QPR for Youth presentation at the beginning of our next F4F Parent Support meeting, Apr 26, starting at 6PM sharp. Join us for discussion of this very important topic. To let us know of your interest, please send us [an email](#) or call us at (858) 987-2980.

Coming Soon! May 26, 2017 - Dr. Kristin Cadenhead will present 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 Family Youth Partners and participants in pressing matters that they care about, and ways to help families thrive. Read more about Dr. Cadenhead and the CARE Program [here](#). **All are invited to the lecture portion of our coaching meeting.** To RSVP or to learn more, please call us at (858) 987-2980 or send us [an email](#) at CYFLiaison@namisd.org.

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 weights 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).

MAR / APR 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

- **April 28, 1-3 PM: Spotlight on Childhood Grief**, Melissa Lunardini, Children's Bereavement Manager for the Center for Compassionate Care at Elizabeth Hospice, will speak about the impact of childhood grief and about how to support children who have lost a loved one. The feedback section of the meeting runs from 1-2 PM, and Ms. Lunardini's talk will run from 2-3 PM. Staff and Providers are welcome to attend the Spotlight on Childhood Grief presentation at 2 PM. Don't miss this informative presentation! RSVP today by calling (858) 987-2980 or sending an email to cyfliaison@namisd.org.
- **May 26, 1-3 PM: Early Identification, Intervention & Prevention of Psychosis** presented by Dr. Kristin Cadenhead of the UCSD CARE Program. See left column for more information. RSVP required. All may attend this presentation. Call (858) 987-2980 or email cyfliaison@namisd.org.

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

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Telephones:

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

Email: CYFLiaison@namisd.org

Website: www.cyfliaison.namisd.org

NAMI Basics Class - Support For SD Parents

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CYF Program Staff Manager Suzette Southfox and Coordinator Valerie Hebert, took and completed the NAMI Basics teacher training March 11 + 12, 2017 in Los Angeles, CA. Suzette and Valerie are both parents of individuals who experienced emotional and/or behavioral issues with onset prior to age 13. Both are looking forward to helping families in crisis obtain necessary information so they can best help their loved one(s), develop coping skills and parenting tools, and can move forward in taking the best possible care of their entire families.

What do people say who have taken NAMI Basics?

- "This is such a great step-by-step program that walks parents every step of the way. It's as if you are holding their hand through it all."
- "I wish I had known about the program sooner! Taking this course was one of the best decisions I have made. I learned how to be more empathetic and understanding with my daughter."
- "NAMI Basics bridges the gap. It provides help that can't be found in a doctor's office."

***Class begins May 10 from 6-8:30 PM. RSVP w/ your name & phone # by emailing us at CYFLiaison@namisd.org**



Family Support Meetings **NEW Meeting Name!**

Families-For-Families (F4F) COACHING & SUPPORT MEETING - #OURVOICESMATTER

The Children, Youth & Family Liaison announces a New, Open, FREE, monthly coaching and support group meeting for parents and caregivers of children and youth with challenging behaviors and behavioral health issues. This 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 until further notice.** RSVP REQUESTED: email CYFLiaison@namisd.org or 858-987-2980.

F4F Meeting Dates:

- **April 26, 6-8 PM.** Presenter: **QPR for Youth** presentation where we will discuss the need to Question, Persuade and Refer for Youth who may be contemplating suicide. For more information, please check [our website](#) for updates.

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

FAMILY VOICE MEETING - **April 27, 2017**

St. Michael's by the Sea

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

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 or call (858) 987-2980

FAMILY/YOUTH SECTOR MEETING

ONLINE, June 22, 2017, 2:00 - 3:30 pm

***RSVP to CYFLiaison@namisd.org to be notified of how to join the meeting.**

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

Children's Mental Health Well-Being Celebration - Wed, May 3 from 4-6 PM!

SD's 2017 Theme: **Growth*Health*Hope**

You are invited to Celebrate the mental health & well-being of youth and families engaged in San Diego's Children's System of Care. For all program participants, all ages and abilities welcome! *Free Prizes, Entertainment provided by SD Urban Beats, SD Ctr for Children Drum Circle, Refreshments, Children's Activities, Resources, Workshops and MUCH MORE!!!*



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 the CYF Liaison as we create a local 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

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San Diego, CA 92123

Return Service Requested



Job Postings

- **Peer Recovery Programs Coordinator-** (Part Time)
Apply [Here](#) or visit www.namisandiego.org/about/careers
- **Family Support Specialist** - Next Steps Program (Full Time) - Apply to NAMI SD [Here](#) or visit www.namisandiego.org/about/careers
- **Peer/Family Support Specialist** - NAMI San Diego Next Steps Program (Full Time) - Apply to NAMI SD by clicking [Here](#) or visit www.namisandiego.org/about/careers
- **In Our Own Voice (IOOV) Peer Presenter-** (Part Time) - Apply [Here](#) or visit 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
- **In Our Own Voice, Peer Presenter** - Offsite (PT) - Apply to NAMI SD [Here](#) or visit 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