



Growth Health Hope **2017 Theme for Children's Mental** **Health Well Being Celebration**

The CYF Liaison Partners with HHSA For The 3rd Annual Event

The buzz of enthusiasm in the air was infectious on May 3, 2017, at the 3rd Annual Children's Mental Health Well Being Celebration, organized by the Children, Youth & Family Liaison and County Behavioral Health staff, the Children's System of Care community rejoiced in promoting the theme of Growth, Health, and Hope with over 170 children, youth, parents and providers engaged in County Behavioral Health services.

National Children's Mental Health Awareness Day seeks to raise awareness about the importance of children's mental health and to show that positive mental health is essential to a child's healthy development from birth.

Often at outreach events, people seem more hesitant to share their personal experiences with mental illness. But at this event, families knew we were empowered to celebrate as they work to achieve mental health and well-being.

The fun grew with young and old coming together to establish the new succulent garden made just for the event, and children helped the Director of San Diego County Behavioral Health Services, Alfredo Aguirre, break ground to plant the new lemon tree. Families collaboratively painted a five-piece mural of a tree rooted in "Growth, Health, and Hope." Now on display at the San Diego County Administration Building.

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

Growth Health Hope

2017 Theme for Children's Mental Health Well Being Celebration

(Continued from page 1)



Community partners connected with children, youth, and families to provide accessible, affordable, and healthy resources that they might not have known about previously. The Children, Youth & Family Liaison Team observed children learning healthy ways to take care of themselves, as team member Valerie remarked "I loved seeing the 'massage train' and joy on everyone's faces!" The Urban Beats team and Travis Webster, all transitional age youth, sang their truths through expressive musical arts. Kids and adults danced to rhythms in Zumba Drumming and Dinah the Dinosaur puppet told stories of her parents. "My dad is brontosaurus and my mom is pterodactyl, so I'm half of each." Families visited with Buddy the golden retriever, an official Canine Ambassador with the San Diego Humane Society.

At an activity called "Resiliency Rocks!", families painted river rocks to use as garden decorations, paperweights and keepsakes. "I'm painting a surprised emoji face and a football!" said one child. "Mine is an owl because they are wise!" exclaimed another. One youngster sat for more than half an hour, deeply engrossed in the detail of her rock painting, encouraged by family members. The celebration ended with an Opportunity Drawing that distributed bags of gift books to ten lucky families, and wrapped up with tearful gratitude as a mom with four children, won the grand prize of a brand new laptop! When asked how they felt, two of the brothers said, "We feel 1000!" and not to be outdone, the youngest sibling said, "I feel 2000!" Mom was speechless and was deeply moved.

Thank you to all who donated hope their time, talents, and treasures! Save the date next year when the Children's System of Care Celebration returns the first week of May, 2018. (A list of Contributors can be found on Page 3)

MAY / JUN 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

- **May 26, 1-3 PM: Early Identification, Intervention & Prevention of Psychosis** presented by Dr. Kristin Cadenhead of the UCSD CARE Program. See flyer on pg.8 for more information. RSVP required. All may attend Dr. Cadenhead's presentation from 1-2 pm. Call (858) 987-2980 or email cyfliaison@namisd.org to RSVP.
- **June 30, 1-3 PM:** Urban Beats talks about ways to support TAY (Transitional Aged Youth) in this upbeat and informative discussion. Call or text (858) 987-2980 or email cyfliaison@namisd.org to RSVP.

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

The NAMI San Diego Children, Youth & Family

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Website: www.cyfliaison.namisanidiego.org

Children's Mental Health Well Being Celebration Thanks the Following Volunteers and Community Contributors (Cont from page 2)

- ALL of the Volunteers!
- San Diego Youth Services - HERE NOW Program
- San Diego Youth Services - CAT Program
- San Diego Youth Services - PEI Program
- Each Mind Matters
- HEAL - Homeless Empowerment Through Art
- Fit4Drums USA
- Urban Beats
- Farm Fresh To You
- Canine Ambassador from the San Diego Humane Society
- Moon Valley Nurseries - donated Lemon tree
- City Farmers Nursery - donated soil & weed guard
- Susan Riegal-Harding - donated succulent cuttings
- True Southfox, Wandering Magician
- Travis Webster on guitar
- NAMI San Diego; donated Tablet
- CSCI; donated Laptop computer
- BYOM Yoga for Jackie Kurtz Gadd
- NAMI San Diego's Tech Cafe
- Thrivent
- Legal Aid Society
- Pediatric Massage by Nina Rudd
- Naked Juice
- Vista Hill
- HHSA -Healthy Drink Alternatives
- Dolphin Books
- SVECC-Spring Valley & East Communities Campus for providing the event location
- Matt Welker - SVECC Grounds Coordinator

Family Support Meetings **NEW Meeting Name!**

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

The Children, Youth & Family Liaison announces a Free monthly coaching and support group meeting for parents and caregivers of children and youth with mental 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*. RSVP REQUESTED: email CYFLiaison@namisd.org or 858-987-2980.

F4F Meeting Dates:

- **Jun 28, 6-8 PM.** Presenter: TBD
- **July 26, 6-8 PM.** Presenter: TBD
- **Aug 23, 6-8 PM.** Presenter: TBD
- For more info, please check [our website](#) for updates.

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

FAMILY VOICE TOWNHALL- **June 15, 2017**

North County Lifeline

Vista Office

200 Michigan Ave, Vista, CA 92084

6:00 - 7:30 PM

Is your family currently engaged in the Children, Youth & Family 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**. *Children & Youth are welcome. Pizza & Drinks provided!* Families who have history of being engaged in the Children's System of Care and those needing services are encouraged to join our meetings. For future meeting dates, please email us at cyfliaison@namisd.org. **New dates being scheduled for North County San Diego and North inland areas.*

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 FOCUS GROUP

South SD: Thurs, May 25, 10-11:30

Community Congressional Church
Social Hall, 276 F St, Chula Vista, 91911

ONLINE: Thursday, June 29

Our **Family&Youth Focus Group Meetings** are for parents, providers, Family Youth Partners, and anyone who supports families engaged in the Children Youth Families Behavioral Health System of Care (CYF-BHSOC). 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. **Email us for the sign in link to attend Online sessions.**

CYFL Education

Interested in learning more about what Family/Youth Partners do? Wondering how you might be able to use your valuable skills to help families thrive? This introductory course to the Children's System of Care can help illuminate the roles of Family/Youth Partners, and assist your decision to explore this field a little further.

PFYPP Principles of Family Youth Professional Partnerships - Online Class NOW LIVE!

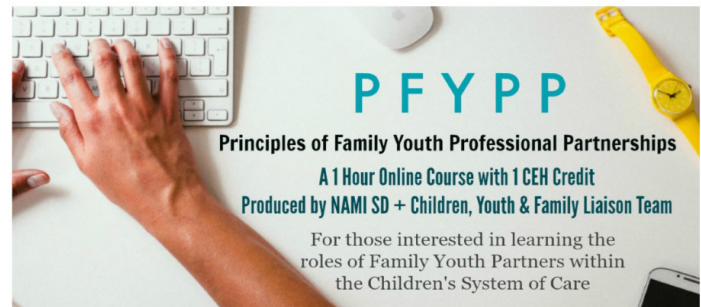
We want to thank everyone for your patience while we worked to create a pre-recorded version of the Principles of Family Youth Professional Partnerships (PFYPP). Having finished and uploaded the recording means you are able to take this valuable training any time of the day on any computer or tablet device. Once you finish viewing the 1 hour course, take and submit the final exam and evaluation, a certificate with the 1 CEH will be emailed to you.

TOPIC: PFYPP Online Course w/ 1 CEH

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

DATE: This pre-recorded training is available to access at any time of the day/night on any tablet or computer device!

QUESTIONS: Contact CYFLiaison@namisd.org



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 & Family program staff or those interested in becoming Family Youth Partners (Parent Partners, Peer Partners, Family Support Partners, etc.) within the Children, Youth & Family Behavioral Health Services System of Care. Learn about guidelines and benefits of working with Family Youth Partners. 1 CEH (Continuing Education Hour) available to all who complete the training requirements.

Topic: Principles of Family Youth Professional Partnerships (PFYPP)

Sign up link: <http://bit.ly/2q16TSP>

Time: This pre-recorded training is available to access at any day or time, on any computer or tablet device!

Why Take This Course?

- I really care about children, youth & families with behavioral health challenges.
- I believe in robust support for providers, program staff and peer staff in order to provide youth guided, family driven service to the folks in our Children's System of Care.
- I want to engage in services that are strength based, culturally competent, integrated and trauma informed.

PRINCIPLES OF FAMILY YOUTH PARTNERSHIPS (PFYPP) Participants receive a certificate of attendance and 1 (CEH) Continued Education Hour is available through MARSTE Training Services (MTS) approved by the CA Board of Registered Nursing, BRN Provider # 16262, for 1 contact hour. | CFAAP/CAADAC, Provider 315-12-163-0518 for (1) CEH | California Association for Alcohol/Drug Educators (CAADE) CP20 952 C0818 for (1) CEH.



San Diego



Educational Implications Facing Children With Bipolar Disorder

TOPIC: Educational Implications Facing
SPEAKER: Dr. Rienzi Haytasingh

DATE: Tuesday, June 6, 2017 - 6-7 pm

RSVP: visit IBPF.org

Here's Some News
You Can Use!



Navigating the educational system for the proper supports and services can be impossible at times. Children with Bipolar Disorder struggle, mostly because their disability is a "hidden" one. Many times children with Bipolar Disorder require a complexity of services that are not easily understood or provided. Dr. Haytasingh will provide valuable knowledge from over 22 years working with children in school who have Bipolar Disorder.

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?

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

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

Our Voices Matter

Featuring a Family Youth Partner



**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." -L.Ketterer

Many of us spend much of our lives in perpetual search of greater happiness. Oftentimes we feel overwhelmed with the mounting demands and fast paced rhythm of modern life. And for those of us who have experienced trauma, are living with mental illness, or caring for a loved one with any type of disability, it sometimes feels like we spend our days just trying to keep our heads above water. And even when life seems to be going fairly well, many of us often feel a vague sense of dissatisfaction with life. Something is missing, but we can't always place our finger on it.

“

What are the elements of a wholehearted life? And how can we begin to craft one?

These questions are what sociology researcher Brené Brown has been exploring since 2006 when the results of her data shook the foundation of her life and led to what she calls the “2007 Breakdown Spiritual Awakening” (xii). Up until that point, Brown had focused on researching shame, fear, and vulnerability. After collecting thousands of stories, she noticed that despite the fact that most people struggled with feelings of inadequacy or shame, some people still managed to lead inspiring lives. Their stories highlighted the importance of gratitude, rest, play, authenticity, vulnerability, love and belonging. She saw that these people lived with their whole hearts, so she set out to learn more about what it takes to live what she calls “a wholehearted life.” She published her findings in her 2010 bestseller *The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are*, where she outlines 10 Guideposts on how we all can begin to live a wholehearted life.

“

What most surprised her about her research findings was that while knowing and understanding ourselves is important, “there is something that is even more essential to living a Wholehearted life: loving ourselves.”

Carolina Moxley on Parenting with Brené Brown: Guidelines for Living a Wholehearted Life

And the “most painful lesson” she learned from her data was that “where we are on our journey of living and loving with

our whole hearts is a much stronger indicator of parenting success than anything we can learn from how-to books” (Brown xi).

Like many people, I have always been drawn to learning about personal growth, self-empowerment and self-care. Nonetheless, I became so wrapped up in my day to day responsibilities that finding

balance and fulfillment began to feel like an illusive dream. It wasn't until I became a mother that my

commitment to living a wholehearted life became constant. My daughter was looking to me as a model of how to have healthy relationships; how to take risks, fail, and bounce back; and how to find joy and meaning in life. My daughter and I had experienced many challenges at the start of her life, and I instinctively knew that in order to be a good mother, I had to focus on my own wellbeing. And sure enough, the more peace and joy I am feeling on the inside, the easier it is for me to soothe my daughter when she was experiencing difficult emotions.

It's my hope that parents of children and youth with behavioral issues can use Brené Brown's 10 Guideposts to living a wholehearted life to experience greater fulfillment and deepen the bonds within their own families.

To read more on how to incorporate these 10 Guideposts into your parenting tools and family values, visit our Children Youth & Family Liaison Blog at cyfliaison.namisanidiego.org/blog.



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!

Sign up for a Mental Health First Aid for Youth Training

This Free 8 hour certification training is for parents, care-givers and those who work with youth ages 12-18 and is designed to give participants the tools to respond to psychiatric emergencies until professional help arrives and to improve people's mental health literacy. Training date is **Saturday, June 3rd, 8:30 am to 5 pm** (Open to the Community) RSVP at <https://namisaniego.org/event-registration/?ee=3808> Training location is 5095 Murphy Canyon Rd, Ste 320, San Diego, CA 92123. Plenty of free parking. For additional questions, please contact Lana Lo, Outreach Programs Manager at 858-634-6580 x153



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.

Coming Soon! We are pleased to announce the following presentations and opportunities for engagement on:

- **Friday, May 26**, 1-2 pm -Dr. Kristin Cadenhead of the **UCSD CARE Program** will discuss **Early Identification, Intervention and Prevention of Psychosis** and 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. 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 text (858) 987-2980 or [email](mailto:CYFLiaison@namisd.org) CYFLiaison@namisd.org.
- **Wed, June 28**, 6-8 pm - Families For Families, Parent Support Meeting offers 1 hour of sharing and support followed by a coaching presentation by a Professional who is also a family member with Lived Experience.

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!

CYF Liaison Community Newsletter



During our FYP Coaching Meeting
May 26, 2017 1-2 pm
NAMI San Diego
5095 Murphy Canyon Rd, Ste 320, San Diego, CA 92123
***ALL ARE WELCOME TO ATTEND THE PRESENTATION**

EARLY IDENTIFICATION, INTERVENTION AND PREVENTION OF PSYCHOSIS

A Free Lecture on Youth Psychosis

Dr. Kristin Cadenhead | UCSD CARE Program

Join NAMI San Diego and the CYF Liaison in this important discussion on markers for predicting severe mental illness in youth, promising treatments that may delay onset and improved outcomes.

RSVP to CYFLiaison@namisd.org or call/text 858-987-2980

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 Specialist** - NAMI San Diego Next Steps Program (Full Time) - Apply to NAMI SD by clicking [Here](#) or visit www.namisandiego.org/about/career
- **Peer Recovery Programs Coordinator**- (Part Time) Apply [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
- **Telecare San Diego** offers many **Peer/Family Support** positions, learn more by visiting this link: <http://bit.ly/2jWOTLx>, under "Opportunities," click on "Select Location" and select "San Diego, CA, United States"
- **Connect2Careers** offers job opportunities and job fairs to youth aged 16-24. To learn more, please visit this link: <http://c2csd.org/events>