

In This Issue

CYFL Midyear Reflection Contact Us	1
Working Together Training Y/FSP Coaching Meeting	2
Parent Support Meetings Supporting The Family Voice	3
May Children's Mental Health Celebration TAY Troop, Volunteer Opportunities	4
PFYPP Online Training Mental Health & The Media	5
TAY Youth Feature Family Mental Health	6
#OurVoicesMatter Youth/Family Support Partner Feature	7
Issue Resolution Job Postings	8

Children, Youth & Family LIAISON

CYFL's Midyear Reflection

January 2019 marked the mid-year point of fiscal year 2018-19 for NAMI San Diego's Children, Youth & Family Liaison (CYFL), which continues to solicit, encourage, support, and carry the voice and values of children, youth, and families engaged in the Children's System of Care (CSOC).

July through December, 2018 was filled with robust activities reaching 2824 people in the Central, North, East, and South Regions of San Diego County. Additionally, our trainers provided 30 powerful presentations on children, youth, families, and mental health, building collaborative relationships with many organizations such as South Bay Community Services, MAAC, Fred Finch, Families Forward, Urban Surf for Kids, Cinematic Arts and Sound, many San Diego area schools, and more.

Family Voice Town Hall meetings continue to be held quarterly in all Six Regions of San Diego County. The town hall is an open, free, community meeting designed to hear the voice of lived experience from families engaged in the Children's System of Care. (i.e. treatment, programs, counseling, therapy, psychologists, psychiatrists, etc.) We continue to be faced with the knowledge that families in crisis need to be met where they are. Public meeting spaces such as libraries and other public venues, though accessible to families, it

(Continued on page 8...)

By The Numbers

CYFL'S MIDYEAR REVIEW

2824

Individuals reached in North, South, Central, and Eastern San Diego County



30

Presentations on children's mental health

8

Family Voice Town Halls in all of SD County



4588

Individuals reached in our Facebook Live Family Youth Focus Group

10

CYFBHSOC Staff trained in our online Principles of Family Youth Professional Partnerships



21

CYFCHSOC Staff trained in our collaborative in-person curriculum Working Together

CONTACT US



1 (858) 634-6580

MHSA Issue Resolution:

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 through the Mental Health Services Act

Working Together: Feb 13, 8:30a-12:30p



Working Together is a live half-day (4-hour) training. This training helps peer staff and those with lived experience gain knowledge of the Children's System of Care (CSOC), and learn tools to more effectively work together to support families and help them thrive. Offering (4) CEH credits, this training fills up quickly. Please reserve your seat & sign up right away! Learn more on the Meetings page on [our website](https://cyfliaison.namisaniego.org/meetings/), or copy and paste this link into your browser: <https://cyfliaison.namisaniego.org/meetings/>.

Facebook Live: a Great Place to Meet

Our Family & Youth Focus Group Meetings are a place where you can connect with us simply by opening up Facebook on your smartphone or computer! This meeting is for parents, providers, Youth/Family Support Partners, youth, TAY (Transition Age Youth) and those who support families engaged or historically engaged in the Children, Youth and Families System of Care. 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 families thrive. We want to talk about emerging practices, programs, and policies. These meetings are held quarterly online via Facebook Live.

NEXT ONLINE FAMILY & YOUTH FOCUS GROUP:

Tuesday, May 7, 2019 starting at 2 PM

Like the NAMI San Diego Facebook page by clicking [here](#) or visiting www.facebook.com/namisaniego to receive a notification when we are "Live." Visit NAMI SD's FB page to view previous tapings and topics.

Youth/Family Support Partner Coaching Meetings:

Coaching Meetings provide education and support for Youth/Family Support Partners (Y/FSP) and are held the 4th Friday of the month from 1-3 pm at the NAMI San Diego main office, located at 5095 Murphy Canyon Rd, Ste 320, San Diego, 92123. A one-hour coaching presentation relevant to supporting families is followed by a group sharing session. Please RSVP.

- Jan 25 - 1:00 - 3:00 pm
- Feb 22 - 1:00 - 3:00 pm
- Mar 22 - 1:00 - 3:00 pm

Call / Text (858) 987-2980 for more information or email cyfliaison@namisd.org.

Please RSVP to the Youth/Family Support Partner Coaching Meeting. Click here: <http://bit.ly/FSPc2017>

The NAMI San Diego CYFL Team is comprised of:

CEO: Cathryn Nacario

COO: Sue Skube

Community Development Director: Renee Cookson

CYFL Program Manager: Valerie Hebert

CYFL Lead Trainer: Linda Ketterer

CYFL Family Specialist: Micaela Cunningham

CYFL Community Developer: Evan Hodges

CYFL Technology Engineer: Sten Walker

CYFL Tech/Community Development Specialist:

Rogena Abdelrahman

CYFL FYP Presenter: Ana Lourdes Encinias

The NAMI San Diego Children, Youth & Family Newsletter is a quarterly publication. CYFL is funded by The County of San Diego Health & Human Services Agency through the Mental Health Services Act.

Telephones: 1 (858) 987-2980 OR 1(858) 634-6580
1(800) 523-5933 (NAMISD Helpline)

Email: CYFLiaison@namisd.org

Website: www.cyfliaison.namisaniego.org

SUPPORT MEETINGS for Families

Find Resources! Learn! Share!



WHERE YOU FIND SUPPORT

Parents Empowering Parents support group



NAMI SD PEP Meeting Dates:

Meets 3rd Wednesday of the month from 6-8 pm. Quarterly 2018 meeting dates:

- Feb 20, 2019
- Mar 22, 2019
- Apr 17, 2019

Meeting location:

NAMI San Diego,
5095 Murphy Canyon Rd,
Ste 320, San Diego, 92123

PEP: Parents Empowering Parents - SUPPORT GROUP MEETING - #OURVOICESMATTER

NAMI SD's CYF Liaison offers San Diego parents and caregivers a FREE, open, monthly coaching and support group meeting for parents and caregivers of children and youth (through age 25) living with challenging behaviors, mental and behavioral health concerns. This peer-led meeting, called Parents Empowering Parents (PEP), is based on standard group guidelines and principles of support. Join other parents and caregivers to find resources, learn, share, give feedback, and develop support systems. Parents and Caregivers ONLY. Drop-ins welcome. RSVP: <http://bit.ly/PEP1819> or call/text 858-987-2980.

Family Voice Town Hall

**Meaningful Support. Useful Resources.
Issues Resolved.**

Is your family currently engaged in the Children, Youth and Families System of Care (CSOC)? If so, we want to hear your voice! Please join the NAMI SD CYFL team for our quarterly Family Voice Town Hall Meeting. We want to hear from families who are not receiving services but would like to, as our mission is to connect you with the resources you need to support your family. Families who were historically engaged in the CSOC are also encouraged to join our meetings. Children & youth are welcome. Refreshments provided!

Opportunity drawings for families in attendance!

April 17, 2019 - 6-7:30 pm

Location: CENTRAL

NAMI San Diego Main Office
5095 Murphy Cyn Rd, Ste 320, SD 92123

Feb 21, 2019 - 10:30 am - 12:00 pm

Location: NORTH

North Inland Live Well Center
649 W. Mission Ave, Escondido, 92025

March 14, 2019 - 11:00 am - 12:30 pm

Location: SOUTH

South Region Live Well Center
401 Mile of Cars, National City, CA 91950

March 28, 2019 - 4:00 - 5:30 pm

Location: EAST

Location To Be Announced

Please call/text 858-987-2980 for more info

For additional meeting dates, locations and times, or more information on Family Support Meetings, and/or to RSVP, please call/text 858-987-2980 or email CYFLiaison@namisd.org

CYF Liaison Community Corner

May 3rd! CYFL's 5th Annual Children's Mental Health Well-Being Celebration!

SAVE THE DATE!



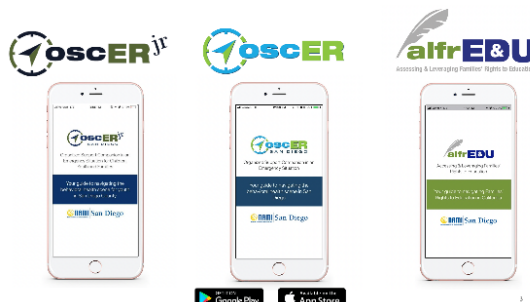
Get involved today!

- Join a planning committee and help us bring our ideas to life! Click [Here](#) or email cyfliaison@namisd.org
- Volunteer to help out on the day of the BIG event. Click [Here](#) or email cyfliaison@namisd.org

National Children's Mental Health Awareness Week is SAMHSA's (Substance Abuse and Mental Health Services Administration) 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.

It is through our combined efforts that growth, renewal and the promotion of positive mental health will impact the well-being of our children. Our voices carry volumes in bringing about change. Speak out and be heard. Let our message ring in the ears of others: Children's Mental Health Matters!

NAMI San Diego's Popular Mental Health & Special Education Navigation Apps are *Back in Action!*



San Diego County's Behavioral Health Services has recognized the value of NAMI SD's popular mental health and special education navigation Apps, and has brought the project back from the sidelines!

We are excited to introduce you to our newest CYFL Team Member, Rogena Abdelrahman, who will be our Tech project

leader for updating content on all Apps, incorporating information on addiction, co-occurring disorders and the Drug MediCal system. The Apps will then be translated into all six threshold languages. Rogena is our chief presenter and offers trainings on the Apps as well. Contact Rogena for a Presentation/Training today at cyfliaison@namisd.org!

TAY Troop North County Meet-Up Set for March, 2019

Finding Community, Making Connections, & Advocating for Mental Wellness for Transitional Age Youth, ages 16 - 25

New Locations Coming Soon!

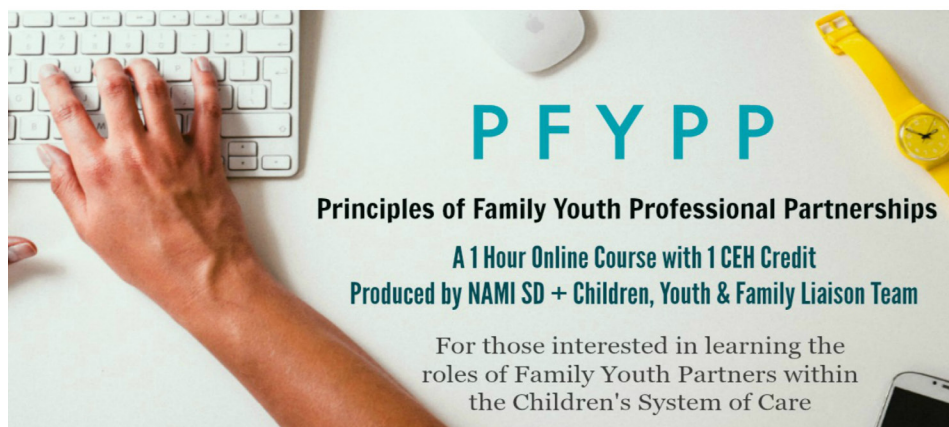
Meet Up Info: In order to best serve our community, the location and time for meet ups varies. Please follow us at [facebook.com/NAMISanDiego](https://www.facebook.com/NAMISanDiego) to find the date and time for this month's Meet Up. Call/text (858) 987-2980 or email CYFLiaison@namisd.org for more information.

TAY Troop Meet Up is a creative, supportive space for 16-25 year old San Diegans to find community connection. TAY Troop empowers youth to speak up about stigma, discover wellness techniques, receive assistance with finding opportunities and resources for employment, housing, education and volunteering. This is a place of non-judgmental acceptance and all are welcome!

TAY includes individuals (16-25) who experience or at risk of experiencing homelessness, have or have had a mental health diagnosis, or are engaged in substance use.

CYFL Online Training Now Available!

The Principles of Family Youth Professional Partnerships (PFYPP) NOW OPEN!



Our Online PFYPP training, **Principles of Family Youth Professional Partnerships** is an informative introduction to the role of Peer Partners, otherwise known as Youth/Family Support Partners, to the Children's System of Care (CSOC). This training assists peer staff and family members with lived experience

gain knowledge of the Children's System of Care (CSOC) and learn tools to more effectively work together to support families and help them thrive. Offering (1) CEH credit, this Online training can be taken anytime on any device. Learn more on the Meetings page on [our website](https://ourwebsite), or copy and paste this link into your browser: <https://cyfliaison.namisanidiego.org/meetings/> Sign up directly: http://bit.ly/PFYPP2018_19



San Diego



US Dept of Health & Human Services Addresses Opioid Crisis

HHS 5-POINT STRATEGY TO COMBAT THE OPIOIDS CRISIS



Better addiction prevention, treatment, and recovery services



Better data



Better pain management



Better targeting of overdose reversing drugs



Better research

In 2017, more than 130 people died per day from opioid-related drug overdoses. Drug overdose deaths, including those involving opioids, continue to increase in the United States. Deaths from drug overdose are up among both men and women, all races, and adults of nearly all ages.

Two out of three drug overdose deaths involve an opioid. Opioids are substances that work in the nervous system of the body or in specific receptors in the brain to reduce the intensity of pain. Overdose deaths from opioids, including prescription opioids, heroin, and synthetic opioids (like fentanyl) have increased almost six times since 1999. Overdoses involving opioids killed more than 47,000 people in 2017, and 36% of those deaths involved prescription opioids.

To learn more about the five-point strategy developed by the US Dept of Health and Human Services designed to help stop the epidemic, please visit <https://www.hhs.gov/opioids/>

Naloxone/Narcan Training Available

For family members with lived experience of a loved ones opioid addiction, or a mental health and addiction issue, *also known as a co-occurring disorder*, the importance of becoming informed and trained to use the overdose reversal drug, Naloxone (also called Narcan) cannot be overemphasized. NAMI San Diego will be offering this training free of charge at upcoming PEP Meeting (see page 3) or NAMI SD's E&A Meeting. To be notified of the training date/time, please send an email to cyfliaison@namisd.org. To learn more about naloxone, please visit <http://bit.ly/naloxoneEdu>

Transitional Age Youth: TAY Corner

Christine Frey is our TAY Youth Feature

by Micaela Cunningham

NAMI San Diego's CYF Liaison provides a platform for the authentic voice of children, youth, and families engaged in the system of care to be heard. One way we accomplish this goal is by connecting emerging young adults or "Transition Age Youth" (TAY age 16-25) to the Behavioral Health Services Children's System of Care Council (and the TAY Council) to become involved voting members, alternates, and supporters.

Take a moment to think about this time of your life, what you experienced being 16 to 25 years old. This period was probably a time of growth, change, and excitement coinciding with a heavy dose of transition, transformation, and all too often fear, depression, and anxiety. Frequently, this age group is left without supportive services and resources, falling between the cracks of two established systems: Children's System of Care and Adult System of Care. Because of this, NAMI San Diego is especially interested in supporting the TAY population. We are establishing inter-organization relationships across San Diego County, and have embarked on a new program we are excited to call TAY Troop Meet Up. TAY Troop is a place for all emerging young adults (aged 16 through 25) to find community, share resources, and ultimately find ways of living well in recovery. For more information and for future meetups, please follow us on Facebook at www.facebook.com/cmusicfest



We sat down with Christine Frey, the teenage founder of Brain XP, to talk to her about her journey through mental illness and recovery, her business, and what's coming next.

CYF Liaison: In your own words, what does the term "transitional age youth" (TAY) mean to you?

Christine: Well, it has the word transition in it, so to me, it's the period in a teenager or young adult's life where they're transitioning into a different stage of life.

CYF Liaison: The phrase TAY implies you're going through a period of change or transition. What are some of the aspects of your life that are currently changing?

Christine: Oh, that's a lot. I'm graduating [from high school] next month, I'm hoping to focus on my business next. After that I'm considering if college is right for me. I'm thinking that I'll take a gap year to focus on my business then probably community college for a little.

CYF Liaison: What's your greatest accomplishment as a youth?

Christine: Besides entering recovery, I would say starting my own business at 16 called Brain XP.

CYF Liaison: So what exactly is Brain XP?

Christine: Brain XP is a mental health community for teens that teaches the H.O.P.E (Healthy Mind, Open Sourcing, Positive Coping, and Empowerment) process. By using this process, I'm hoping teens will be able to help change the language of mental illness and end the stigma surrounding mental health challenges.

CYF Liaison: What is the biggest challenge you've faced as a youth?

Christine: Besides my mental health issues as a whole, it was dealing with stigma associated to my mental health. I was kicked out of a school I had been at for 10 years at the end of my 8th grade year (including kindergarten) because they didn't know how to handle my mental illness. It was equally as frustrating to deal with people who thought negatively of me because of it as it was to deal with the symptoms [of a mental illness].

CYF Liaison: What does recovery mean to you?

Christine: Recovery, to me, is being able to take a bad situation and put a positive spin on it. Like finding the silver lining.

CYF Liaison: What are your goals for the future?

Christine: My goal for the future is to maintain my own mental health stability, then help other teenagers maintain their own as well. Also, I guess, to be happy which can be hard with a mental health condition.

CYF Liaison: If you had one message for your younger self what would it be?

Christine: It would be to not be stubborn and refuse help. Also, when experiencing hallucinations, try to hold onto that last bit of control you have. I do this mostly by controlling my own reactions around others.

CYF Liaison: Finally, what's a message you have for someone experiencing a similar situation?

Christine: Don't let other people who think negatively of you make you think negatively of yourself. Also, my final message would be to keep hope.

Did you guess that the CYFL TAY, Christine Frey, and the FYP of the Month, Debbie Dennison, are related?! Christine and Debbie's stories and individual experiences are shining examples of what it looks like to live in recovery of a mental health challenge. Remember, mental illnesses do not only affect the individual! Entire families are affected by one person's challenges. When family members work together to find recovery, the entire family feels supported and together, they thrive. Debbie and Christine, we appreciate your willingness to share your experiences with our readers!

Our Voices Matter

Featuring a Family Youth Partner

By Linda Ketterer

When one asks Debbie Dennison who she is, she modestly replies, "I am just a mom, who loves her kids," but she is so much more! She is her child's most prominent advocate, cheerleader, and mentor. Her journey began when her daughter became involved in the public health system at the age of 12. This journey was the fight of her life and one well worth fighting!

When Debbie's daughter, Christine, turned 12, their life took a turn neither of them expected. Mental health became relevant in their family. Bipolar, depression, and anxiety became terms they began to learn about to describe Christine's behavior. Within a short time, Debbie realized self-harm and running away had become coping skills her daughter was using to avoid hallucinations and hospitalizations. Because of these behaviors, Debbie's daughter was forced to leave a school she had attended for ten years and leave the only friends she had ever known. One of the greatest challenges Debbie faced was school administration not understanding the basic supports Christine needed that would have allowed her to continue to attend a mainstream high school. You would think this was just another blow to an already chaotic journey, but instead, it began a journey of resilience and advocacy.

Side by side, Debbie and her daughter Christine overcame obstacles that threatened to detour them from mental health well-being and are now strong advocates for the Behavioral Health Services Children's System of Care (BHSCSOC). Debbie and Christine have taken lessons they've learned in their challenges and now use them in positive ways to help other young people and their families going through similar experiences. Debbie is proud to say Christine even went so far as to write her book, *Brain XP - Living with Mental Illness - A Young Teenager's Perspective* and she formed a company that seeks to normalize teen mental health struggles by changing language surrounding mental health issues and seeing positive aspects of a brain that works a little differently



Debbie Dennison

**Family Youth Partner
of the Month**

Family Youth Partners are members of the community who use their personal lived experience to reach out and help other families who are facing a challenging journey.

“Be patient. If you're a caregiver like me, you want to “fix” the issue and move on. This method does not work for coping with mental health challenges - just live in the moment and the rest will fall into place with time.

- Debbie Dennison

than others. Currently, Debbie uses her authentic voice as a Caregiver of Child/Youth served by the public health system of care and sits on BHSCSOC Council, giving important insight of family voice and experience to Council members and within the Children's System of Care.

Debbie credits “Kickstart” for much of her family's success. She states, “We initially struggled to find the medical and therapeutic resources that Christine would need to meet her challenges. Finding the Kickstart program was our life preserver - the comprehensiveness of the program not only allowed Christine to reach a point of stability, but it also allowed our family to as well”. She is also happy to report NAMI San Diego is providing long-term supportive assistance for their family.

If Debbie had one suggestion for the BHSCSOC, it would be to create a flowchart so families would know where to start. “There are numerous resources available to support a family, but I found that it was very confusing where to go and when” admits Debbie. “I would first start with a flowchart of what families starting on their journey would be [requesting]. Then match partners with ‘like’ families as early in the process as possible to help them navigate the flowchart and be an emotional support as well.”

Debbie's declares, “We hope sharing with new families starting their journey can bring some hope. We feel very blessed to receive much support along the way and hope to do the same. My sincere wish is that one day mental health challenges will be viewed & receive the same support as a child with diabetes - yes, life will change and be inconvenient at times, but nothing to be feared.” ***Debbie is so much more than a mom, she is a Mental Health Warrior!***

CYFL's Midyear Reflection

(Continued from page 1...)

is sometimes difficult for families to be able to attend these meetings. We are more successful when bringing our presentation to existing groups of parents and caregivers to meet them where they are. We continue to find more family engagement when using this family-centered model.

Two **Family Youth Focus Groups** have been broadcast on Facebook Live with a total reach of 4,588 individuals, 1,104 views, and 978 engagements. The December Facebook Live included an informative presentation on Teen Cross Border Drug Smuggling. The September presentation focused on Childhood ACEs and Resiliency.

The CYF Liaison continues to emphasize TAY engagement by being active members on San Diego's TAY Council. CYFL is bringing back the monthly TAY Troop meet up in North and South Counties of San Diego beginning March 2019. There is no cost to participate in this meetup.

Support for Family Support Partners (Peer Staff) and Professional Staff (Mental Health Clinicians and Program Staff) is achieved by providing two trainings focused on building collaborative relationships; **Principles of Family Youth Professional Partnerships** or **PFYPP** is a pre-recorded, one hour online training designed to introduce the basics of building successful collaborative relationships, and has been recently updated with the most up-to-date information affecting the CSOC. To date, 10 CYFBHSOC staff have been trained. **Working Together** is a half-day (4-hour) in-person training designed to help Peer and Professional Staff work together successfully. To date 21 CYFBHSOC staff have been trained (11 Partners and 10 Professionals.) Our next half day training is February 13, 2019.

Family Support Partner Coaching continues to be provided once a month to the entire Peer Staff population in the Children's System of Care. Professional development topics have included a variety of information relevant to Peer staff, including UPAC, Child Welfare Services, 2-1-1, South Bay Community Services, and Sex Trafficking overview and Immigration Law.



NAMI
National Alliance on Mental Illness

San Diego

NAMI SD Children, Youth & Family Liaison

Vol. IV, Issue 1, Jan / Feb / Mar 2019

5095 Murphy Canyon Road, Suite 320

San Diego, CA 92123



NAMI San Diego is proud to continue to support the CYF Liaison's presentation of the excellent, free 6 week education series **NAMI Basics for Parents and Caregivers**, in addition to the continuation of the free, open monthly **Parents Empowering Parents (PEP) Support Group** which takes place at NAMI SD the 3rd Wednesday evening of the month, and provides powerful peer to peer support in addition to presentations on caregiving skill building. CYFL staff is proud to offer **NAMI's Ending The Silence** presentation to Middle and High School students to teach them about signs and symptoms of mental health concerns and how to reach out to a friend in need. **NAMI on Campus High School Clubs** are also a way for students to help spread student-wide support surrounding mental health and wellness.

CYFL moves into the beginning of 2019 committed to delivering the authentic voice of lived experience to the County while bringing relevant information on policies, programs, and resources from the County to the community.

We Are Here To Help!

The NAMI San Diego Children, Youth & Family Liaison (CYFL) serves as the Mental Health Services Act (MHSA) Resolution Point-of-Contact for issues within the Children, Youth & Families Behavioral Health System of Care (CYFBHSOC) as related to the MHSA plan. Issues surrounding the MHSA plan are investigated and feedback is given to Behavioral Health Services in order to assist in improving the current system of care. We also serve the community by facilitating dialogue between families, Youth/Family Support 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 engage, and will help to find solutions to these concerns.

MHSA ISSUE RESOLUTION ASSISTANCE: Call (858) 987-2980 or Email CYFLiaison@namisd.org

Job Postings

- **CYFL Tech Outreach Specialist-** To apply visit www.namisd.org/category/jobs
- **NAMI San Diego has a new Clubhouse contract, and there are many job openings! To view the job descriptions, please visit www.namisd.org/category/jobs and apply by sending a cover letter and resume to clubhouse@namisd.org Job positions include:**
 - Data Specialist, Technology Engineer, PT Employment Specialist, SSI Advocate, Homeless Outreach Worker, Bilingual Homeless Outreach Worker, Peer Support Specialist, Health Navigator, Employment Specialist, Clubhouse Program Manager, Housing Navigator
- **In Our Own Voice Peer Presenter, PT** To apply visit <https://namisd.org/in-our-own-voice-peer-presenter-offsite-part-time/>

Would you like us to advertise your Youth/Family Support Partner related job? We are happy to add your job listing to our next quarterly newsletter. Please direct your submissions to CYFLiaison@namisd.org All submissions will be reviewed for appropriate content.

CYFL is funded by The County of San Diego Health & Human Services Agency through the Mental Health Services Act