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CONTACT US



1 (858) 634-6580

MHSA Issue Resolution:

1 (858) 987-2980

1 (800) 523-5933 Helpline

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

Join us May 3rd as we Celebrate Children's Mental Health & Well-Being!

2019 Theme is Suicide Prevention: Strategies That Work

May's Mental Health Awareness Month kicks off with a bang! Children's Mental Health Well-Being Week is the first week in May. Come celebrate Children's mental health with us at the ARTS (A Reason To Survive) Center in National City on May 3 from 3-6 pm. This event is Free, and families are welcome! Please RSVP to 858-987-2980 or <http://bit.ly/CMHCelebration2019>. Food, Fun, Art, Games and Giveaways for all!!!

5th Annual
Children's
Mental Health
Well-Being
Celebration

Come and Learn about Suicide Prevention: Strategies That Work

Friday, May 3, 2019 3:00 - 6:00 pm

ARTS (A Reason To Survive) Center

200 E. 12th Street, National City, CA 91950

Free Event! Families Invited! Food, Art, Giveaways, Fun!

Family Health Centers of SD: Mobile Counseling Center Available Now!

Family Health Centers of San Diego is implementing a Mobile Counseling Center program. Currently, scheduled location stops include Monarch School (parents), Podiker Center (older adults), and the Salvation Army residential facility in East County. They are open to establishing additional scheduled stops for the Mobile unit. If you are interested in learning more, please contact Jeff Gering at

jeffreyg@fhcsd.org.



Mobile Counseling Center Offers Mental Health Services in the Community

Family Health Centers of San Diego's Mobile Counseling Center (MCC) now offers individual mental health therapy for adults. Conveniently traveling to a location near you, the MCC is a fully licensed mental health center on wheels.

The MCC provides comprehensive outpatient services to patients, including:

- Intake and assessment for mental health issues
- Ongoing individual therapy services with a licensed mental health provider
- Referrals to psychiatry, psychological testing and Substance Use Disorder Services



For more information, or to schedule an appointment, please call (619) 515-2338.

www.FHCSD.org



Rev 02/2019

Family Health Centers of San Diego also has openings for children and youth behavioral health and early intervention services specifically tailored towards the unique needs of children and teens. Psychiatrist and therapy appointments are available. For more information please reach out to Family Health Centers of San Diego at 619-515-2338 or visit their website at www.FHCSD.org.

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 1-3pm 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.

- Apr 26 - 1:00 - 3:00 pm
- May 24 - 1:00 - 3:00 pm
- Jun 28 - 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/FSPc2018>

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: Emma Eldredge

CYFL Technology Engineer: Sten Walker

CYFL Tech/Community Development Specialist:

Rogena Abdelrahman

Community Outreach Specialist: Evan Hodges

CYFL FYP Presenter: Ana Lourdes Encinias

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

Email: CYFLiaison@namisd.org

Website: www.cyfliaison.namisanidiego.org

Let's Connect Online!

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

Coming SOON in May! Visit our FB page!

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



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:

- Apr 17, 2019
- May 15, 2019
- Jun 19, 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 11, 2019 - 6-7:30 pm

Location: CENTRAL

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

June 27, 2019 - 10:30 am - 12:00 pm

Location: NORTH

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

June 13, 2019 - 11:00 am - 12:30 pm

Location: SOUTH

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

May 16, 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

Y/FSP Celebration A Big Hit

Finding Community, Making Connections, & Advocating for Family Mental Wellness is what makes a Y/FSP "Tick"!

Are you an Y/FSP who would benefit from a supportive group? Come join our Coaching meeting! All are Welcome



On March 22, 2019 NAMI San Diego hosted a celebration for San Diego's amazing Youth/Family Support Partners (Y/FSPs). We honored their ability to reach families faster and more successfully with the use of the stories they tell, the lives they touch, and how they bring hope for a better future. Sixteen Y/FSPs came to share in commraderie, receive a video message from Deputy Director Yael Koenig, a commemorative certificate and take home a goodie bag to remind them of just much they enrich the Children Youth and Family System of Care (CSOC). Thanks to all the Y/FSPs who make a big difference!

Warning! Tear Jerker!

While sitting across from each other, a Y/FSP, who has been in the field over 20 years kept staring at a young lady across the room from her. By the end of the event, they had determined the veteran Y/FSP mentored the young lady years before. Because of the love and care the young woman received as a youth from her "mentor," she decided to become a Y/FSP. Now she sat in the same room giving back what was once given to her, and offering back love and appreciation to her mentor! Witnessing their reconnection was a special moment, and reminded us the work we do with families is so important and has long lasting impact!

Come join us for our regular monthly meetings: Youth/Family Support Partner Coaching Meeting, 4th Friday of every month from 1-3 pm. Meeting location: NAMI San Diego: 5095 Murphy Canyon Road, Suite 320, 92123



Our Voices Matter

By Linda Ketterer

Featuring a Youth/Family Support Partner

Mark Peres puts his heart and soul into his work. As a Parent Partner and Skills Trainer, he touches families lives in ways that help build mutual trust and reignite hidden embers of love for one another. With a unique combination of faith, spirituality, and lived-experience the families he helps gain opportunities for renewed hope and strength, reawakening their potential to live lovingly towards themselves and others.

For the last 18 years, Mark has been providing services and support to a variety of non-profit organizations and faith-based agencies. His skill set crosses all avenues from Residential Counselor to a Family Support Partner, effectively earning Mark the equivalent of a "Master's Degree in Life." Mark utilizes his personal lived experience to engage the families he works with more quickly and successfully.

Mark feels empowered when working with families where communication is challenging. By helping bridge communication between a parent and a child struggling with mental health symptoms related to bipolar disorder, Mark can effectively assist the family with finding common ground. These families are significant to Mark because they helped him realize his potential for success despite facing adversity that comes with conflict. Mark is successful during these difficult situations because he uses his personal lived experience to reframe negative talk into more positive responses.

When asked, Mark says his greatest accomplishment in working with families is using the "24/7 Dad: National Fatherhood Initiative" curriculum to provide support and psycho-education. He fondly remembers a father he worked with who struggled to connect with his daughter whose mental health symptoms included Suicidal Ideation, Major Depressive Disorder, and self-harm. The "24/7 Dad: National Fatherhood Initiative" curriculum and Mark's lived experience allowed Mark to teach positive communication skills and model compassion toward the daughter, while her father learned tools to reduce his biases.



Mark Peres

**Family Support Partner
of the Month**

Youth/Family Support 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.

***“Thank yourselves... for all the work you are putting into making changes. As a mom, a dad, a son or daughter, or caregiver, you deserve the thanks. Give yourself applause or a pat [on the] back for being willing to accept change. You got this. I have faith in each of you.*”**

- Mark Peres

Doing this type of work is not always easy. Sometimes Youth/Family Support Partners (Y/FSPs) are faced with reliving their own trauma over and over again. Mark openly states that for 35 years he has been grieving his own sexual trauma and the loss of loved ones. By “practicing what he preaches” and using trauma therapy, his work fuels Mark’s growth and healing. “As a Parent Partner working closely with families in their home, I have come across “hard” cases where a youth or their parents have had the same type of trauma [I went through]. I ‘flip my lid’ on the inside and keep my composure [in order] to open a safe space for healing, to plant seeds, release pain and hurt, and allow space to grieve.”

When working with Y/FSPs, families gain an advocate to help uncomplicate some of the challenges within larger institutional systems such as education, the justice system and medical facilities. A Y/FSP helps create a safe space where families can thrive, and reinforces the unique connection related to basic human needs of finding someone just like them. “The family gains ownership of their own experience by having someone who respects and values their experience.” Mark continues, “God knows it is not our goal to gain riches but [to enjoy] the satisfaction of knowing that our showing up matters to that one youth, that one parent, that one family [going through] difficult times [and to help] shed some light.”

Mark’s hope for the future role of the Y/FSP is for others to understand our work is about collaboration. Above all, we are working side by side with each family and as a bridge within their community. We are models of strength and respect while also being vulnerable. We provide community connections and share the wisdom we have collected with peers, organizations, and the families themselves. Family Support Partners deserve a place and recognition within the larger System of Care.

Lastly, Mark states, “Sometimes I surprise myself, but I love myself. It took a long time to be able to say this; I love myself for who I was created to be and what I was created to do.” Mark has “awakened his potential for love!”

Transitional Age Youth: TAY Corner

Emma Eldredge 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/namisandiego



We sat down with Emma Eldredge, the newest staff member in the CYFL program, to talk with her about her mental health journey, recovery, and what's coming next.

CYF Liaison: In your own words, what does the term "Transitional Age Youth" (TAY) mean to you?

Emma: A Transitional Age Youth is someone between the ages of 16 – 25 but what being a TAY means to me is someone who is experiencing a change in their views of the world and themselves, they're more self-aware, and aware of the opinions of those around them. It's also a very vulnerable time in a young person's life because during this transition they can be very easily influenced.

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?

Emma: Well, a little over 6 months ago I moved to a city I had never been to, where I didn't know anyone, and where I had no job. It was a huge change for me to leave all my friends, family, and security behind. I wanted to take this challenge on because 5 years ago I never believed with my Generalized Anxiety Disorder (GAD) I would be able to follow these kind of goals or challenges on my own.

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

Emma: Graduating from Cornell with my bachelor's in psychology is my greatest accomplishment. School has always been incredibly difficult for me with my GAD and Dyslexia so it always felt like the system worked against my mental health. I loved to learn but the education system is so reliant on tests it negatively impacted my mental health, my GAD in particular. During my time at Cornell I was hospitalized every semester for chronic pain and severe stomach issues related to my generalized anxiety disorder – I often thought about if I would ever be able to graduate due to my personal hardships with mental health. By graduating I proved to myself that my GAD wouldn't get in the way of my goals.

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

Emma: The biggest challenges I've faced are stigma and a lack of mental health awareness. When I was first diagnosed I had no one around me who understood what generalized anxiety disorder was so trying to understand it myself as well as navigate my social life was a challenge. I lost a lot of friends and experienced a lot of discrimination due to stigma surrounding mental health. My social anxiety was worse off due to this, I didn't know how to make friends or develop social relationships while remaining true to my generalized anxiety disorder.

CYF Liaison: What was your first experience getting diagnosed? What did GAD mean to you then and what does it mean to you now?

Emma: I was first diagnosed after my freshman year of high school when I had originally gone in to get diagnosed for dyslexia. I felt a lot of relief and confusion; I was relieved that there was a name for what I was experiencing and but I didn't know what it meant for me or my life. At the time it meant to me, or rather the way it was explained, was my average daily anxiety level was much higher than a person who lives without GAD. Generalized anxiety disorder is more than just that though. I was very accepting of the fact I had a mental health condition and wanted to learn as much as I could about it but no one seemed able to explain it or provide the answers I was looking for. It was a pretty isolating experience.

CYF Liaison: What does recovery mean to you?

Emma: To me, recovery means being in a place where you understand what your mental health condition is, the best coping methods for you, and genuinely taking care of yourself as well as being comfortable with your mental health condition and living your life with minimal disruption.

CYF Liaison: What are your goals for the future?

Emma: My goals for the future are to continue working in the field of mental health and advocacy. I also would love to travel more!

CYF Liaison: Where do you want to travel?

Emma: Really anywhere. Ireland, Iceland, up and down Europe, Sweden, back to Australia, South America, and Africa are all on my list of places to visit.

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

Emma: Generalized anxiety disorder can seem like a curse right now but once you learn how to be comfortable with it and learn what coping skills work for you it will ultimately help you be a better friend and person.

Thank you for your candid sharing, Emma. We are so glad to welcome you to the CYF Liaison Team, and know you will be able to make a big impact helping families and youth thrive!

CYFL Working Together Training - May 8th!

The Last Training Date for FY2018/19 - Don't Miss Out!



San Diego

CHILDREN, YOUTH
& FAMILY LIAISON



Working Together

Wednesday, May 8, 2019
8:30 am - 12:30 pm

Date:

May 8, 2019

Time:

8:30a-12:30p

Reason:

Working Together
effectively with my
team matters!

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://ourwebsite), or copy and paste this link into your browser: <https://cyfliaison.namisaniego.org/meetings/> Contact CYFL for more information at 858-987-2980.



Request an Apps Presentation and/or Training on our Mental Health & Special Education Navigation Tools Today

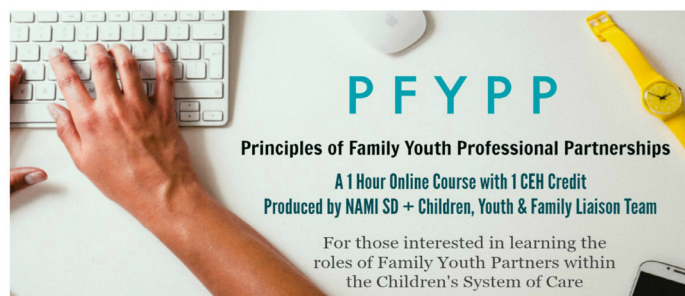
NAMI SD's popular mental health and special education navigation Apps are being updated with new content, DMC (Drug MediCal) system of care, and SUD (Substance Use Disorder) information. These important navigation tools place the information you need, WHEN you need it, right in the palm of your hand! Popular with the San Diego Sheriff's Department, Educators, Emergency Room staff, families and medical providers, schedule a presentation or a training today so your staff is knowledgeable about this FREE and incredibly helpful resource.



To learn more and to schedule a presentation/training, please contact Rogena Abdelrahman at 858-634-6580 x 106 or Evan Hodges at 858-634-6580 x 149 or email app@namisd.org

PFYPP Training-Available NOW!

The Principles of Family Youth Professional Partnerships



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://cyfliaison.namisan-diego.org/meetings/), or copy and paste this link into your browser: <https://cyfliaison.namisan-diego.org/meetings/> Sign up directly: http://bit.ly/PFYPP2018_19



NAMI SD Children, Youth & Family Liaison
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5095 Murphy Canyon Road, Suite 320
San Diego, CA 92123



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

- **NAMI Next Steps Program - Family Support Specialist (FT) and Peer Specialist (PT)** To apply visit www.namisan-diego.org/category/jobs
- **NAMI San Diego Clubhouse: Technology Engineer, Employment Specialist, Program Manager, Custodian.** To apply visit www.namisan-diego.org/category/jobs and apply by sending a cover letter and resume to clubhouse@namisd.org
- **Peer Recovery Program Associate, FT** To apply visit www.namisan-diego.org/category/jobs
- **Peer / Family Support Specialist - PeerLinks Program,** To apply visit www.namisan-diego.org/category/jobs
- **Accountant,** To apply visit www.namisan-diego.org/category/jobs

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