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Children, Youth & Family LIAISON

CYFL's Midyear Reflection

January 2020 marked the mid-year point of the fiscal year 2019-20 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 CYF System of Care (CSOC).

July through December, 2019 was filled with robust activities reaching 4096 people in the Central, North, East, and South Regions of San Diego County. Additionally, our trainers provided 50 powerful presentations on children, youth, families, mental health and suicide prevention, building collaborative relationships with many organizations such as South Bay Community Services, Alma Community Care, MHS Families Forward, Rady Children's Hospital, Takada Pharmaceuticals, many San Diego area schools, and more.

Continued on Page 4

By The Numbers CYFL'S MIDYEAR REVIEW

Essential to family health is connection to people, resources and a System of Care that supports their efforts and encourages their growth mindset

4096

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



50

Presentations on children's mental health

34

Family Support Meetings in all regions of SD County



1093

Individuals reached in our FaceTime with NAMI SD on Facebook Live

403

High school youth taking part in our Ending The Silence presentation for mental health & suicide awareness



39

CYFBHSOC Staff trained in our online PFYPP: Principles of Family Youth Professional Partnerships & collaborative in-person live Working Together training

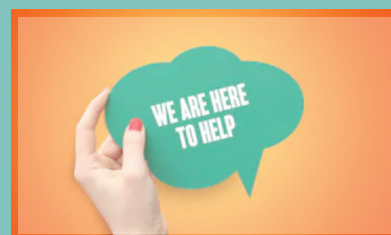
369

Individuals trained at our hands-on presentations of NAMI SD's mental health & education support apps



CYFLIAISON@NAMISD.ORG

CONTACT US



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MHSA Issue Resolution:
1 (858) 987-2980

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

SUPPORT MEETINGS for Families

Find Resources! Learn! Share!



WHERE YOU FIND SUPPORT

Parents Empowering Parents support group



NAMI SD PEP 2020 Meeting Dates:

Meets 3rd Wednesday of the month from 6-8 pm. Upcoming 2019 meeting dates:

- Feb 19, 2020
- Mar 18, 2020
- Apr 15, 2020

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. Coaching Tools during the first hour of the meeting (open to everyone), Parents and Caregivers support group during the 2nd half of the meeting. Join other parents and caregivers to find resources, learn, share, give feedback, and develop support systems. Drop-ins welcome. RSVP: http://bit.ly/PEP19_20 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)? 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. If so, we want to hear your voice! Please join the NAMI SD CYFL team for our Family Voice Support Resources Meeting. Families who have previous engagement within the CSOC are and are looking for next steps are encouraged to join our meetings. Children & youth are welcome. Refreshments provided!

Opportunity drawings for families in attendance!

February 20, 2020 - 4:00 - 5:30 pm

Location: NORTH Coastal
St. James Catholic Church
625 So. Nardo Ave, Solana Beach, 92075

March 19, 2020 - Time TBD

Location: SOUTH
Otay Mesa Nestor Library
3003 Coronado Ave, San Diego, CA 92154

April 9, 2020 - 6:00 - 7:30 pm

Location: CENTRAL
NAMI San Diego Main Office
5095 Murphy Canyon Rd, Ste 320, SD 92123

March 26, 2020 - Time TBD

Location: EAST
Location TBD
Please contact CYFL for add'l information

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

Youth/Family Support Partner (Y/FSP) Coaching Meetings

The CYFL Y/FSP Coaching Meetings provide education, support and coaching for Youth/Family Support Partners. Meetings are held the 4th Friday of the month from 1-3 pm at the NAMI San Diego main offices. A meeting designed to support challenges



**YOUTH/
FAMILY
SUPPORT
PARTNER
COACHING
MEETING**

Passion brought us here

and renew passion for the work of the Y/FSP. A one-hour coaching presentation relevant to the work Y/FSPs do supporting families is followed by a group sharing session. *Please RSVP to the Youth/Family Support Partner Coaching Meeting by clicking this link:* http://bit.ly/FSPc2019_20

Meeting Location: 5095 Murphy Canyon Rd, Ste 320, San Diego, 92123

For more information: Call/text 858-987-2980 or email cyfliaison@namisd.org

Q3/4 Dates/Times

- Feb 28 - 1:00 - 3:00 pm
- Mar27 - 1:00 - 3:00 pm
- Apr 24 - 1:00 - 3:00 pm
- May 22 - 1:00 - 3:00 pm

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: Eva Melendez

CYFL Family Specialist: Micaela Cunningham

CYFL Community Developer: Ingrid Alvarez-Ron

CYFL Technology Engineer: Sten Walker

CYFL Tech/Community Development Specialist:

Rogena Abdelrahman

Community Outreach Specialist: Emma Eldredge

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.

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1(800) 523-5933 (NAMISD Helpline)

Email: CYFLiaison@namisd.org

Website: www.cyfliaison.namisaniego.org

Sign Up! Feb 12: Next Working Together Training



Working Together

February 12, 2020
8:30 AM - 12:30 PM

Working Together is a vibrant and meaningful learning experience that builds the foundation for a strong, positive collaboration between clinicians, mental health workers, therapists, program staff and Youth/Family Support Partners, CYF System of Care Peer Staff with Lived Experience.

Upcoming Training Dates/Times:

- February 12, 2020 - 8:30 am - 12:30 pm http://bit.ly/WT_Feb2020

Limited Spaces. RSVP secures seat.

CYFL Midyear Reflection

Continued from page 1

Our **Family Voice Town Hall Support meetings** continue to be held quarterly throughout the county. Meeting locations are posted on page 2 of our Quarterly newsletter. This free, open meeting is an opportunity for families experiencing a crisis to learn about and find resources they need. In addition, we provide this meeting to existing community gatherings such as the educational sector, church groups and community groups wishing to learn more about mental health community supports.

Our quarterly online **Family Youth Focus Groups** have been broadcast on Facebook Live with a total reach of 1,093 individuals, 359 views, and 195 engagements. The September Facebook Live included an informative presentation on Drug Take-back Day and how to dispose of prescription and illicit drugs. The December presentation focused on how to best manage holiday stress and anxiety.

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. To date, 39 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 13 CYFBHSOC staff have been trained. Our next half day training is February 12, 2020.

Our Youth/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 Working with Peers & Peer Drift, Successful Billing Practices for the Y/FSP, and Early Onset Psychosis and teen marijuana use. Coming up is BHS's Cross system sharing of the CANS tool, ADHD Strategies that work, a presentation by the Regional Center and more.

CYFL's free, open monthly **Parents Empowering Parents (PEP) Support Group**

takes place at NAMI SD the 3rd Wednesday evening of the month 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 403 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. 369 individuals have received hands-on training on using our powerful **mental health and education support Apps**.

CYFL moves into 2020 committed to delivering the authentic voice of lived experience to the County while bringing relevant information on policies, programs, and resources back to the community.

“

This is hands down the best training I have attended. Thank you for bringing these relevant topics to our attention.”

- Y/FSP Coaching Meeting Participant

SD Prescription Drug Abuse Task Force Needs Your Help

The San Diego Prescription Drug Abuse Task Force (PDATF) is now conducting a short, anonymous survey to find out how adults in San Diego County get rid of their unwanted, unused medications. PDATF is also interested in how people would prefer to get rid of unwanted medicines in the future. The survey should take about 5 minutes to complete and will be open through April 30th.

Medication Disposal Survey

Encuesta De Eliminación De Medicamentos

Take Survey Online (QR Code or link below)



<https://www.surveymonkey.com/r/LNMB988>

Link to English Survey: <https://www.surveymonkey.com/r/LNMB988>



Tomar Encuesta En Línea (Código QR o sigue el link)



<https://www.surveymonkey.com/r/RX2020>

Link to Spanish Survey: <https://www.surveymonkey.com/r/RX2020>



Our Voices Matter

Understanding the Work of a Youth/Family Support Partner

Sometimes it's a knowing glance with no words spoken – *meaning no judgement here.*

Sometimes it's one word which makes a statement – *meaning I understand; no need to explain.*

Sometimes it's silence – *just being present with another with shared challenges most will never experience or imagine.*

All the time it is YOU, sharing YOUR LIVED EXPERIENCE with a parent, caregiver, or youth. It is YOU, embodying and modeling the journey they desire to make - the JOURNEY from HOPELESSNESS to HOPE.

Youth and Family Support Partners working for social serving agencies in the CYF System of Care work with youth considered "high risk." These youth are often one step away from residential placement and/or incarceration, homelessness, even death.

These children – because that's who they are, children – might be considered "trouble", a "drain on the system" by most who dare not approach. The parents and caregivers of these children are misunderstood, often labeled "lost causes", repeating the "generational cycle of destruction" by the disinterested and unknowing community which surrounds them.

But these children and their caregivers are living with the significant burden and trauma caused by their Adverse Childhood Experiences (ACEs) including health challenges, physical, emotional and sexual abuse; domestic violence; mental illness; substance abuse; suicide or death; crime or imprisoned family members.

By Eva Melendez

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.

Enter the Youth and Family Support Partner....

- **Modeling** courage, strength, resiliency in surviving their own ACEs;
- **Providing** encouragement, practical assistance, information on navigating the world of supports and services and daily living tasks;
- **Supporting** while the trauma is exposed and addressed;
- **Breaking** down barriers;
- **Walking alongside** youth and parents during their journey to recovery.
- Building bridges from hope to reality.

Some may not understand the value of Youth and Family Support Partners, but to a youth and their family struggling with mental illness* there is tremendous value, such as:

- Increased empowerment and hope
- Increased social functioning
- Increased quality of life and life satisfaction
- Reduced use of inpatient services
- Decreased costs to the mental healthcare system
- Decreased hospitalization
- Decreased self-stigma

The lives and work of Youth and Family Support Partners are not easy – ever. Often over-tasked, sometimes under-valued. Often not knowing if the seeds of change we plant with a youth and family will grow.

One might ask why we do what we do.

We are Youth and Family Support Partners because our own journey from hopelessness to hope includes remembering feelings of isolation and helplessness and how it felt when someone offered help. Our journey means reaching out to others with compassion, so their own journey can too end with HOPE.

*CAMHPRO information, 1995-2013.



Celebrating our dedicated Youth and Family Support Partners, who make our world a better place

Transition Age Youth: TAY Corner

Patrick Kirven 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. 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 Patrick Kirven, a young adult who relieves his stress through skateboarding and drifting with his race car. Patrick is a NAMI San Diego event volunteer who helps put an end to mental health stigma in different cultures.

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

Patrick: The term TAY is synonymous with growing up in my opinion. From 15 to 20 you're starting high school and leaving high school, going into young adulthood – whether that's moving out of your parents' house, going off to college, or getting a fulltime job. From 21 to 25 you're becoming more independent, moving further away from your family and old support systems, and becoming your own person.

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?

Patrick: I've just moved into my own house with my friends, girlfriend, and sister. It's a big adjustment but I'm loving it.

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

Patrick: My biggest accomplishment as a youth was taking what I was passionate about (art) and finding a profession where I could use that. I got my degree in graphic and web design.

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

Patrick: My biggest challenge as a youth was switching high schools and leaving the friends I grew up with. I went from the public school that everyone I grew up with went to then transferred to the local catholic school.

CYF Liaison: What does recovery mean to you?

Patrick: Recovery means being able to get through one day at a time and being able to look forward to the future.

CYF Liaison: What are your goals for the future?

Patrick: I'm hoping to continue building my race car, a new passion of mine, and turning my love for cars and drifting into a business.

CYF Liaison: If you had one piece of advice for younger you what would it be?

Patrick: Don't listen to anyone who tells you that you can't do something. I've had plenty of people doubt my abilities and the greatest feeling of pride comes from when I continue conquering my goals.

CYF Liaison: Finally, what's a message you have for someone young going through something similar?

Patrick: Stick it out. Resiliency is the key to adulthood, if I didn't have that I don't know where I would be today.

Thank you so much for your candid answers, Patrick. We wish you the best of luck moving forward in your life goals!

CYFL Community News & Events

May Celebration Planning News

Save The Date: May 8, 2020 from 3:30 - 6:00 pm!



You are invited to the 6th Annual Youth Mental Health Well-Being Celebration!

- Date: Friday, May 8, 2020
- Time: 3:30 - 6:00 pm
- Location: Centro Cultural de la Raza in Balboa Park

Calling youth artists! Does your agency support youth within the Children's System of Care? We need youth to create/perform their art using the word prompt for the May Celebration!

DISCOVERING THE ARTIST WITHIN OUR YOUTH...

Featuring a **"Power Word"** art project, the 6th Annual Youth Mental Health and Well-Being Celebration challenges children and youth receiving mental health services through agencies funded by San Diego County to channel their inner artist and create art which describes what "mental health" means to them.

Whatever form the art takes – drawing, painting, coloring, sculpting, video, song, spoken word – it will be showcased at the Celebration on **Friday, May 8, 2020, from 3:30 PM to 6:00 PM at the Centro Cultural de la Raza in Balboa Park.**

Beginning February 10, 2020, mental health programs can pick up art packets with instructions on how to support their young artists with the **"Power Word"** art project and how to submit their art. The deadline for submissions is **April 15, 2020**. Call/text CYFL at 858-987-2980 for more info. ***We can't wait to see the work of our hidden artists!***

“What one word comes to mind when you think of mental health?”

CYFL's December FB Live Review

During the September 3, 2019 Family Youth Focus Group hosted on Facebook Live, NAMI San Diego shared a candid live interview between two of our CYFL staff, Emma Eldredge and Micaela Cunningham, who spent time speaking about holiday stress and strategies for self-care during the holiday season.

Emma and Micaela gave helpful strategies and tips for managing stress and mental health during the holidays. They touched on different cultural practices, how to set boundaries, and examples of what young people might encounter during the holidays that lead to feelings of stress, such as what to say when family brings up awkward questions about the future. Emma shared her self-care tip of the season; being able to set time aside for yourself. Micaela shared how she creates her own self-care travel kit to bring to relatives' homes. To see this demonstration be sure to go back and watch the Facebook live replay on the NAMI San Diego Facebook Page <https://www.facebook.com/namisandiego/videos/448850679110014/>.



NAMI SD's CYFL Tech/Outreach Specialist Emma Eldredge (L) and CYFL Community Development Trainer Micaela Cunningham (R), on FB Live

During the broadcast, the live stream was shared by a NAMI Affiliate from Arizona. Community members made comments about their own holiday stress and posed certain questions they had. Be sure to follow the NAMI San Diego Facebook page and social media to find out the actual date for when our next Facebook Live date is scheduled: Coming in March!

SAVE THE DATE!

YOUTH MENTAL HEALTH WELL-BEING CELEBRATION



**MAY
8TH
3:30
PM**

**EL CENTRO CULTURAL
DE LA RAZA**



NAMI SD Children, Youth & Family Liaison
Vol. V, Issue 1, Feb / Mar / Apr 2020
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 San Diego:** Several Job Postings at the NAMI Connections to Community Clubhouse including **Peer Support Specialist, Health Navigator, Housing Navigator, Employment Specialist.** To apply visit www.namisaniego.org/category/jobs and apply by sending a cover letter and resume to the email address listed on the job posting.
- **NAMI SD Rachel's Women's Center: Peer Support Specialist & Employment Specialist** To apply visit www.namisaniego.org/category/jobs and apply by sending a cover letter and resume to the email address listed on the job posting.
- **NAMI San Diego Operations Manager.** To apply visit www.namisaniego.org/category/jobs and apply by sending a cover letter and resume to the email address listed on the job posting.
- **Parent Partner Positions at New Alternatives** - To apply email Christine Boyd at christine.boyd@newalternatives.org

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