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## The 2021 May Youth Mental Health Well-Being Virtual Celebration is Coming! Join us on May 7 at 3 pm

May is Mental Health Awareness Month and the first week in May is dedicated to celebrating children and youth mental health well-being. Historically, organizations like the Substance Abuse and Mental Health Services Administration (SAMHSA) and the National Federation of Families for Children's Mental Health select a day and a theme within the first full week in May to observe as "National Children's Mental Health Awareness Day". The County of San Diego began celebrating children's mental health well-being according to the SAMHSA theme in 2015. Since 2017, NAMI San Diego's Children, Youth and Family Liaison has led the local children and youth mental health well-being

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**The Youth Mental Health & Well-Being Virtual Celebration is coming this May 7, 2021, from 3-4 pm!**

MARK YOUR CALENDAR SO YOU DON'T MISS OUT!

## CONTACT US



1 (858) 634-6580

1 (858) 987-2980

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MHSA Issue Resolution:

1 (858) 987-2980

[www.cyfliaison.namisaniego.org](http://www.cyfliaison.namisaniego.org)

[www.namisaniego.org](http://www.namisaniego.org)

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



The CYFL monthly Youth/Family Support Partner (Y/FSP) Coaching meetings offer a one-hour coaching presentation relevant to the work Y/FSPs do supporting families and is followed by a group resource gathering and sharing session. The Coaching meeting takes place each 4th Friday monthly from 1:00-2:30 pm. We meet virtually using the Zoom platform. Please register in advance for this meeting by [clicking here](https://us02web.zoom.us/j/84461202060) or copying this link: <https://us02web.zoom.us/j/84461202060>

## Save The Date: May 28, 2021 from 1-3 pm CWS Mandated Reporter Training

Save-The-Date for the May 28, 2021 Child Welfare Services (CWS) Mandated Reporter Training as part of the monthly May Coaching meeting. The CWS Training provides an overview of the Health and Human Services Agency (HHS) and CWS's Vision and Values and what it means to be a mandated reporter. Included during the training are mandated reporting laws, the process of filing a report, vital information to provide when calling the hot line, types of abuse and neglect, the consequences of failing to report, and what happens after a report is filed. Also addressed will be what may disqualify a report from being assigned, cross reporting, and response times when a report is assigned. The CWS case flow chart will be reviewed, detailing the process from hot line, assignment of referral, closing a referral or opening a case. The court process, adoption/family reunification will be covered through the lens of cultural responsiveness detailing how CWS acts in a culturally respectful and responsive manner as well as San Diego CWS trends. This training will cover in greater depth parents' rights, process of removing a youth from the home, and what parents must do to get the youth returned home.

Is your agency in need of a specialized training relevant to the work of Youth/Family Support Partners? We are available to help. Please send an email to [cyfliaison@namisd.org](mailto:cyfliaison@namisd.org) to discuss your ideas further.

The NAMI San Diego CYFL Team is comprised of:

CEO: Cathryn Nacario

COO: Sue Skube

Community Development Director: Renee Cookson

Education Director: Suzette Southfox

CYFL Program Manager: Valerie Hebert

CYFL Lead Trainer: Ingrid Alvarez-Ron

CYFL Family Specialist: Micaela Cunningham

CYFL Community Developer: Mina Arthman

CYFL Technology Engineer: Sten Walker

CYFL Tech/Community Development Specialist:

Rogena Abdelrahman

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# PEP - Bilingual Monthly Support for Families

Find Resources!  
Learn! Share!



## NAMI SD 2021 PEP - Parents Empowering Parents Meeting

Now meeting BI-MONTHLY Virtually on the 1st & 3rd Wednesday evenings from 6:00 - 7:30 PM and **rotating bi-monthly in English and Spanish:**

English: April 21

Spanish: April 7 & May 5

Meeting Information: Register in advance for this meeting:

Spanish Meeting Link: [Click here](#)

English Meeting Link: [Click Here](#)

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

NAMI SD's CYF Liaison offers San Diego parents and caregivers a FREE, open, support group meeting rotating bi-monthly in English and Spanish 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. Currently a support group meeting, the Coaching support component of this meeting is postponed until further notice. Join other parents and caregivers to find resources, learn, share, give feedback, and develop support systems. Register in advance for this meeting by clicking on the links above. For more info, email [CYFLiaison@namisd.org](mailto:CYFLiaison@namisd.org) or call/text 858-987-2980.

Meaningful Support. Useful Resources.

Issues Resolved.

### #GotSupport?

Each week, NAMI San Diego hosts many virtual support groups, which are published on the NAMI SD website as well as the NAMI SD Facebook and Instagram pages. Due to COVID-19, all meetings have gone to a virtual format using the Zoom meeting platform, which can be easily accessed by smartphone or computer. These FREE virtual meetings provide education, support and coaching for families, caregivers, parents, youth and young adults, as well as Youth/Family Support Partners.

**Find Support with NAMI San Diego**  
National Alliance on Mental Illness  
**ONLINE SUPPORT GROUP SCHEDULE WEEK OF 4/5-4/10**

Monday 4/5	Tuesday 4/6	Wednesday 4/7	Thursday 4/8	Friday 4/9
	Online Escondido Family Support 4 - 6 PM	Padres Empoderando a Padres (PEP) Spanish 6 - 7:30 PM	Online NAMI San Diego/ Imperial Valley Connections 6:30 - 8 PM	
		Online NAMI Imperial Valley Connection 6 - 7:30 PM		
				<b>Saturday 4/10</b> NAMI Family Support 10 - 12 PM

**All meetings and groups will be held online using Zoom.**  
**To register, visit the NAMI SD Calendar webpage:**  
<https://namisandiego.org/calendar/>

HHSA LIVE WELL



## Deep Dive Dialogue

CREATING CONVERSATIONS  
ABOUT MENTAL HEALTH  
WELL-BEING

Meeting Information: To register for the 3-D virtual meeting please visit the NAMI San Diego Calendar webpage at <https://namisandiego.org/calendar/>. For more information, call/text 858-987-2980 or email [CYFLiaison@namisd.org](mailto:CYFLiaison@namisd.org)

Is your family currently engaged in the Children, Youth and Families Behavioral Health System of Care (CYFBHSOC)? Do you need information or connections to services? If so, we want to hear your voice!

Please join the NAMI SD CYFL team for our virtual **3-D Deep Dive Dialogue Family Voice Meeting** where we are encouraging a "Deep Dive Dialogue" to provide the best experience for your family. 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 find necessary support. Families who have previous engagement within the Children, Youth and Families System of Care are also encouraged to join our virtual meetings. See box at left for joining instructions. #YourVoiceMatters

## Virtual Youth Mental Health Well Being Celebration

Continued  
from page 1

celebration efforts. The event provides opportunities to celebrate mental health well-being through different ways of community engagement and art expression as well as an opportunity for collaboration and outreach to the families of San Diego County. Providers and families engaged in services are provided a break from the daily rigors of service delivery and invited to take part in a fun celebration of youth mental well-being! This year's gathering will take place on Friday, May 7, 2021 starting at 3:00 pm. Simply join the event on May 7 by visiting and liking NAMI San Diego's Facebook page <https://www.facebook.com/namisandiego>. For additional information, to participate in the planning committee, or to inquire about submitting a youth art project, please reach out to NAMI SD CYFL at (858) 987-2980 or email us at [cyfliaison@namisd.org](mailto:cyfliaison@namisd.org).





### Lucy Jasso: I Choose to Support the Community by Becoming a Licensed Social Worker

By Ingrid Alvarez-Ron, CYFL Lead Trainer

*Trying to adjust to a different language and culture is hard for children and adults transplanted to a new environment. Lucy Jasso immigrated from Mexico to California with her family when she was six years old. Lucy's personal experience as an immigrant motivated her to become a social worker and serve her community.*

It was challenging to learn English, adapt culturally and for her family to find a sense of belonging. Lucy remembers that although she could work hard to do well academically, she struggled to adapt emotionally. Lucy states, "It was hard for my family to understand what I was dealing with and to be able to talk about it." From an early age, Lucy believed this foundation gave her a reason to connect struggling families with services, particularly when the family is dealing with mental health challenges. Before she became a parent, she knew that it was essential to empower both youth and families struggling with challenges to reach their highest potential. This is precisely the San Diego Youth Services mission, where Lucy Jasso is the Program Manager for East County Prevention and Early Intervention (PEI) program.

I had the pleasure of interviewing Lucy recently and we discussed topics related to services for youth in San Diego County. I asked her what she enjoys the most about serving as Program Manager; she smiled and answered; "I remember how it made me feel that my mentors saw my potential and helped me grow. Now I have an opportunity to do the same for others who are passionate about this work." I questioned Lucy about what she believes is the value of Youth/Family Support Partners. Lucy responded "I cannot disentangle, I see how well we work together, and I value continuing the legacy of my mentors. The strength of the program; collaboration and partnership are important to me."

Lucy understands and believes in the value of lived experience that Youth/Family Support (Y/FSP) Specialists bring to the team. Y/FSPs work together to help the community they serve. Early intervention and treatment are about receiving support starting at a young age by identifying the cause of the "problem" the youth is experiencing. Lucy's team help their clients build strong foundations, identify their strengths, learn healthy coping mechanisms, and communication skills to express their needs. The goals are to have services in place and to keep families safe, working towards avoiding juvenile justice intervention if possible, and keeping away from that trajectory.

San Diego Youth Services offer their clients services such as case management, behavioral health and mental health counseling, housing and homeless services, among many others. Many programs are designed to provide community-based assistance and improve youth's lives by meeting their basic needs, creating positive connections, developing life skills, and promoting overall health and well-being. San Diego Youth Services do not ask migratory status for eligibility. Visit <https://sdyouthservices.org> for more information.

Lucy feels blessed and grateful that her family can now talk openly and communicate about their feelings and the challenges they faced without the barrier of stigma. Lucy is proud to continue helping other families navigate their journey to wellness.

Please reach out to Ingrid Alvarez-Ron for bi-lingual support and connections to community resources at [IngridAlvarezRon@namisd.org](mailto:IngridAlvarezRon@namisd.org).



Lucy Jasso

SDYS Program Manager

East County PEI

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.

“

*I remember how it made me feel that my mentors saw my potential and helped me grow. Now I have an opportunity to do the same for others who are passionate about this work."*

- Lucy Jasso

# Transition Age Youth: TAY Corner

Featuring Daylyn Rose

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 Youth and Families (CYF) 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: CYF 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](https://www.facebook.com/namisandiego)

We spoke with Daylyn Rose, a young mental health advocate who has a lot on her plate! When she isn't balancing her school work (getting both her high school diploma and two Associates degrees!), Daylyn spends her time volunteering in her community, hanging out with her new puppy, and running her own business. Thanks for speaking to us this month Daylyn, keep up the great work!

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

**Daylyn:** I believe Transitional Age Youth (TAY) are older teens and young adults; largely because of the changes that are gone through at that stage in 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?**

**Daylyn:** There are a few aspects of my life that are changing currently. My family is looking for a new house so we'll be moving within the next year. And just a bit after that I'll be going to university most likely in Oregon or Washington!

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

**Daylyn:** My greatest accomplishment as a young adult has definitely been when I started my own business back in September. Rose's DIY and Design is a handmade business with the goal of destigmatizing mental illness as well as promoting self-care and mental health. You can find Rose's DIY and Design at [rosesdiyanddesign.com](https://rosesdiyanddesign.com) or on Instagram and Facebook as @rosesdiyanddesign.

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

**Daylyn:** When I was 13 at my freshman homecoming dance, I was arrested for being under the influence; when in reality, I was actually having a panic attack. It took a year in court and a court order for the high school to actually clear my record and even then, they never admitted that they were in the wrong.

**CYF Liaison: What does recovery mean to you?**

**Daylyn:** To me, recovery means being able to regulate my mental illnesses. It means taking the time to learn and acknowledge the things that I need to do to maintain my mental health and still get everything I need to do done.

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

**Daylyn:** The one piece of advice I'd have for younger me is that the things that feel like a big deal won't be a big deal forever. Don't miss other opportunities just because you're scared of making those mistakes again.

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

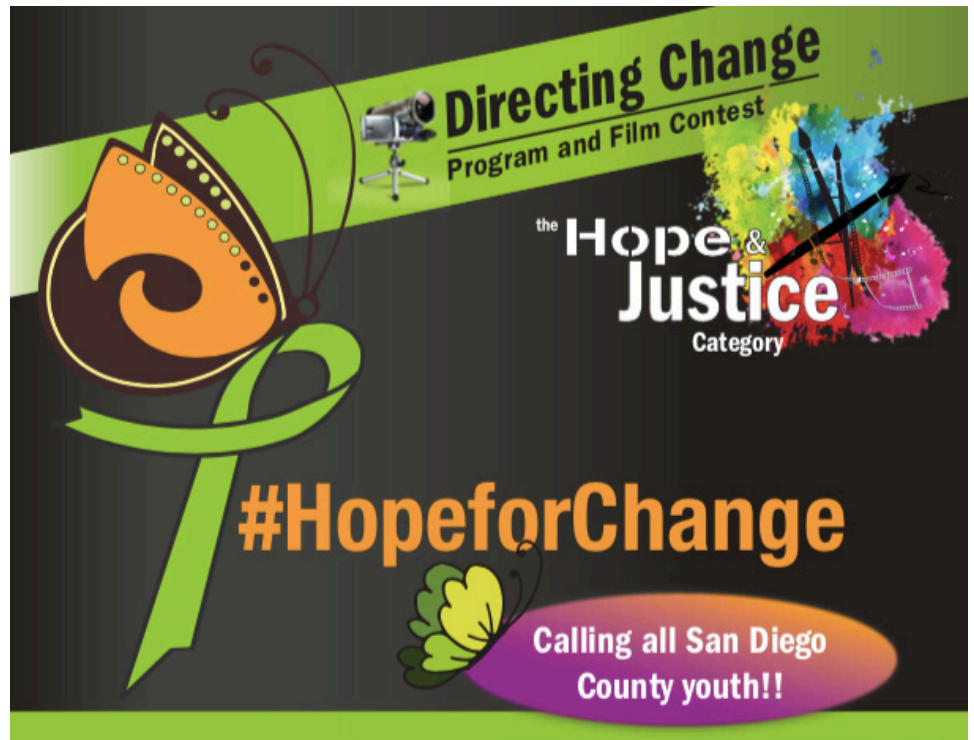
**Daylyn:** My main message would be to believe in yourself. I know it's a cliché and I definitely didn't listen when people told me when I was younger but I definitely should have!

### Call for Art Submissions! Young Artists and Poets Needed!

The Directing Change Program is introducing the "Hope for Change" submission prompt and entries need to be submitted by April 30, 2021 to qualify for the special prizes for San Diego County youth. Young people are requested to create art pieces exploring mental health, hope, resilience, and change AND creatively incorporate the lime green ribbon as a symbol for mental health.

The Directing Change Program gives youth the opportunity to tell their stories, learn

about important health topics, inspire others to take action, and win prizes. The newest category, Hope & Justice, is a monthly contest that asks students to create art in any form (visual art, film, narrative, music) that expresses how they are coping and shares their thoughts on issues that affect them. In preparation for Mental Health Awareness month in May, Directing Change is asking for submissions to creatively incorporate a lime green ribbon, as lime green is the color that represents mental health. The deadline to submit to "Hope for Change" for San Diego County youth ages 12-25 is April 30, 2021. *Continue reading on page 8 for submission ideas.*



#### Special Opportunity for San Diego County youth!

- Open to youth ages 12-25
- Participants are eligible to submit one entry per month
- Submissions are due April 30, 2021
- First place (\$300 Amazon Gift Card)
- Second Place (\$150 Amazon Gift Card)
- Third Place (\$100 Amazon Gift Card)
- Honorable Mentions (\$25 Amazon Gift Card)



Prizes provided through a sponsorship by TREF

The CYF Liaison is also looking for youth artists and poets ages 12-25 who would like to see their art featured as part of our 2021 Virtual Youth Mental Health Well-Being Celebration. Artists are invited to produce a work of art and submit to both venues! To learn more about the submission process for the 2021 Virtual Youth Mental Health Well-Being Celebration, please email Mina Arthman at [minaarthman@namisd.org](mailto:minaarthman@namisd.org).





Here are some ideas to help youth get started with their piece: (Accepting any visual art, 15 and 30-second films, original music, narrative, poems, spoken word and more)

- What do you think can be done so that there can be real change towards better mental health and reducing stigma within your community? Share your thoughts on actions that individuals, families, communities or organizations can or should take to make a difference.
- Look back on who you were a year ago and the person you are today. How do these two versions of yourself compare?
- Looking forward, as a result of adversity or difficult times you experienced over the past year, how have you changed?
- Imagine giving advice to your past self about a challenging situation you went through. What would you say to yourself?
- Share a positive change you have made in your life and how you worked toward that goal.
- Explore the healthy ways that you have used to cope with change during the past year.

You can find out more on the Directing Change website about this month's prompt and how to submit your work. Please visit this website: <https://directingchange.org/>

## 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 (CYFBHSC) 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 CYF 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) 634-6580 or (858) 987-2980 or Email [CYFLiaison@namisd.org](mailto:CYFLiaison@namisd.org)

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



## Job Postings

**NOTE:** COVID-19 has impacted current hiring efforts for NAMI San Diego and many agencies. Please visit the agencies websites for updates on their hiring practices during this time.

- **NAMI San Diego:** Several Job Postings at the NAMI Next Steps and Peer Links programs, and Connections to Community Clubhouse. To apply visit [www.namisaniego.org/category/jobs](http://www.namisaniego.org/category/jobs) and apply by sending a cover letter and resume to [jobs@namisd.org](mailto:jobs@namisd.org).
- **San Diego Center for Children:** Opening for a Wrap-Works Youth Partner <https://www.paycomonline.net/v4/ats/web.php/jobs/ViewJobDetails?job=34450&client-key=5080EE0C6804DECAD7208DCD53548F65>
- **Jewish Family Service in partnership with CWS:** Opening for a new program addressing racial disparities and disproportionality within the child welfare system. [Click here](https://www.jfssd.org/jobs/?sft_job-category=family-support-liaison-program) or visit this link [https://www.jfssd.org/jobs/?sft\\_job-category=family-support-liaison-program](https://www.jfssd.org/jobs/?sft_job-category=family-support-liaison-program)

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](mailto: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