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CONTACT US



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

Children, Youth & Family LIAISON

NAMI San Diego's alfrEDU App Now Available in Arabic



NAMI San Diego is proud to announce the newest behavioral health navigation app; alfrEDU (Accessing and Leveraging Families' Rights to Education) which helps families navigate the IEP (Individualized Education Plan) process, is now available for use in Arabic!

alfrEDU is your companion to Access and Leverage Families Rights' to Education under IDEA (Individuals with Disabilities Education Act) and FAPE (Free Appropriate Public Education). A free app available in both English and Spanish, alfrEDU helps you keep up to date with calendar reminders, stay organized with interactive bookmarks, view maps and phone numbers for your local school district, stay informed with a glossary of acronyms and terms, quickly access mental health emergency numbers, find mental health, legal, and special education services in your area, and so much more.

The app is available in iOS and Android stores, or online at app.alfrededu.org. For more information, go to alfrededu.namisanidiego.org.

alfrEDU was funded by NAMI San Diego, NBC Universal, and the County of San Diego Health & Human Services Agency through the Mental Health Services Act.

Connect With Us on Facebook Live

Our Family & Youth Focus Group Meetings are 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, September 4, 2018 starting at 2 PM

Like the NAMI San Diego Facebook page by clicking [here](#) or visiting www.facebook.com/namisandiego to receive a notification when we are "Live."

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.

- July 27 - Presenter: UPAC - ACE
- Aug 24 - Presenter: Child Welfare Svcs
- Sept 28 - Presenter: Immigration Law - DACA

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>

TAY Troop Meet Up

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

New Day and Time 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.

The NAMI San Diego CYFL Team is comprised of:

CEO: Cathryn Nacario

COO: Sue Skube

Community Development Director: Renee Cookson

CYFL Program Manager:

CYFL Lead Trainer: Linda Ketterer

CYFL Family Specialist Trainer: Valerie Hebert

CYFL Technology Engineer: Leo Pizarro

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.namisandiego.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:

- July 18, 2018
- Aug 15, 2018
- Sep 19, 2018

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!

Aug 9, 2018

Location: CENTRAL

Time & Location To Be Announced

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

Aug 23, 2018 - 10:30 am - 12:00 pm

Location: NORTH

North Inland Live Well Center

649 W. Mission Ave, Escondido

Sept 13, 2018 - 11:00 am - 12:30 pm

Location: SOUTH

South Region Live Well Center

401 Mile of Cars, National City, CA 91950

Sept 27, 2018

Location: EAST

Time & 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

Volunteer Opportunities

Assist on the NAMI San Diego Helpline or Become A Noble Works Business Mentor

NAMI San Diego is looking for Volunteers! Volunteers and mentors are caring individuals who provide another person with support, advice, reinforcement, constructive role modeling and a friendly relationship. Mentors will work with a mentee with mental health challenges while they pursue job opportunities in collaboration with an employment specialist and job coach.

Volunteer & Mentor Checklist:

- Willing to provide support, advice, reinforcement, and a positive relationship
- At least 18 years of age
- Workforce experience
- Complete volunteer application
- Pass volunteer screening interview
- Complete a 30-60 minute in-person mentor orientation
- Pass background check

To start the Volunteer process, visit the NAMI San Diego website at <https://namisandiego.org>

Career Pathways

20-Hour Class Announcement

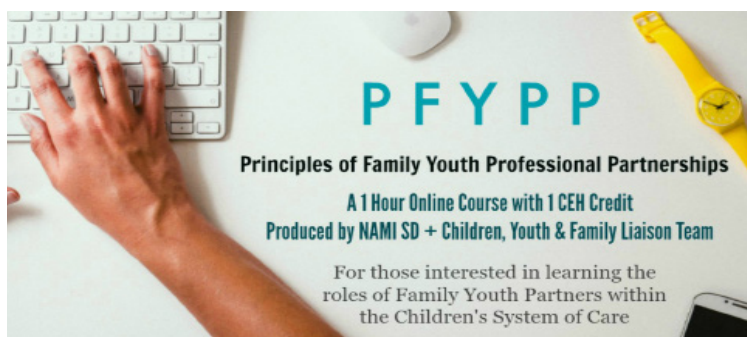
Are you interested in using your Lived Experience to help others within the field of Behavioral Health? Consider putting your experiences to work for you and becoming a Peer/Family Support Specialist

Join Career Pathways for the FINAL opportunity to join the **Free**, 20-hour, 9-week class series offering training, placement assistance, and ongoing support for Peer and Family Support Specialists. This is a fantastic opportunity to further or grow your career, and certain you do not want to miss out!

To sign up for the **In-Person Training** beginning September 6, 2018, visit: bit.ly/CPSep6

For additional questions or to learn more, please visit: <https://namisandiego.org/services/career-pathways/> today and reserve your spot!

CYFL Trainings Available Starting Very Soon!



We are excited about our upcoming release of new cohorts of two of our most popular trainings. **Principles of Family Youth Professional Partnerships (PFYPP)** is our online 1-hour introduction to Family Youth Partners, and **Working Together** is a live half-day training. These trainings help 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 CEH credit, these trainings fill up quickly. You don't want to miss out! Learn more on the Meetings page on [our website](https://cyfliaison.namisandiego.org/meetings/), or visit this link: <https://cyfliaison.namisandiego.org/meetings/>.

Transitional Age Youth: TAY Spotlight

Travis Webster is our TAY Youth Feature

We are honored to recognize Travis Webster, a college student in San Diego County, as one of our voting members on the TAY Council, a partnership emphasizing health and wellness of TAY as they transition to the Adult System of Care, and an integral part in establishing the next phase of services for young people. Travis also was awarded the Youth Advocate Award at NAMI SD's 14th Annual Color Ball this past October.

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

Travis: TAY refers to those in the age range between adolescents and adults well into their twenties. We call them transitional age youth because they are facing the challenge of transitioning out of childhood and dependency to adulthood and self-sufficiency.

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?

Travis: I'm following my passion for writing as a career. To reach this goal I am determining how to manage my time, so that I stay healthy, but also put in the work necessary to achieve success. I am engaging in personal growth as well. I am developing my social skills, and learning how to foster healthy friendships and romantic relationships. I am also eliminating unnecessary anxiety in my life and building my confidence and self-esteem.

CYF Liaison: What types of programs or services do you wish were available to TAY in San Diego?

Travis: I think a program to teach TAY how to use meetup.com would be helpful. Meetups are ways to set up regular, reoccurring social events in one's life, events that appeal to his/her unique interests and talents. This can be a very helpful method for getting regular social time, making friends, and even meeting potential significant others. It can be challenging to find meetup groups that fit one's interests, occur regularly and often, and suit one's state of mind. I think a program to guide TAY through this process would help them experience more success in social environments and develop their sense of independence.

CYF Liaison: Of the programs out there, which do you find most helpful and engaging?

Travis: I think NAMI's Ending The Silence (ETS) program* is the most helpful to the community. Educating high schoolers about mental health and illness is vital to creating a brighter future for mental health, where more people understand the illnesses, accept and support those who deal with them, and speak freely about them. It will also lead to more advocacy for those who are struggling, and better treatment, as well as better access to treatment.

CYF Liaison: What are your plans for the next few years?

Travis: My plans for the next few years include honing my artistic and writing talents, continuing my schooling, building my self esteem and emotional security, and fostering deep friendships. I may find myself entering a romantic relationship, but I don't plan for those, which my friends tell me is the best way to go, haha.

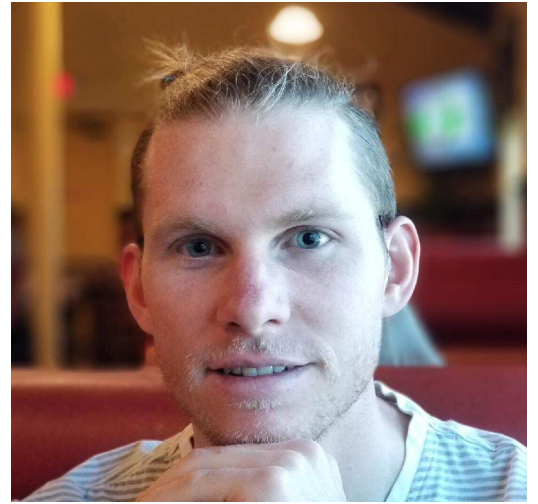
CYF Liaison: What role do you play in ending mental health stigma?

Travis: The role I play in ending the mental health stigma involves two main things. The first is continuing to give back to the mental health community by working to expand and improve it. The second is to pursue my own professional success, because when I get there, I will be an inspiration to those who are just starting their path to recovery.

CYF Liaison: Finally, tell us something interesting about yourself!

Travis: Something interesting about myself? Where do I start! One of my favorite things to do is to dress up in outlandish, colorful, and ridiculous costumes with my friends and go do something in public, like bowling.

**For info on ETS or to schedule a presentation in your school, please visit the following link and fill out the Request Presentation form: <https://namisandiego.org/services/ending-the-silence/>*



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 meet ups, please follow us on Facebook at www.facebook.com/namisandiego.

Thank you Travis!

CYFL COMMUNITY SUPPORT

From Our Blog...

The Mental Health Journey of a Mother and Daughter

This article originally appeared on [KidsData.org](#), and can be viewed [here](#)

Mental health disorders affect as many as 1 in 5 U.S. children each year. The vast majority of mental health problems begin in adolescence, with depression being the most common. Many young people who need mental health treatment do not receive it. Sadly, even if mental health problems are identified, children often face challenges with stigma.

We are pleased to feature mother and daughter guest authors, Olga and Magaly. When Magaly was 11, her mother found suicide plans on her phone. Six years later, they continue to navigate the challenges of Magaly's diagnosis of depression and psychosis. Their journey touches upon the importance of early identification, access to care and the struggles for support.

Here is their story.

Raising a daughter with depression and psychosis

Olga is a Family Resource Specialist at Support for Families in San Francisco.

Magaly was 11 years old when she planned to kill herself. I had noticed cuts on her arm for some time but she always told me they were scratches from falling. It wasn't until the cuts went from a criss-cross to deep straight lines that I knew something was wrong. I looked through her phone and found detailed plans, ranging from which friend would get her belongings to notes saying goodbye to loved ones. She left in the middle of school that day, walking around for hours, looking for a highway to jump off. The earliest doctor's appointment available was for the fol-

lowing Monday, which was extremely frustrating. I spent that weekend watching Magaly's every move, but also careful not to alarm or scare her. I didn't want her to run away.



On that Monday, Magaly was diagnosed with major depression and psychosis. She finally told us about the strong voices inside her head. She said she had been hearing them for as long as she could

remember. It was then that I realized why, as a baby, Magaly would cry any time she was left alone. She once turned purple from crying when I left her momentarily to use the restroom. It was the voices that were scaring her.

Sending your child to a behavioral health center is not the same as to a regular hospital. That same day they put Magaly in the ambulance for transport and I was not allowed to ride with her. It was a state policy. Parents are only allowed to see their child during visiting hours, the rest of the time the doctors just call you with updates or requests for medication approval. I remember Magaly calling me from the center, scared and begging to come home. "Mom this is my fault, I'll try to behave, please, I'll do anything to come home," she pleaded. What else could I tell her except to hang in there and that I would come during the next visiting hours.

Read [more here](#) or visit <http://bit.ly/CYFLblog-mhjourny>

And... ACTION!

CYF Liaison Preps for CSOC Recordings

Mark your calendar for Monday, August 13, 2018 from 9 - 10:30 am and come join the CYFBHSOC Council Member Orientation at the San Diego County Office of Education. All new Council members and alternates are encouraged to participate. Existing Council members and meeting attendees are also welcome to attend this informative special session, which includes special video interviews of each Council and Subcommittee within the CSOC (Children's System of Care). This orientation is to ensure that all Sector representatives and alternates appointed by the BHS Director acquire the necessary tools to become an informed and effective Council member. Please RSVP by Aug 8 to Grisel.Ortega@sdcountry.ca.gov.



Leo Pizarro and Linda Ketterer prepare to record video announcements for the CSOC Council Orientation.

Our Voices Matter

Featuring a Family Youth Partner

By Linda Ketterer

Arturo Soriano has overcome many obstacles in his life but has been blessed with a means to give back to the community by turning those trials into triumphs. Out of an act of kindness, Arturo and his wife Gabby began feeding and engaging youth in conversation at a park one day, which was the grassroots effort of Youth Empowerment. From this simple beginning and in a short period of time, Youth Empowerment has grown into a well-respected organization helping youth re-engage in the community as leaders. Arturo insists this "is not a job, but a passion."

The goal of Youth Empowerment is to be a positive representation to youth and get them involved in community engagement, showing them ways to remain resilient and finding their way into leadership opportunities. Arturo declares, "This all started as part of my own recovery back into society. Years ago, I was involved with 'Family Youth Roundtable,' (Children, Youth & Family Liaison predecessor). At that time, I was in the middle of my own community engagement stage."

For the past four years, Youth Empowerment has been thriving. For the first two and a half years, Youth Empowerment was about engaging youth in their own communities using their personal lived experience. Through many barbecues, sporting events (i.e. basketball games, softball games, etc.), and countless trips utilizing school buses to many places, trust amongst the youth and community began to build. Arturo asserts that, "my mentor Dana Brown (a member of San Diego's Commission on Gang Prevention and Intervention), began introducing me to many city officials such as police officers, probation officers and other county officials." In addition, other outside relations such as the Latino Collation started seeing the value of what Youth Empowerment was accomplishing, and said Arturo and his efforts needed funding to keep the movement going, which was ultimately granted. Soon the need was seen in other areas and Youth Empowerment began sending mentors to court with youth. This built trust within the judicial system and because of this, youth were being sent to judges for guidance and empowerment. Arturo still shakes his head when he states, "All this has happened within 4 years!"

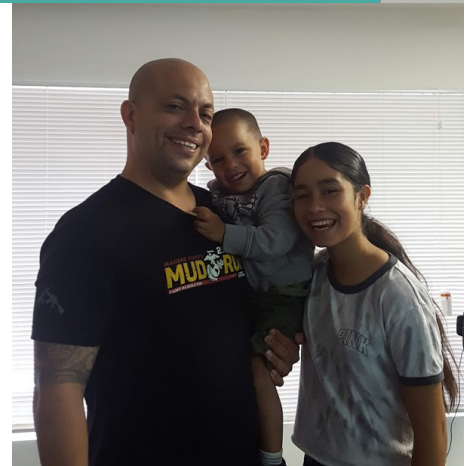
"It all starts in the community. Be involved."

-Arturo Soriano

Arturo knows the meaning of healing from trauma and insists this is one of his greatest accomplishments when working with youth. Seeing the youth heal from their own trauma and connecting them back to their community helps them build the skills for resiliency and creates powerful leaders. This is evident from the youth who spoke at the County Board of Supervisors on June 19th, 2018 (video available online, audio version can be found here: <http://bit.ly/2ufS82L>). The youth voice was represented in positive, powerful ways.

When asked what, if any, challenges he has experienced, Arturo did not hesitate before saying how blessed he has been from this whole experience. "Within such a short amount of time," Arturo continues, "everything has fallen into place. Our greatest challenge, if any, has been not 'moving too fast' and remaining patient. People need and want jobs to support their families, so not being able to give them what they need at that time is challenging. Organizations who are hiring Family Youth Partners need to hire those who have 'lived experience'. Simply because when working with a 'partner,' it is our lived experience that lets us meet people where they are and lend a hand to get them where they want to be."

Today, Arturo is not only the Founder and CEO of Youth Empowerment, he is also the co-author of Hidden Treasures, a collection of personal testimonies. By following his heart to take a small step and give back to his community, Arturo now leads an organization that is having a huge impact for youth in society. He insists, "This is not a job, but a passion." He leaves us with these words of wisdom: "It all starts in the community. Be involved."



Arturo Soriano

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.

Coming Soon! Save The Date

Who is making a difference in Mental Health? Show them you have noticed and nominate them TODAY! Awards will be presented on Thursday, October 11, 2018 at the 15th Annual NAMI San Diego Color Ball & Inspiration Awards. Nomination link: <https://www.surveymonkey.com/r/Colorball2018>



GUESS WHAT TIME IT IS??
**NAMI SAN DIEGO
COLOR BALL &
INSPIRATION AWARDS**
NOMINATION TIME!

NOMINATIONS ACCEPTED UNTIL WEDNESDAY, AUGUST 1.

[NOMINATE HERE](#)



National Alliance on Mental Illness

NAMI San Diego

NAMI SD Children, Youth & Family Liaison
Vol. III, Issue 3, Jul / Aug / Sep 2018
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). We serve the community by facilitating dialogue between families, 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 discuss, and will help to find solutions to these concerns. CYFL also provides Behavioral Health Services with community feedback to assist in improving the current system of care.



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

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

Job Postings

- **Youth/Family Support Partner Presenter** - To apply visit www.namisandiego.org/category/jobs
- **Peer Support Specialist** - Grossmont Family Counseling Center. Please send inquiries/resume to lauraja@fhcsd.org
- **Several Peer / Family Support Partner openings** - RI International, San Diego office - Apply by clicking [here](#)
- **Program Youth Support Partner** at the Family Health Youth Counseling Center and Spring Valley Elementary School. Please send inquiries/resume to lauraja@fhcsd.org
- **Peer Family Support Specialist - PEERLinks Program** - Full Time. To apply visit <https://namisandiego.org/about/careers/current-job-postings/>
- **Youth/Family Support Partner, Peer Partner positions-MHS Families Forward** - Apply to <https://careers-mhsinc.icims.com/jobs/search?ss=1&hashed=-435746215>

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.