



NAMI SAN DIEGO AND IMPERIAL VALLEY'S PEER SUPPORT RESOURCES



[Youth/Family Support Partner Coaching Meeting](#): A monthly support meeting for Youth/Family Support Partners (Y/FSP), Peer Partners and parents / family members who wish to learn more about using their lived experiences to help others and about the work of Y/FSP Support Partners, this meeting is a one hour special topic coaching meeting followed by a 30 – 45 minute support and sharing meeting. Providers and general public are invited to attend the Coaching session of the meeting, generally taking place the first hour of the meeting. For more information, please email CYFLiaison@namisd.org.

[Career Pathways 2.0 Peer and Family Support Specialist Training](#): This is an online behavioral health training program with career planning assistance.

Would you like to use your personal “lived experience” with yourself or a family member living with mental health or substance use condition to help others? Would you like to use that lived experience to work/volunteer as a Peer of Family Member in the Behavioral Health Field? Are you working as a Peer/Family Specialist or Family Youth Partner and want to enhance your knowledge and learn special skills for your position? If you answered yes to any of these questions, this training may be a good fit for you!

Tuesdays and Thursdays, 5:30 - 8:30. For any questions, email careerpathways@namisd.org.

[Working Together](#): Working Together is a FREE Live, Interactive Half-Day Virtual training, offering a wealth of information to help all participants, Parents and Caregivers, Providers and Family / Youth Partners involved in the care and support of children, youth and families engaged in San Diego's Children, Youth & Family Behavioral Health System of Care (CYFBHSOC) work efficiently together. Gain training strategies and tools to work more efficiently with colleagues and mental health partners to support families within the behavioral health field. 4 CE (Continuing Education Hours) available to qualified participants.

Upcoming dates will be posted on the website linked above, please email CYFLiaison@namisd.org.

[PFYPP](#): This complimentary one hour training is for family members with Lived Experience who wish to learn more about working in the Children's System of Care, Children, Youth & Family (CYF) program staff working with or interested in working with Youth/Family Support Partners (Y/FSP) within the Children, Youth & Family Behavioral Health System of Care (CYFBHSOC). Learn about guidelines and benefits of working with Youth/Family Support Partners. 1 CEH (Continuing Education Hours) hour will be available to those who qualify (and by spending the entire hour in the training classroom).

Apps: NAMI San Diego created three apps to support our community's mental health needs by making resources accessible in the palm of your hand. The apps are all accessible through the desktop as well. [OscER](#) serves individuals and their families that are 18 and up, [OscER Jr](#) serves individuals and their families who are under the age of 18, and [AlfrEDU](#) is an app dedicated to navigating the special education system in California.