



**nami**

National Alliance on Mental Illness

San Diego

CHILDREN, YOUTH & FAMILY LIAISON

**#KnowNoStigma**

building blocks to children's mental wellness

## One Minute Makes A Difference



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My name is Valerie.  
I am a Mental Health  
Warrior.

#ourvoicesmatter



Let me show you what it means to be a Family Support Partner

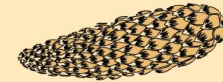


I didn't know about mental health concerns until my son was 10 years old, and life became very difficult for him.



He began to fail in school, so I learned about IEPs.

He got into some trouble with the law, so I learned to navigate the Juvenile Justice System.



When he needed residential care and our insurance company denied services, I learned how to overturn Insurance Company denials.

When he made an attempt on his life, I learned about Mental Illness.



When he became addicted to street drugs, I learned about Co-occurring Disorders.

When life began to wear down on me, I learned about taking care of myself.



When people reached out to me asking for advice based on our family's trials, I learned to help others using my Lived Experience.



# When others began to trust me as a Mentor, I became a Family Support Partner

I am Valerie and I am proud to use my Lived Experience in working for NAMI San Diego and the Children, Youth & Family Liaison Team in the role of Family Support Partner.

FSPs are ✓ community support resource providers, ✓ emergency and essential needs assistants, ✓ life skills facilitators, ✓ behavioral health and resiliency coaches, and ✓ Lived Experience mentors.

I love working with families and youth to help them find their way out of crisis to a place of recovery and peace.





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I am Linda. I didn't know  
why I made the life choices  
I did until I recognized the  
trauma of my past.

#ourvoicesmatter



Let me show you what it means to be a Family Support Partner



When I was 8 years old, my father died suddenly in a horrible car accident. My mom was left to raise 7 children on her own.

At the age of 13, I began to use drugs to self medicate.

I used alcohol, weed, and eventually Crystal Meth.



At the age of 22, I had my first child.

I was addicted to Crystal Meth.

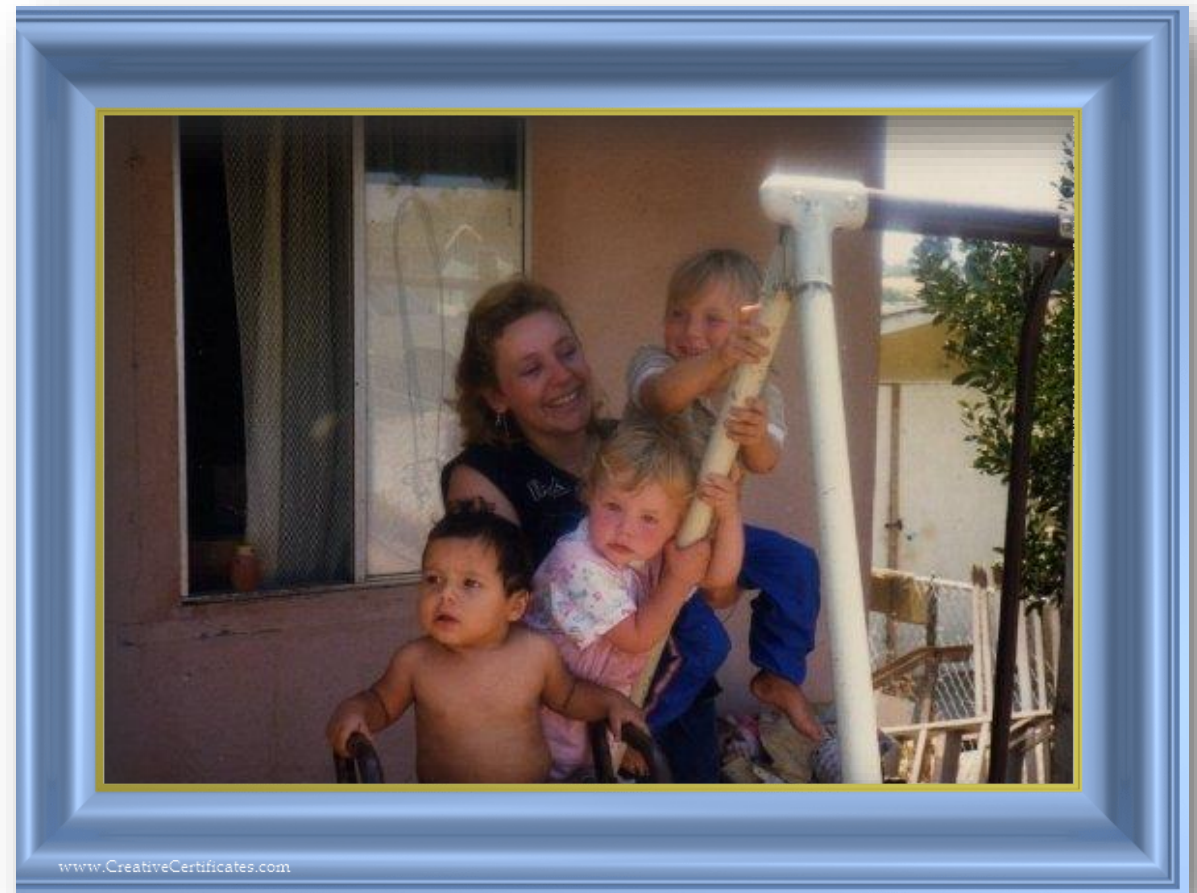


Within the next 2 years, I had two more children. I couldn't find a way out of my addiction.



At the age of 30, I was arrested.

I went to jail. CWS became involved. My children were 6, 7 & 8 years old. Losing them was my lowest point.





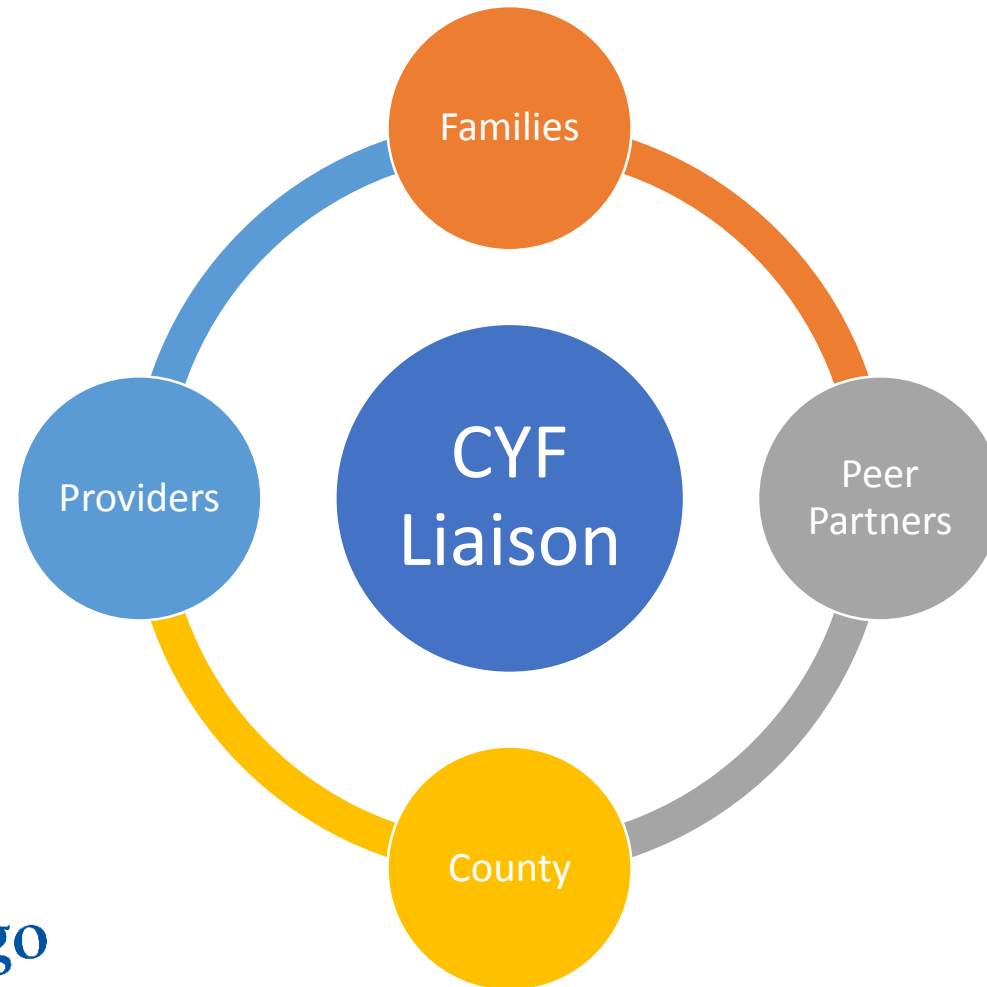
During my time in jail, I received the opportunity to change and the chance to keep my children, I knew I had to do something drastic. I grasped on to every meeting, every resource, and every program I could get my hands on. Through this I learned how people can get county provided assistance. I began to help others the way I had been helped. During this time, I continued to help myself. It is my lived experience that makes me into the woman I am today; strong, confident and resilient.



My name is Linda Ketterer and I am a Family Support Partner (FSP) with NAMI SD in the Children, Youth and Family Liaison program. For 24 years, I've been clean and sober and have been a magnet for resources and people who need them. I believe a FSP has a Master's Degree in life, learning how to navigate through the System of Care (SOC) and in turn, sharing with families in need.

What is a Family Support Partner? We are community resource specialists, strength seekers, hope finders and resiliency reminders!

# CYF Liaison: Engagement of Four Sectors Within the CSOC





# NAMI San Diego History

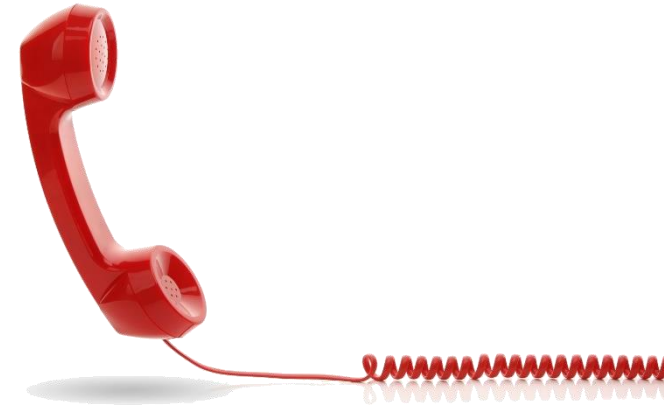
[www.namisd.org](http://www.namisd.org)

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- 1970 Parent support group
- 1979 National Organization
- 1984 NAMI San Diego **Helpline**

**1-800-523-5933**

- Largest of 950 + National NAMI Affiliates



# NAMI San Diego Mission

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**Support** people with mental illnesses and their families by helping them find coping mechanisms for their daily struggle with brain disorders.



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**Educate** people who have mental illness, their families, and the general public about mental illness with the goal of dispelling ignorance and stigma.





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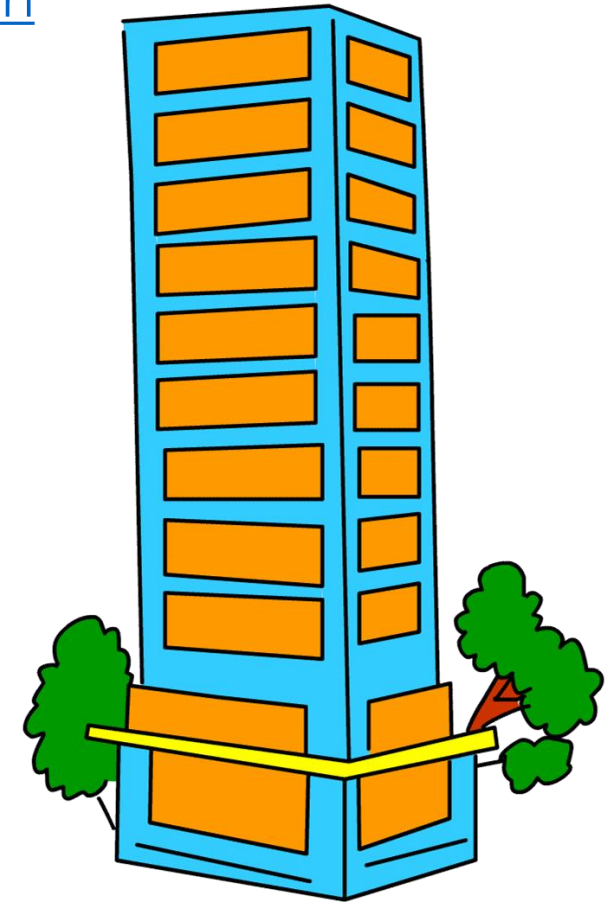
**Advocate** for more research and an improved system of mental health services across the nation.



# NAMI San Diego Programs

## NAMI San Diego

- ✓ oscER - [Organized Support Companion in an Emergency Situation](#)
- ✓ Technology- alfrEDU, oscER Jr., Ask NAMI San Diego
- ✓ Friends in the Lobby
- ✓ NAMI Basics, Family To Family, Peer To Peer
- ✓ Peer Links
- ✓ In Our Own Voice
- ✓ Ending the Silence
- ✓ Nobel Works
- ✓ Side By Side
- ✓ Next Steps
- ✓ Helpline
- ✓ [Children, Youth & Family Liaison](#)



# Prevalence of Mental Illness

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- **1 in 5** live with a Mental Illness
- **20%** of 13 to 18 year olds live with a mental health condition
- **HALF** of individuals with a mental health condition aged 14 + drop out of school.

(Families on the Brink: The impact of ignoring children with serious mental illness, NAMI July 1999)



# Prevalence of Mental Illness

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- **70%** of Youth in the Juvenile Justice System have a mental illness.
- **90% +** of Youth who have died by suicide have a mental health condition.

(Families on the Brink: The impact of ignoring children with serious mental illness, NAMI July 1999)

# Prevalence of Mental Illness

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HALF of individuals  
with a mental health condition  
aged 8 to 15  
**DO NOT RECEIVE TREATMENT.**

(Families on the Brink: The impact of ignoring children with serious mental illness, NAMI July 1999)

# Prevalence of Mental Illness

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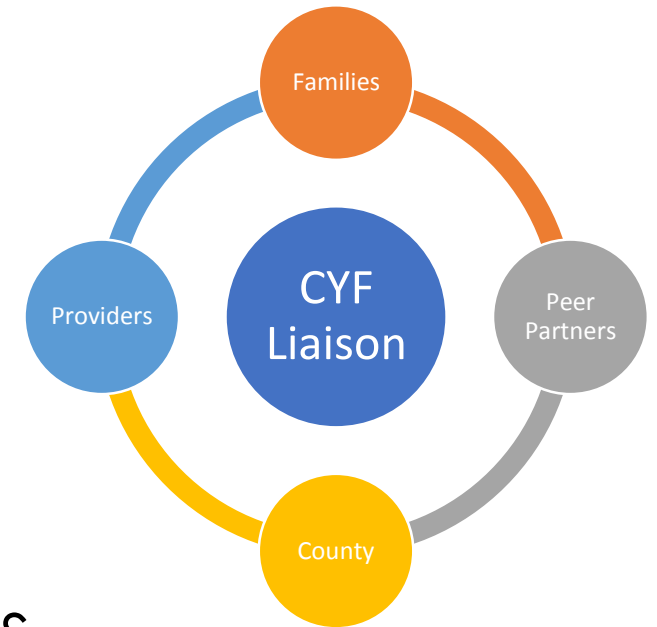
The average time between  
onset of symptoms and treatment  
**is 8 to 10 years.**

(Families on the Brink: The impact of ignoring children with serious mental illness, NAMI July 1999)



# Children, Youth & Family Liaison

- MHSA Point of Contact for **Issue Resolution**
- Children, Youth, TAY, Parents/Caregivers Support
- Family Voice Town Hall Meetings
- Family Support Partner Coaching
- Provider Support/Trainings
  - Working Together
  - Principles of Family Youth Professional Partnerships
- Representing Community Voice & Values ➡ BHS



# CYF Liaison

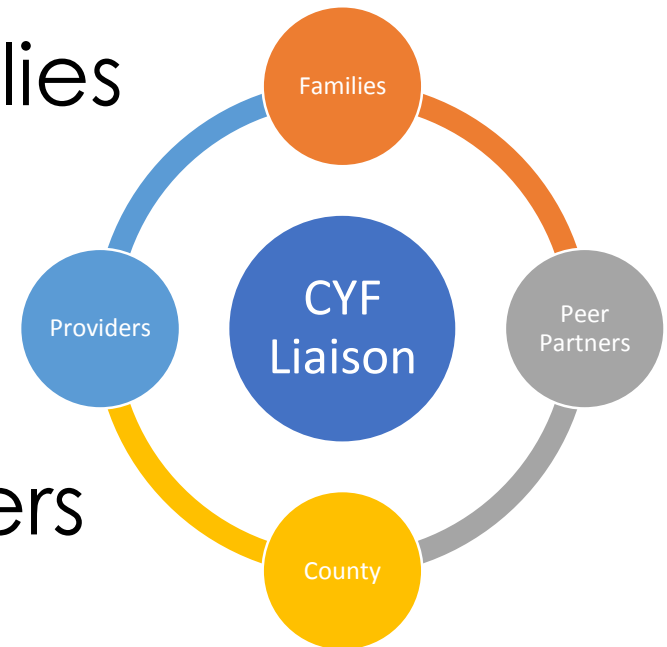
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## Parent Support:

- PEP- Parents Empowering Parents #OurVoicesMatter, Monthly Parent Support group
- NAMI Basics, 6 week class
- Family Voice Town Hall Meetings
- Family & Youth Focus Group - Facebook Live
- CYFL Newsletter
- WEBSITE, BLOG Posts & Community Resources

# Children's System of Care

- 1995 Created by community stake holders | 2016 Trauma Informed
- Providers Serving Children, Youth & Families
- Uninsured & Under-insured, Medi-Cal
- Comprehensive Continuous Integrated System of Care for Co-Occurring Disorders



# Feedback to the County of San Diego

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What challenges, issues, or barriers do you face in the Children's System of Care?

What is working well in the Children's System of Care?





# Resources

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- NAMI SD Helpline **1-800-523-5933 or 1-619-543-1434**
- Children, Youth & Family System of Care  
[http://www.sandiegocounty.gov/hhsa/programs/bhs/mental\\_health\\_services\\_children/index.html](http://www.sandiegocounty.gov/hhsa/programs/bhs/mental_health_services_children/index.html)
- Children's System of Care Issue Resolution  
**Call/Text: (858) 987-2980** [CYFLiaison@namisd.org](mailto:CYFLiaison@namisd.org)
- Provider Resource Manual (CYFBHS)  
<http://bit.ly/ProviderResourceManual>



# Children, Youth & Family Liaison

[cyfliaison.namisanandiego.org](http://cyfliaison.namisanandiego.org)

[CYFLiaison@namisd.org](mailto:CYFLiaison@namisd.org)

(858) 987-2980



THANK  
YOU

A decorative illustration of a branch with red and pink leaves and small green berries, framing the text 'THANK YOU'. The leaves are in various shades of red and pink, some with white veins. The berries are small and green, clustered on thin stems. The text 'THANK YOU' is written in a black, serif font, with 'THANK' on the top line and 'YOU' on the bottom line. The words are slightly arched and framed by the foliage.