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# Voices & Choices

The quarterly newsletter for the families, children & youth of  
the CMHS Initiative/Children, Youth & Family Network

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### Mark Your Calendar October 26, 2002 2<sup>nd</sup> Annual CYFN Family Fun Day

If you weren't able to make last year's CYFN Family Fun Day, make sure you let your Family Team Coordinator know that you want to join the family fun day and picnic this year. What's it about? Last year, DJ Bobby provided the music, pumpkins were painted, pictures created, our talented youth sang, and everyone danced. The tug-o-war was a blast, the trip on the red double deck exciting, and the prizes... Wow, the prizes!

This year's prizes include a hot air balloon ride and a trip for two to Las Vegas. The generosity of the donor community has been incredible! Don't forget to come—bring your family, bring your friends! Be sure to let your FTC know that you plan to come and if you'll need transportation. Join us for a hamburger and fun in the park!

**When:** Saturday, October 26, 2002  
11 am—2 pm

**Where:** Admiral Baker Park, Mission Gorge

### Would you like to find resources for your family team? Meet other families?

#### Try Family Field of Dreams



Created by families for families, the Family Field of Dreams offers access to over 3,500 community-based resources. Established by eight families enrolled in the CMHS Initiative and named by one of the CYFN youth, Family Field of Dreams offers a place where families can come, close the door and search the community resource database, write letters, read books, meet with other family members or just relax.

In addition, the Family Resource and Community Outreach team at CYFN is available for technical assistance or to answer any questions about community resources. All CMHS Initiative families are welcome between 7:30 am-5:30 pm, Mondays-Fridays and by special appointment for other hours by calling 858-560-2626 x204 (Gwen). Family Field of Dreams is located at 3247 Mission Village Drive, San Diego, CA.

### The Family Roundtable of San Diego County

- What is it?** A coalition of family members making a difference in Children's System of Care in San Diego County
- When?** The 3<sup>rd</sup> Thursday of each month 11-1pm
- Where?** 3255 Camino Del Rio South, San Diego
- Contact?** Donna Marto (Family member) 619 - 563-2782

# What's a FRACO???



The Family Resources & Community Outreach Team (FRACO) is here to serve you and your family team.

You have learned that wrap-around is about you and your family creating a support system that works for you over the long haul.

The FRACO team works with your Family Team Coordinator to locate resources in the community where you live. FRACO also sponsors family events and has worked alongside the families who built the Family Field of Dreams. Team FRACO is responsible for the development of the Community Resource Data Base that contains over 3,500 community-based resources.

Clark Kiser leads FRACO and has many years of experience working on community development. Deedee Coffee leads FRACO's community outreach efforts and is an expert at finding low and no cost services and products. Janice Roussel provides the glue that holds all of the FRACO activities together. Nathan Babin designed, developed and maintains the community resource database. Jennifer Oberle links FRACO to your FTC.

**Ask your FTC if FRACO can help you and your team with transitions from CYFN, links to community activities or other services and resources.**

## The State Budget and Children's System of Care

Alfredo Aguirre and the rest of the Children's Mental Health Services team met with providers and families on September 19, 2002 to talk about the recently passed state budget. San Diego County will experience reductions in state system of care dollars. This will affect families involved in the BEST wraparound program, a number of school-based services, parent support services offered through FASS and services offered through CITY.

As many of you may already know, CYFN has experienced reductions in the flexible fund account that pays for mentors, parent partners and therapeutic behavioral services for non-Medi-Cal families. CYFN is working in partnership with Children's Mental Health Services and the nine board agencies of CYFN to develop alternatives to improve access to these services for all CMHS Initiative families seen by Children, Youth & Family Network.

CYFN and Heartbeat Family Partnership have met with the CMHS Initiative Families to hear about how the budget reductions have affected their family teams. Families have offered some great ideas on how to improve access and get families more involved in decisions about the allocation of dollars.

If you would like to discuss any concerns that you have about the State Budget or the CYFN Flexible Fund, please feel free to call Karen Wells, Executive Director at 858-560-2626 x200.

### Let's learn together! It's free and fun!

In the spirit of CYFN's motto, 'create something different together' we'd like to invite you to our first co-training for CYFN Family Team Coordinators and CYFN Family and Youth. Let's learn from each other!

**When** October 4, 2002 and October 11, 2002  
9:30 am-11:30 am  
**Where** Children, Youth & Family Network  
3247 Mission Village Drive  
San Diego, CA 92123

**Refreshments provided. On-site child care provided. Contact our family member, Gwen Palmer, at 858-560-2626 x204 or your FTC.**

### CYFN YOUTH ROCK!!!!

The CYFN Youth Art Project has been going since January 2002. The founding members—Olya, Vivian and Kimberly, have created some amazing murals and other works of art. CYFN is currently seeking funds to maintain and expand the project.



Art by Olya

### CYFN YOUTH WEB SITE—BY YOUTH, FOR YOUTH

They were loud, they were creative, they were brilliant! Jesse Seineke and a group of CYFN youth created the Youth Web Page for CYFN. The website will be launched at the end of October, 2002. All CYFN youth are invited to let us know your ideas. E-mail: charlesw@cyfn.org



Art by Vivian

*Thank you for the kind donation for our newsletter from a community sponsor!*