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San Diego County  
Children's System of Care



# Voices & Choices

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

Volume 1, Issue 2

**SPECIAL ISSUE!!!**

November 2002

Dear CYFN family members,

*The holidays are quickly approaching. I realize that this is a very bittersweet time of year for us family members, as the day-to-day challenges we face are intermingled with the excitement our kids have about the holidays. Keeping that in mind, please don't be shy in letting your FTC know if you need any extra help or support during the upcoming months.*

*A quick word about this newsletter—it is put together for you, and we want you to feel free to contribute to it. Do you want to share an exciting family milestone? How about a poem, or a special picture you took, or maybe something funny or thought-provoking your child said? Please feel free to send it to me and we'll include it in the next outgoing issue, which will be sent to you quarterly (in January, April, July and October). Pictures will be returned. For the months when we won't be sending out a newsletter, we'll send a Calendar of Events so that you'll be informed of meetings, seminars, and conferences for informational and advocacy purposes.*

*We hope you'll enjoy this special issue of your newsletter. Have a safe and happy holiday.*

*Sincerely,*

*Gwen Palmer*

*Family Member & CYFN Organizational Development Partner*

## Save the Date—January 28, 2003!!!

Interested in learning best practice models for integrating authentic youth voice in Education, Juvenile Justice, Child Welfare, Community Agencies, and others who live and work with youth age 14-22? If so, the **Children System of Care Academy and HHSA Training Development** invite you to the **Second Annual Children System of Care Conference**.

**Best Practice Models for  
"Building Bridges with Youth"**

Lunch and Continuing Education Credits will be offered. For more information contact:

Laurie Chapman  
Liz Maruchau  
Donna Marto  
Michelle Defrates  
Gia Alarie

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Sponsored by: Children's System of Care Steering Committee, Children's Mental Health Services, Probation, Children's Services, Heartbeat Family Partnership, Harmonium, Children's Hospital, Mental Health Systems, San Diego Youth & Community Services; Children, Youth & Family Network, Vista Hill Foundation, SAMHSA, and the Education Advisory Committee.

# The New Professional in Family, Child and Youth Serving Agencies



As a professional, partnering with families means recognizing that all of us are members of families. For professionals, this means working with families in the same way that we would want someone to work with our own families and ourselves. In practice, this means that we meet with families when they are not working, even if that is not when we normally work. It means that we travel to people’s homes rather than asking them to travel to our offices to meet with us. It means that we explain things as we would to our mother, father, children or other family members who needed to understand what we are saying because their health and well-being depended upon how they heard and understood our words. It means that we work as equals to create policies and guidelines that reset the norms of the current system of care to make families the center and focus of our work. It means we won’t necessarily be recognized as ‘experts’ but that we will be recognized for our strengths even if those strengths are different from our educational degrees, professional qualifications and job experience. It will mean learning about different types of recognition, compensation and rewards for the work that we do.

For families, it will mean learning about ‘professional standards of practice’ and how professionals are held accountable to these standards. It will mean learning about how professionals are trained to think and act as well as learn about the personal cost, both in time and dollars, of this training. It will mean learning that there are differences between professionals; that a manager or administrator does not see themselves in the same way as the service providers that they work with and vice versa. However, we as professionals will learn from families that in their eyes we are all part of the same professional team.

For all of us, it will mean learning about organizational culture and how this culture differs from family culture and that both cultures have strengths as well as needs. It will mean being patient with the very human process of personal and organizational change. Change is a human experience that cannot be mandated if you want to change hearts and minds. Yet without the mandates some will feel that they cannot take the professional risk with a supervisor or manager who holds their professional livelihood in their hands. Families will learn about balancing the need for change at the system and organizational level with the cost of change at the personal and professional level.

For both families and professionals our successful partnership over time rests on honoring three values: trust, honesty, and respect. These three values will allow us to engage in very different ways with each other. We may find that many old walls will come down. We may find that many bridges will be built. We may discover that we cannot create the new system unless we create it together.

—written by a San Diego-based professional at the request of the Family Roundtable of San Diego County, September 12, 2001

## Family Fun Day, 2002

And that’s exactly what Saturday, October 26<sup>th</sup> was! Even with not-so-great weather, what a huge success—over 100 CYFN staff and family members came together to meet, greet, eat, paint pumpkins, dance, and just have a great time together. Here is some of the feedback CYFN staffers got on the day of the event:

*“I liked the dance contest the best because it let all of us dance together.”*



*“I can’t wait until next year!!  
This was so great!!”*

*“Gwen, you are so down to earth and I look forward to working with you as our family leader at CYFN. I liked the way you did the ‘lectric slide’ too.”*



**“My family and I came last year and this year was just as much fun as last year. Next year we will be back, but as graduates of CYFN (hopefully)”**



**“I liked the “punkin” painting the best!”**



*“The food, activities, fun, and prizes was so wonderful. I especially enjoyed the way I was made to feel like I was one with everyone else. My daughter just fell right in with all the fun too. She is usually so shy, but she just melted into the rest of the group and participated. I guess she and I both felt right at home with CYFN families and staff.”*

**“Because of CYFN, my son and I will finally get a chance to go to Disneyland! Thank you CYFN!!”**

# Youth Corner

Hey Kids—here’s something fun to do! You’ll need a pencil to circle words related to the upcoming holidays in the Word Search below. Look across, diagonal, down, and backwards to find them all. To make it extra challenging, time how long it takes you to find all the words! Are you ready? OK... ready, set, go!



## Words to find:

Autumn	s o f i n b y v h a m v t r e e m h a d q
Christmas	e p m n s l l e b e l g n i j s e d c e i
Dreidel	v o j d k n l t f c k m u n v u n z r i l
Ham	e j h r a r i o h n w a c u w t o b o y y
Hanukkah	n l b e x o v h m a a p q h r o r b z a e
Indian Corn	p c x i m c o l e i n d e c r m a i o v k
Jingle Bells	r k b d e n u y h f z k d r n i h p l i r
Kwanzaa	i b c e m a w a s y a o s g h e s m u b u
Menorah	n h t l e i u z c d a k l g w v g t m l t
Pumpkin Pie	c h i l d d f u n w d e k p i r t y m n q
Seven Principles	i k r a l n i t n y e b i n z v j o o a i
Thanksgiving	p u m p k i n p i e r q p z y k i f d o s
Tree	l i r x b r g o l m n y h a k k u n a h e
Turkey	e u m d w o p l w d s h j b u g f l g o c
Winter	s a e s w i n t e r g y a u t u m n c a t

## Jokes

- Q- What did the banana do when the monkey chased it?  
A- *The banana split*
- Q- What's got a trunk, lots of keys and four legs?  
A- *A piano up a tree*
- Q- Why did the chicken cross the playground?  
A- *To get to the other slide*
- Q- What does a dentist call his x-rays?  
A- *Tooth-pics*
- Q- What did Snow White say to the photographer?  
A- *Some day my prints will come*

## Holiday Recipes

**No Bake Peanut Butter Pie** Creamy and delicious, this pie melts in your mouth, and reduced fat ingredients can be used for the same yummy results! Makes two pies, serve frozen.

### Ingredients

- |   |  |
|---|--|
| 1 (8 ounce) package cream cheese        | 1 cup milk   |
| 1½ cups confectioners' (powdered) sugar | 1 (16 ounce) package frozen whipped topping, thawed      |
| 1 cup peanut butter                     | 2 (9 inch) prepared graham (or chocolate) cracker crusts |



### Directions

1. Beat together cream cheese and confectioners' sugar. Mix in peanut butter and milk. Beat until smooth. Fold in whipped topping.
2. Spoon into two 9 inch graham cracker pie shells; cover, and freeze until firm.

**Caramel Popcorn** Great caramel popcorn for any holiday or occasion. If you like chewier popcorn, bake for less time.

### Ingredients

- |                         |                            |
|-------------------------|----------------------------|
| 5 quarts popped popcorn | 1 teaspoon salt            |
| 1 cup butter            | ½ teaspoon baking soda     |
| 2 cups brown sugar      | 1 teaspoon vanilla extract |
| ½ cup corn syrup        |                            |



### Directions

1. Preheat oven to 250°F (95°C). Place popped popcorn in a very large bowl.
2. In a medium saucepan over medium heat, melt butter.
3. Stir in brown sugar, corn syrup and salt. Bring to a boil, stirring constantly. Boil without stirring 4 minutes.
4. Remove from heat and stir in baking soda and vanilla. Pour in a thin stream over popcorn, stirring to coat.
5. Place in two large shallow baking dishes and bake in preheated oven, stirring every 15 minutes, for 1 hour.
6. Remove from oven and let cool completely before breaking into pieces.



**Save the Date...Wraparound Training...Save the Date...**



COUNTY OF SAN DIEGO  
WRAPAROUND TRAINING ACADEMY

*IS PLEASED TO ANNOUNCE*

A Family and Youth Training

**“The Family’s Role In The Wraparound Process”**

*Available to Families and \*Youth partnered with a Wraparound Program*

**What is this Class About?**

- ⌘ The Wraparound approach specifically related to the role of the parent/caregiver, youth, and other family members/caregivers
  - ⌘ Overview of Wraparound Values and Principles
    - ⌘ Team Development
    - ⌘ Cultural Discovery
    - ⌘ Strength Discovery
    - ⌘ Family Voice

**When is this Class?**

Saturday, January 25, 2002  
9:00 AM to 5:00 PM

**Where is this Class?**

TBA

**To register please talk to your wraparound team,  
Your team’s facilitator should complete and fax  
(619-563-2775) in the attached registration form  
by January 17, 2002**

Questions: Donna Ewing-Martó, Family Partnership Coordinator at 619-563-2782

*\*Must be twelve or older to attend this training*

**Please be sure to see newsletter flyer inserts for the November and December Free and Low Cost Events, ‘Basic Rights Workshop’ and ‘Changes to Day Treatment’ information.**

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