

## In this issue...

- Letter from Gwen
- Information from the California PARENT Center E-News
- Meet your Outcome Measure Specialists
- Easy Dinner Recipes
- Youth Corner
- Report—Family Roundtable of SD County
- Heartbeat Family Partnership's Family Support Partner Program
- Lots of Informational inserts!!!!



San Diego County  
Children's System of Care



# Voices & Choices

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

Volume 2, Issue 1

1<sup>st</sup> Quarter 2003

Dear CYFN family members,

Welcome to our first newsletter for 2003, and Happy New Year to you all. If you're new to the CYFN family and this is your first contact from me, the warmest of welcomes to you—I'm very happy you're with us!

There is tremendous change going on here at CYFN and I would love to have family involvement. I encourage you to participate in the various upcoming trainings; these trainings will be helpful in understanding the Wraparound process at the team level.

I look forward to meeting more and more family members as participation in our "Family Night" meetings here at CYFN increases. Currently, these meetings are held the second Tuesday of each month from 6–7:30 pm. A light dinner is provided, and there is also a teen support group that meets at the same time. Please contact Lysette Del Castillo regarding the teen group at (858)560-2626x406.

As always, I can be contacted directly at (858)560-2626x204 with any questions or concerns you may have.

Until next quarter,

*Gwen Palmer*

Family Member and CYFN Organizational Development Partner

## The Outcome Measures Specialists

"Hello! We would like to introduce ourselves to you. We are Angelica and Alma, the Outcome Measure Specialists here at CYFN. As a part of the CYFN team, our duties include completing paperwork mandated by the county. It is our responsibility to complete initial paperwork for your child. We collect this information on an annual basis. This is important because it provides helpful information about your child as they progress over time.

We are also responsible for collecting school attendance reports for your child on a monthly basis. The data we collect is also shared with the county to show how your child is benefiting from wraparound services.

To complete initial and annual paperwork, we need to schedule an appointment with you and your child, at your convenience. Your Family Team Coordinator (FTC) will provide us with your contact information and we will need to call you from time to time to gather information from you.

We appreciate your cooperation, and look forward to meeting you and your family. Please feel free to contact us directly at (858)560-2626, extension 434 or 436."



Angelica  
Rodriguez

Alma  
Martinez

## Save the Dates!

Please see "School Problems" insert for schooling problem workshop dates and times

- February 11:** February's Family Night/Parent and Teen Support Group meetings at CYFN from 7–8 pm (see your FTC regarding transportation needs). Parent topic: Brain disorder. Teen topics: Ice cream and introductions.
- February 21:** Safety and Crisis Planning Committee at CYFN from 9:30–11 am.
- February 28:** "Honoring Cultural Strengths: Pathways to Building Strong Families and Communities" conference. (see insert for more information)
- March 1:** Family and youth training: "The Family's Role in the Wraparound Process" (rescheduled from January 17th). Please contact your FTC or Donna Ewing-Martos at (619)563-2775 for more information and registration. (See insert for more information and registration)

## The California PARENT Center E-News

Greetings and welcome to the California PARENT Center E-News Monthly. The E-News Monthly is provided by the California PARENT Center, a statewide Parental Information and Resource Center (PIRC) based in San Diego, CA, funded by the U.S. Department of Education. It is a project of the June Burnett Institute for Children Youth and Families, administered by San Diego State University Foundation.

### FEATURES:

#### "California Requirements for High School Graduation"

The law in California now requires students to pass a high school exit exam. A summary of the background and the requirements for the exam are located on the California PARENT Center website, including a PowerPoint presentation, a text overview and a handy chart, free for download. Visit our website and view the documents at: <http://parent.sdsu.edu/e-list/>

#### "Find Your School's API Rank"

Do you want to find out whether your school improved from 2001 to 2002 and whether it will be eligible for awards, should funding become available?

GreatSchools.net offers important achievement data about your school, including its 2002 API growth results. Visit our web site, where you will find a link to this informative site: <http://parent.sdsu.edu/e-list/>

#### "Evaluation of Home/School Partnership Program, an AB 33 Hayden/Hughes Program"

In September 2002, the June Burnett Institute for Children, Youth and Families released its Final Report covering the work and outcomes of the Home/School Partnership in relation to funding provided to the project by AB 33 beginning in 2000. Knowledgeable individuals at the state level have indicated that there are very few evaluations of AB 33 projects, due to the fact that the act did not provide any funds for evaluation. In addition to fulfilling our obligation to provide a report on the use of public funds, it is our hope that the information below might contribute to filling the knowledge void about the importance and relevance of AB 33 programs passed by Assemblypersons Hayden and Hughes. Visit the California PARENT Center web site and view the report: <http://parent.sdsu.edu/e-list/>

*The California PARENT Center always welcomes the exchange of information and input from the community. We invite you to visit our web site at: <http://parent.sdsu.edu/> If you would like to sign up to receive the June Burnett Institute News newsletter, please send a request, including your name and mailing address, to [cpclist@projects.sdsu.edu](mailto:cpclist@projects.sdsu.edu)*

## Heartbeat Family Partnership's Family Support Partner Program

Heartbeat Family Partnership's Family Support Partners (FSPs) are family members of children with social, emotional and/or behavioral challenges who support other families who find themselves in similar circumstances. "Family members" are people who have been directly involved in the care of a child or children. Grandparents, foster parents, child-care providers, coaches, and youth themselves who have experienced mental health challenges all qualify for our Family Support Partner training program. The combination of the FSPs' life experiences, strength-based training and intuition allows them to play a valuable role in the lives of children and their families.

FSPs encourage and support families in many ways. Initially the focus is on discovering family strengths and establishing a rapport with all family members. Having an FSP gives all the family members someone to talk to so that everyone has an outlet to express themselves. An important part of the role of the FSP is to reduce the sense of isolation that families often experience.

FSPs also teach families how to identify and utilize community-based resources and to navigate the Children's System of Care. When needed, the FSPs help build bridges between the families, community agency providers, county agency staff and other child-serving agencies and organizations. FSPs focus on promoting strong relationships and effective communication.

When there is a wraparound team, the FSP participates actively on the team. Having an FSP ensures that the families are continually encouraged to participate in all aspects of their children's care. FSPs can accompany families to various school meetings (including IEPs), court hearings, or even doctor appointments. When an FSP is present, families often feel stronger and more able to say what they need to say on behalf of their children.

FSPs educate families on how to be their own children's best advocates. In some cases, FSPs are the direct teachers, in all cases, they model partnership, advocacy and diplomacy. FSPs empower families to be self-sufficient.

Heartbeat Family Partnership's FSP are trained in wraparound principles and values: *strength-based, unconditional, individualized, family-owned and culturally-competent*. Heartbeat's curriculum includes Building Relationships, Strengths and Need Discoveries; Home Visits, Cultural Awareness; Confidentiality, Informed Consent, Mandatory Reporting; Active Listening; Conflict Resolution; Recognizing the Signs of Abuse and Neglect, and much more.

***The role of the FSP is to empower families to produce results that the families want to produce.***

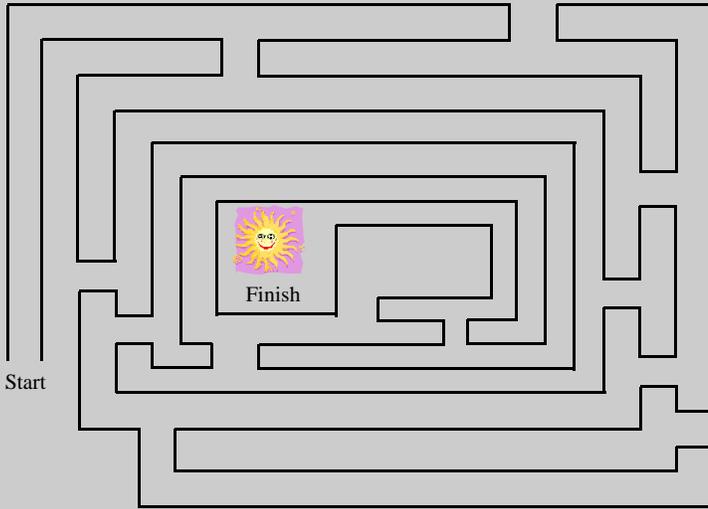
If you or anyone you know is interested in finding out more about HFP's Family Support Partner Training program, please let us know so that we can invite you to our next orientation. HFP's telephone number is (858) 505-1878.

# Youth Corner

Hi Kids! Here are some cool games for you to do...all you need is a pencil and a quiet place to think. Have fun!!!



## M A Z E



## WORD SEARCH

G	I	D	O	G	J	T
R	N	T	B	E	H	R
E	H	K	S	U	B	A
E	A	R	N	L	L	I
N	Q	D	U	B	O	N
D	E	P	G	C	C	S
R	E	C	O	O	K	F

## Word List

DOG  
BLUE  
COOK  
BLOCK  
GREEN  
TRAINS  
THUNDER

## Recipes...Recipes...Recipes...

Here are three easy, yummy recipes for a fairly quick and very delicious dinner!

### MAIN DISH — ITALIAN BREADED CHICKEN

#### 3 Ingredients

- 4 skinless, boneless chicken breasts
- 1 cup Italian-style salad dressing
- 2 cups seasoned or unseasoned dry bread crumbs

#### Directions

- 1) Preheat oven to 350°F (175°C).
- 2) Dredge chicken breasts in salad dressing, then coat completely with bread crumbs.
- 3) Place coated chicken breasts in a lightly greased 9×13 inch baking dish and bake in the preheated oven for about 30 minutes, until chicken is cooked through and juices run clear.

*Tip: Put Italian Chicken and Corn Casserole in the oven at the same time and let them both cook for 45 minutes (the chicken will need longer than 30 minutes if sharing the oven with another dish). While they bake, prepare and chill the dessert.*

### SIDE DISH — CORN CASSEROLE

#### 6 Ingredients

- |   |   |
|---|---|
| ½ cup butter, melted                                    | 1 (15 ounce) can whole kernel corn, drained |
| 2 eggs, beaten  | 1 (15 ounce) can creamed corn               |
| 1 (8½ ounce) package dry corn bread mix ("Jiffy" brand) | 1 cup sour cream                            |

#### Directions

- 1) Preheat oven to 350°F, and lightly grease a 9×9 inch baking dish.
- 2) In a medium bowl, combine all ingredients and mix well until blended. Pour into baking dish.
- 3) Bake for 45 minutes in the preheated oven, or until the top is golden brown.

### DESSERT — HEAVENLY CHOCOLATE PUDDING (note: you can use any flavor of pudding in place of chocolate)

#### 3 Ingredients

- 1 (6 ounce) package instant chocolate pudding mix
- 1½ cups milk
- 1 (16 ounce) container frozen whipped topping, thawed

#### Directions

- 1) Combine pudding mix and milk, beat for about 2–3 minutes.
- 2) Fold in the whipped topping until blended.
- 3) Refrigerate until chilled (about 30 minutes) and serve.

Family Roundtable of SD County's Position on:  
**Budget Deficits—The Challenge for all of California**

**Issue:**

With looming budget deficits, the challenge for California is how best to address this deficit and serve the needs of all Californians. This challenge is one that must be addressed by all and solutions must be found that ensure our state's economic viability. Cutting services and reducing growth has always been an immediate focus. Trimming waste or doing more with less has been expected from state government and county government alike. Communities have had to struggle with doing more with less and prudent fiscal management has always been a goal for all of us. With that in mind, we must also hold to the values that have made this state great and that is, **we do not succumb to unjust budget cuts that harm the most vulnerable of our state, that being children, family, elderly and disabled.** The major reductions Governor Gray Davis has hinted at will jeopardize our most vulnerable people.

**Background:**

Governor Gray Davis recently announced that California faces a budget shortfall of **\$34.8 billion**. According to Davis, "This budget shortfall is larger than any expert predicted. A shortfall of this size represents 45% of the current year General Fund."

**Roundtable's Position:**

Reduction in Medi-Cal for families and children puts all of us at great risk. These individuals need to be provided a safety net that allows them to obtain services before their life situations become more critical and costly. It is smart and good business to catch a problem early, before it requires more money and time from all of us. In San Diego, this was brought home through the school shootings, which sadly cost the lives of children. **Prevention and early intervention services must** become a prominent part of any state's budget. Prevention and early intervention services are essential because they will save the state from costly high-end service that all states are mandated to provide.

Our state's looming budget crisis also affords us opportunity to make some fundamental changes in how services are administered. Having integrated service models (Systems of Care) that require all of the social serving systems, law enforcement community, public health, Cal-Works, alcohol and drugs, in order to pool services and resources, is a major first step. This is vital in eliminating duplication and waste, ensuring quality care and most important, providing the care all Californians want and expect of those who serve them. The Little Hoover Commission has been speaking to this issue of integrated service systems for the past several years, yet little change has occurred. True integrated service models must be developed and required of each county. This can be developed by re-structuring these systems, and in some cases, blending into one system. President Bush is attempting to bring Homeland Security under one umbrella; having all child serving systems under one umbrella would afford the streaming and information sharing that would allow for positive results and meaningful family outcomes. Instead of cutting the services to the families most in need, Governor Davis will need to make fundamental changes in the systems that administer these services so that cost savings can be realized. Health care is essential for all Californians, and all levels of mental health care must be a key part of our health care system and state's budget. We urge you to maintain funds for quality health care. If Governor Davis does not, *all Californians will pay a higher price in the end.*

**Actions Required:**

- 1) Fundamental changes in how services are administered. Having integrated service models (Systems of Care) that require all of the social serving systems and law enforcement community, to pool resources and services;
- 2) Leadership that brings balance in the state's approach regarding fiscal priorities and need. Our next few years will be fiscally challenging for our state and county but they also provide opportunity and hope for new, innovative, and creative approaches to be fully utilized. We must prevent those at-risk from becoming another statistic and lifetime financial burden on our state;
- 3) Governor Davis must implant a revenue enhancement on income earners earning over \$1 million per year.

**Contacting your Governor**

**Governor Gray Davis**  
**State Capitol Building**  
**Sacramento, CA 95814**

**Phone (916)445-2841**

**Fax (916)445-4633**

**e-mail:**

**[governor@governor.ca.gov](mailto:governor@governor.ca.gov)**

---

**Save the Dates!**

*Continued from front page...*

**March 11:** March's Family Night/Parent and Teen Support Group meetings at CYFN from 6–8 pm (see your FTC regarding transportation needs). Topics TBA (to be announced).

**April 26:** Second Annual Parenting Conference. 8:30–3:00 pm, at the Town & Country Convention Center. Don't miss out on this special event for parents with children of all ages; workshops, keynote speaker, educational exhibits, door prizes, lunch and more! **Sponsored by the Parent Education Task Force of the Child Abuse Prevention Coordinating Committee.** Please call Verna Sundquist at (760)471-2751x23, or Patti Shields at (619)521-3055x530 for more information or if you would like to help with planning!