



Voices & Choices

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

Volume 2, Issue 4



San Diego County Children's System of Care

4th Quarter 2003

A NOTE FROM GWEN

Greetings Family Members,

Fall is in the air!! This means not only is the holiday season right around the corner, but FAMILY FUN DAY is quickly approaching as well. The Family Fun Day Committee has many wonderful activities planned for CYFN's families and staff, and are working really hard to make this yet another fun event for all.

This fall season also marks the beginning of how children's mental health connected to the wraparound process in San Diego County will eventually look like. Yes - the Response for Proposals (RFP) will be coming out early October...it will be designed in a way that the County would like to see one of the service providers implement in the most cost effective manner possible. Yes, management and staff at CYFN, headed by our illustrious Executive Director, Karen Wells, along with our Board of Directors are positioning to respond to that proposal. The Source Selection Committee choosing the lead agency or provider will be comprised of child serving agencies and of course family members. Not about us without us, right? RIGHT, as family members who have had previous experience in San Diego County's children's mental health system will be selected to serve on this committee. None of us (CYFN staff, family members, or youth) could serve on this committee because it would be viewed as a conflict of interest. The County wouldn't want one of us in there because we would surely be a die hard CYFN supporter and that would not be fair to the other respondents and vice-versa...

As family members, we can submit our names to serve on the Source Selection Committee for other RFP's within the county which don't present a conflict of interest for CYFN. If you are interested, please give me a call or let your FTC know that you are interested for future opportunities.

On another note, our longtime Life Domain Specialist, Janice Panos will be leaving CYFN as of October 30th. Janice has decided to pursue other interests, not to mention that she now resides in San Bernardino County...we will truly miss Janice and to say your last good-byes please come to our Family Fun Day event on the 25th of October.

On that same note of personnel changes, we welcomed 3 more family partners to CYFN. Maria Mejia and Rachel Wofford are our new Family Support Partners, and Joe Ruiz is our new Youth Support Partner, along with 'old-timers' Janell and TC. Other new staff include Frances Guerrero as our new Rapid Response Coordinator and Martha Curatolo as our new Family Team Coordinator, working specifically with our new family members.

Well this is all for now. Be sure to check out Dennis Da Menace's (a.k.a. Dennis Hinger) commentary in this edition of Voices & Choices.



Until next quarter,

Gwen

Your ODP/Family Member

Kia Ora, Hands Across the Pacific

Two members of San Diego's Children's System of Care, Mark Kennedy and Karen Wells, were welcomed by youth of the Te Whanau O Waipereira Trust Wraparound Services during a recent visit to Auckland, New Zealand. Lee Daniels, Wraparound Services Manager for Waipereira Trust, provided a warm welcome to Mark and Karen during the visit to the wraparound program in September 2003. CYFN and Waipereira Wraparound plan to consult with the youth in each of the programs to see if they would be interested in a Trans Pacific, youth-to-youth video conference in November 2003.



Located in the County's Manukau region, Te Whanau O Waipereira Wraparound Service was set up in April 1998 to target adolescents with a history of criminal offending and those 'at risk of offending' in the Otara and Mangere areas. For more information please visit: <http://www.waitrust.com/socserv/socserv.htm>.



CYFN's Family Fun Day Talent Show

Do you have a talent?? Can you stand on your head or tell a funny joke??? If so... CYFN WELCOMES YOU TO PARTICIPATE IN THE FAMILY FUN DAY TALENT SHOW!!!

Practices will be held at CYFN every Thursday (10/2, 10/9, 10/16 & 10/23/03) from 6 - 7:30pm. To sign up, contact Janell Panos (858.560.2626 x409) or Allyson Prather (858.560.2626 x514).

We hope to see you there!!!!



IN BRIEF: SELF-MUTILATION IN ADOLESCENTS

By Dawn Brigante of the New York State School Counselor Association for The Guidance Channel

Cutting, a growing trend among adolescents, is the most common of a plethora of ways in which one to two million people, or roughly 4% of the population in the United States, mutilate parts of their own bodies. Cutting and other acts of self-mutilation are classified as Self-Injurious or Self-Mutilating Behavior. This is defined as an individual's direct, deliberate, and repetitive destruction or alteration of his or her own body without intent to commit suicide. Acts of self-mutilation like these are usually symptoms of such disorders as Borderline Personality Disorder, Stereotypic Movement Disorder, and Factitious Disorder.

The behavior, common among adolescents between the ages of nine and twelve, is often indicative of overwhelming feelings of depression and/or anxiety and a general inability to cope with these feelings. Self-injurers have usually suffered intense psychological pain from either abuse or abandonment, and they turn to such acts as cutting in an effort to relieve stress and to diffuse the feelings of guilt, helplessness, rejection, self-hatred, failure, and loneliness they face. For these sufferers, cutting and other means of self-mutilation are ways to outwardly express an internal suffering so great that it cannot be expressed by any other means. Though self-injury is often mistaken for a failed suicide attempt, research shows that the majority of self-injurers have not considered suicide; however, the behavior should be both considered and treated as a desperate cry for help.

While cutting and slashing are the two most prevalent types of self-injurious behavior, SIBs will engage in a variety of acts of mutilation ranging from burning their own skin and biting their flesh to breaking their own bones or swallowing sharp objects. Cutters or self-injurers are difficult to classify, as they may be male or female, young or old, poor or rich. However, most SIBs are female adolescents and have, at some point in their lives, been sexually abused; many have also been classified with eating disorders. One reason why adolescents are so vulnerable to this disorder is that they usually have not developed the coping skills required to understand the myriad of changes they are undergoing physically, emotionally, and socially. Often injurers will feel as though they have no one to whom they can turn for help, and, in the absence of necessary coping skills, they turn to self-injury in an effort to deal with these anxieties. Ironically, many SIBs report that they have become somewhat impervious to (emotional) pain and use cutting as a way to feel something, however painful, rather than to feel nothing at all.

Once a self-injurer is identified and the reason for the behavior understood, there are many options available for treatment. A variety of methods including individual, group and family therapy, medication, support groups, self-help strategies, and substitutes for the action of self-mutilation can offer other avenues of expression. The most recommended treatment is ongoing psychological counseling, as many self-injurers will return to the behavior once treatment has ended. Crucial to treating this disorder is the injurer's exposure to, understanding of, and willingness to try new methods of self-expression ranging from artistic and creative expression to communicating with others when they feel negative emotions. It is important for self-injurers to know that they are not alone and that, with the help of trained professionals, they can overcome the disorder and learn new effective ways to cope with life's changes.

Kids Can Help Peers Cope with Mental Illness

By Kate York Marietta Times August 9, 2003

When Casi Stewart's Obsessive Compulsive Disorder began to control her life as a child, she wasn't the only one who noticed. "School was a virtual hell," said Stewart, now 32. "Everyone noticed my behavior. They teased me and threw food at me every day."

For the one in 10 American children with a mental illness, the response of peers to the illness can be just as critical as the response of parents and health care officials.

"Fitting in is a big part of being a kid," said Teresa Isner, 27, who began having symptoms of Post Traumatic Stress Disorder as a child. "If a child has withdrawn like I did, buddy them up with someone who is outgoing and accepting to build those skills."

That's why programs such as Red Flags at Marietta Middle School are so important, said Principal Mark Doebrich. The program teaches students, teachers and staff to recognize the symptoms of adolescent depression and encourages students to seek help. Marietta Middle School was one of 10 pilot schools for the program and now helps to train other county schools.

"Our goal is to prevent pain, suffering and potential



suicide," Doebrich said. "Students referring themselves or other students make up more than half of our referrals."

Six to seven percent of Marietta Middle School students have shown signs of depression since Red Flags began, the principal said.

By recognizing symptoms of depression, students are more likely to be concerned about other students than tease them for being different, Doebrich said.

"We have an empathy I'm very pleased with," he said.

The symptoms of depression are often different in children than in adults, Doebrich said. Rather than withdrawing, children often become more aggressive, outspoken and even violent. Friends, parents or other family members should pay attention to changes in children's behavior, Isner said.

"It's important that they don't blow off any problems and say the child is just being a typical, moody kid and having a bad day every day," she said. "If they start seeing signs, someone in the child's life should step forward and say, 'You're not interacting, you never ask people to come over and you don't want to work in groups - why?'"

Source: http://www.mariettatimes.com/news/story/089202003_new04peerwq.asp(Ohio)

CYFN Monthly Family Night Out AND CYFN Monthly Parent Support Meeting

Here at the CYFN office, the second Wednesday of every month from 6-8pm is *Family Night Out*. Families and youth come together to get to know one another, have a light dinner (compliments of CYFN) and hear about critical, up-to-the-moment issues affecting them.

The next *Family Night Out* topic of discussion on October 8, 2003, will be *Gangs - is my child in one and what signs should I look for?*

The fourth Wednesday of every month is CYFN's *Parent Support Meeting*. While the Youth Action Team is in session (see page 5 for more information), parents and caregivers come together with CYFN FTC Abimbola Ogundeji to discuss problems and concerns, as well as bring in any questions they might have. A complimentary light dinner will be provided.

We hope you'll join us the 2nd and 4th Wednesdays of each month for these highly informational and enjoyable sessions amongst friends.

For food and transportation purposes, RSVP's can either be made to your FTC or to Gwen at 858.560.2626 x204.

CYFN Re-Starts the Youth Art Project!



We are VERY excited to announce that the CYFN Youth Art Project is back!!!

Along with art therapist Lisa Falls, many of our youth are gathering together every Thursday to create various works of art determined either individually or by the group.

The Youth Art Project offers an avenue of effective, non-threatening self-expression through self-awareness, cross-cultural understanding, and non-violent conflict resolution. Creating art crosses all ability groups, and involves youth in artistic activities that help them physically, socially, emotionally, and spiritually. Art activities reinforce skills that CYFN youth are learning in school and are expected to demonstrate in all aspects of their lives.

The Youth Art Project meets every Thursday from 3:30 - 5:00pm. To learn more about the CYFN Youth Art Project or to sign up, please contact your FTC or Lisa Falls at 619.295.2787.



Artist Opening & Reception

At the next Family Night Out meeting on Wednesday, November 12, an Opening and Reception will be held for CYFN youth artist Jenna.

CYFN Artist
Jenna

Over the period of several months, (and with a little assistance from her FTC Allyson Prather), Jenna created a wall-size mural in Senior FTC Nora Carlton's office.

Nora states, "I have a windowless office, and this beautiful mural adds the natural element that for me is a breath of fresh air. I am so glad to have a chance to share it."

Please stop by Nora's office between 6-8pm on November 12 and see why we're all so excited about this new edition to CYFN's youth-crafted office murals!

Are You Concerned About Someone's Drinking?

You don't have to drink to suffer from alcoholism...if you have a loved one who is an alcoholic and you would like to share your feelings and frustrations about your situation, Al-Anon and Alateen can help.

You can call locally at 619.296.2666, Monday-Friday, from 10am-4pm. They also have an office at 3108 Fifth Avenue, Suite E, San Diego, CA 92103.

Family Partnership Update - September 2003

Roundtable - Family/Youth Voice Mary Lou Erwin was presented with the Roundtable's Certificate of Excellence for outstanding performance and lasting contribution in helping to build a foundation for family and youth voice and serving as Co-Chair of the Family Roundtable.

In moving forward with the goals and mission of the Roundtable, its Governance Board recommended that Alejandra Aceves, its Youth Action Team leader, fill the Co-Chair vacancy. Members present at the last General Meeting confirmed this recommendation with a formal vote of acceptance. Gregorio Lopez, the Roundtable's Alternate for the Children's System of Care Steering Committee (CSOC SC) will fill the Roundtable's position on this committee. As a result, the Roundtable will choose a new alternate to the CSOC SC.

Family Partnership in the Community With technical assistance from Karen Wells, CYFN's Executive Director, members of the family sector brainstormed ideas and will be submitting proposed presentations for consideration at the June 2004 SAMHSA/Georgetown Training Institutes Conference. The focus of the proposals will be how the County of San Diego's three-sector partnership built and sustains a Children's System of Care with the seed funding of the SAMHSA System of Care grant.

With sponsorship from the California Wellness Foundation, Harmonium, Inc. and HHSA's Southeast County Mental Health Clinic has incorporated "The Family Guide Project" into the clinic's service deliveries. For information please call 619.595.4403.

"A Ped's Life"



A Message from Dennis...

By Dennis M. Hinger, Director Legislative Affairs,
American Family Rights Association

Welcome to another edition of "A Ped's Life." I'm Adelaide L. Zindler, your Pediatric Life Coach and Educational Advocate. This quarter I would like to briefly overview our unique specialty and cluster of services. Just what is Pediatric Life Coaching? We specialize in reversing the trend of preschool expulsion. This is the first life coaching service for children that actually comes to you! Through "The Wheel of Your (child's) Life" we are re-balancing our clients in 8 key areas:

1. **Learning Environment**
 - ◆ Client-specific classroom and playground interventions
 - ◆ Individual Education (IEP and Behavioral Intervention (BIP) Coaching
2. **Money Matters**
 - ◆ Shopping excursions and money related conflict elimination
3. **Parental Relationships**
 - ◆ Family business and meeting facilitation
 - ◆ Video, audio-recording, and/or written feedback
4. **Peer Associations**
 - ◆ Role play and interaction coaching
5. **Physical Health Status**
 - ◆ Kitchen/household analysis and planning
 - ◆ Grocer store/Farmer's Market tours and dining outings
6. **Purpose of your (Child's) Life**
 - ◆ Love language and learning style discovery
7. **Sibling Interactions**
 - ◆ Collaborative communication coaching
8. **Spiritual Development**
 - ◆ Faith-based community resources & support
 - ◆ Will versus spirit response coaching

An agency contact recently wrote to pay a very high compliment for a training I recently provided for their clients:

"Dear Adelaide, Thank you so much for teaching at our Bridges meeting. Your presentation accomplished more of our goals than any other single class ever has..."
Anita

Register for our next Coaching Clinic at 760.789.3404 or visit us online at www.pedsplay.com. The clinic is free, an optional breakfast is included for \$6.50

Each quarter I will try to highlight another area of the "Wheel" for you. In the meantime if you would like to read about one in particular, let someone at CYFN know and I'll be sure to cover it next time.

Until next time,

Adelaide ☺



Adelaide Zimmer is a Pediatric Life Coach who also runs "www.pedsplay.com," a website dedicated to Pediatric Life Coaching. Pediatric Life Coaching is a strength-based health care service designed to restore optimum well being in childhood, and is tailored to the unique needs of children from preschool to elementary age. Through a family designed alliance, on-site coaching points young clients toward the goal line (of mental health) from home to the classroom. Many thanks to Adelaide, who continues to be a standing contributor to our newsletter!

"Our work is starting to pay off, the addition of the following clause in the Foster Care Responsibility Act, is a clear indication that our advocacy efforts to end the abuse of children and families by CPS Agencies are at last producing reform legislation. Not only do we have the tremendous gains of the recent U.S. 9th Circuit En Banc Ruling on Social Worker Immunity, and The 4th Circuit ruling on parental rights, bring accountability and liability into the CPS system, Now we have a legal mandate for CPS and Social Services compliances with the rules regulations and statutes all citizens are subject to.

If a CPS agent or employee, perjure themselves, fabricate evidence, withhold evidence, obtain evidence or testimony through duress or intimidation, file false reports, etc, they are now subject to criminal prosecution and any civil liability resulting from their actions and/or abuse of authority. I think the 109th congress will be continuing this trend and we will see the reform legislation we have been fighting for become a reality. I honestly believe that within the next few years we will see the Child ABUSE, Maltreatment, and Molestation statistics make significant declines instead of the constant increases of the past 10 to 15 years.

Keep up the good work people, our children's future depends on what we do today."



THE PEOPLE OF THE STATE OF CALIFORNIA DO ENACT AS FOLLOWS:

SECTION 1. This act shall be known and may be cited as the Duty to Foster Children Reaffirmation Act.

SECTION 2. (a) The Legislature finds and declares that this act is intended to clarify the law following the decision in County of Los Angeles v. Superior Court of Los Angeles; Real Party in Interest Terrell R. (2002) 102 Cal.App.4th 627.

(b) The Legislature finds and declares all of the following:

(1) The state has a special duty to care for and protect the children the state places into foster care; (2) The judicial order taking jurisdiction over children placed into foster care supplants or limits parental or previous adult authority; (3) Accordingly, the state assumes an obligation of the highest order to ensure the safety of children in foster care.

(c) It is the intent of the Legislature to enact legislation to provide that certain standards and requirements specified in statute that address the care and safety of foster children, and the rules and manuals adopted to implement those statutes, each constitute mandatory and enforceable duties.

SECTION 3. Section 820.21 of the Government Code is amended to read:

(a) Notwithstanding any other law, the civil immunity of juvenile court social workers, child protection workers, and other public employees authorized to initiate or conduct investigations or proceedings pursuant to Chapter 2 (commencing with Section 200) of Part 1 of Division 2 of the Welfare and Institutions Code shall not extend to any of the following, if committed with malice:

(1) Perjury; (2) Fabrication of evidence; (3) Failure to disclose to the court competent known exculpatory evidence; (4) Failure to disclose to the court competent evidence of molestation or serious physical endangerment; (5) Obtaining testimony by duress, as defined in Section 1569 of the Civil Code, fraud, as defined in either Section 1572 or Section 1573 of the Civil Code, or undue influence, as defined in Section 1575 of the Civil Code.

(b) As used in this section, "malice" means conduct that is intended by the person described in subdivision (a) to cause injury to the plaintiff or despicable conduct that is carried on by the person described in subdivision (a) with a willful and conscious disregard of the rights or safety of others.

San Diego Youth & Community Services' Youth Action Team

Youth Leadership Development - CYFN has partnered with San Diego Youth & Community Services' Youth Action Team to bring leadership development training to CYFN's youth!



SDYCS' Youth Action Team is committed to enhancing and assuring authentic youth involvement within the Children's Mental Health Services System of Care. Youth Partners will have the opportunity to:

- ◆ *Create Positive Change*
- ◆ *Increase Knowledge & Awareness of Community Resources*
- ◆ *Become Youth Advocates*
- ◆ *Become Facilitators/Consultants*
- ◆ *Build on Various Skills*
- ◆ *Receive Community Service Credits*
- ◆ *Meet New Friends*
- ◆ *Become Youth Support Partners*

Beginning September 24, 2003, San Diego Youth & Community Services (SDYCS) will be presenting Youth Leadership Development lessons at CYFN. Please mark your calendars for the 2nd & 4th Wednesdays of the month from 6-8pm and come be a part of this exciting new team! Following is CYFN's/SDYCS' 2003 Training Schedule:

- 9/24/03 - Lesson 1: Introduction, Community Youth Development and Youth/Adult Partnership
- 10/8/03 - Lesson 2: Continue Youth & Adult Partnership & Leadership
- 10/22/03 - Lesson 3: Leadership & Public Speaking
- 11/5/03 - Lesson 4: Public Speaking & Meeting Management
- 11/19/03 - Lesson 5: Community Advocacy Strategies & Overview of CMHS
- 12/10/03: Graduation Ceremony

For more information or to join, please contact Alejandra Aceves or Gregorio Lopez by phone at 619.325.3527 x211, by fax at 619.325.3534, or via e-mail at either aceves@sdycs.org or glopez@sdycs.org.

SDYCS' Youth Action Team is funded by SDYCS, County of SD CMHS Agency, SAMHSA and the United Way.

What is Borderline Personality Disorder?

BPD is a disorder in which a person is unable to regulate emotions or control impulses. Their behavior can be seen as maladaptive methods of coping with constant emotional pain. The DSM IV, which is a manual used by psychiatrists to diagnose all mental disorders, describes BPD as an ACIS 11 disorder of impulsivity and emotional irregularity including at least five of the following:

1. Frantic efforts to avoid abandonment, going to extremes to keep someone from leaving (in extremes, "stalking")
2. Frequent interpersonal conflict, unstable, stormy relationships. Black-White thinking. Difficulty seeing the gray in situations or difficulty compromising.
3. Unstable self image, shifting from feeling confident about who they are to feeling like they are evil or don't exist.
4. Self-damaging, impulsive behavior such as substance abuse, binge eating, anorexia, bulimia, reckless spending, gambling, reckless driving (road rage), or behaviors that can lead to serious consequences.
5. Frequent suicidal thoughts, threats or attempts, or self hurting, self-mutilating behavior such as cutting or burning.
6. Intense emotional instability, rapid changing short term moods and anxiety.
7. Chronic feelings of emptiness, sadness, or depression.
8. Intense inappropriate anger that may lead to physical fights or destruction of property (e.g. domestic violence).
9. Stress related dissociative symptoms such as paranoia; feeling as though they are losing touch with reality; feeling victimized; unable to accept responsibility.

BPD is extremely painful to the patients, to those who live with them, and to society. People with BPD experience emotions intensely and are very vulnerable. They are among the most intensive and extensive utilizers of mental health services.

If you recognize any of these symptoms in a relative, join TARA Borderline Personality Disorder Support Group for a monthly family support meeting.

1st Tuesday of each month, 6:30pm
 Carlsbad Community Church
 3175 Harding Street
 Carlsbad, CA 92008
 760.729.2331

October Education Meeting 2003

Title: Understanding Borderline Personality Disorder
 Date: Thursday, October 16, 2003
 Place: St. Michael's by the Sea Episcopal Church
Parish Hall, 2776 Carlsbad Blvd., Carlsbad
 Speaker: Patricia Hoffman Judd, Ph.D.

Dr. Judd is Clinical Professor of Psychiatry at the UCSD School of Medicine's Dept. of Psychiatry, and Program Director of the UCSD Outpatient Psychiatric Services. She has conducted research on the cognitive and neuropsychological aspects of borderline personality disorder and recently co-authored a book entitled "A Development Model of Borderline Personality Disorder: Understanding Variations in Course and Outcome." She has also conducted research on features, course and treatment of patients with co-occurring disorders. Dr. Judd has served on many San Diego County Mental Health and substance abuse planning and policy making groups over the past thirty years, and is current Past President of the San Diego County Mental Health Contractors Association.



Children, Youth & Family Network
Create something different together

3247 Mission Village Drive
 San Diego, CA 92123
 T - 858/560-2626 or 800/929-1809
 F - 858/560-2635

<http://www.cyfn.org>



**CYFN's 3rd Annual
 Family Fun Day**



**Saturday, October 25, 2003
 12:00 – 4:00 pm
 Admiral Baker Field
 (619) 556-5525**

*Come join us for a family
 celebration of...*

- Talent Showcase
- Music and Dancing
- Arts and Crafts
- Food
- Games
- Prizes

...and a whole lot of fun!

Getting there:

- Take Interstate 15 or 163 to Friars Road heading east.
- Turn left onto Santo Road.
- Make an immediate right onto Admiral Baker Road.
- Follow the road down to the gate.
- Follow the CYFN directional signs into the parking lot.

CYFN would like to thank the following Family Fun Day 2003 sponsors ...

Birch Aquarium
 Boomer's
 Brigantine Restaurants

Disney Resort
 Old Spaghetti Factory
 Rubio's Fresh Mexican Grill

Sea World Adventure Parks
 Tom Ham's Lighthouse
 Viejas Enterprises



If you would like to help with planning, set-up or activities,
 please contact Todd at 858.560.2626. X312

If you plan to attend but haven't yet pre-registered for this event,
 please contact Christina at 858.560.2626 ext. 203

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