



# Family and Youth Engagement: San Diego Style

A webinar presented by the  
TBS Family and Youth  
Strategy Core Planning Team  
January 31, 2011



# Family and Youth Strategy

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California Department  
of Mental Health

# What are TBS Services?

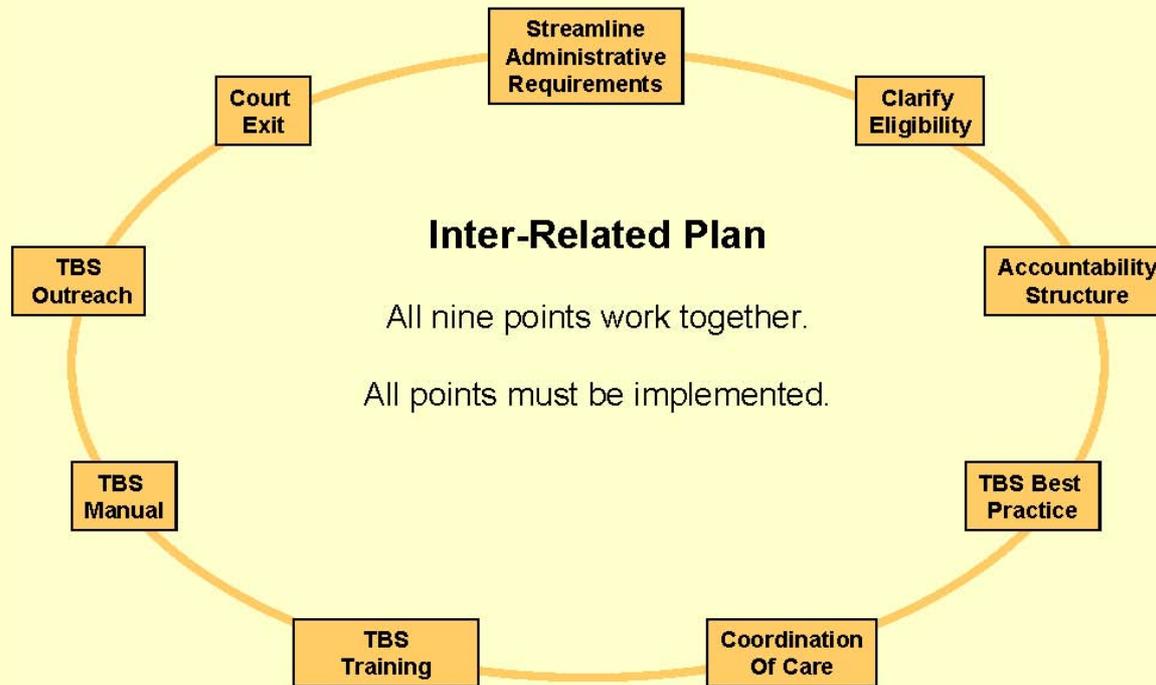
- Therapeutic Behavioral Services (TBS) are intensive, individualized, one-to-one behavioral mental health services.
- TBS is never a primary therapeutic intervention

# Nine-Point Plan

- Important themes of the Nine-Point Plan are family and youth involvement and consistent application and awareness of cultural competency practices and services.

# Nine-Point Plan

## The Emily Q Nine-Point Plan



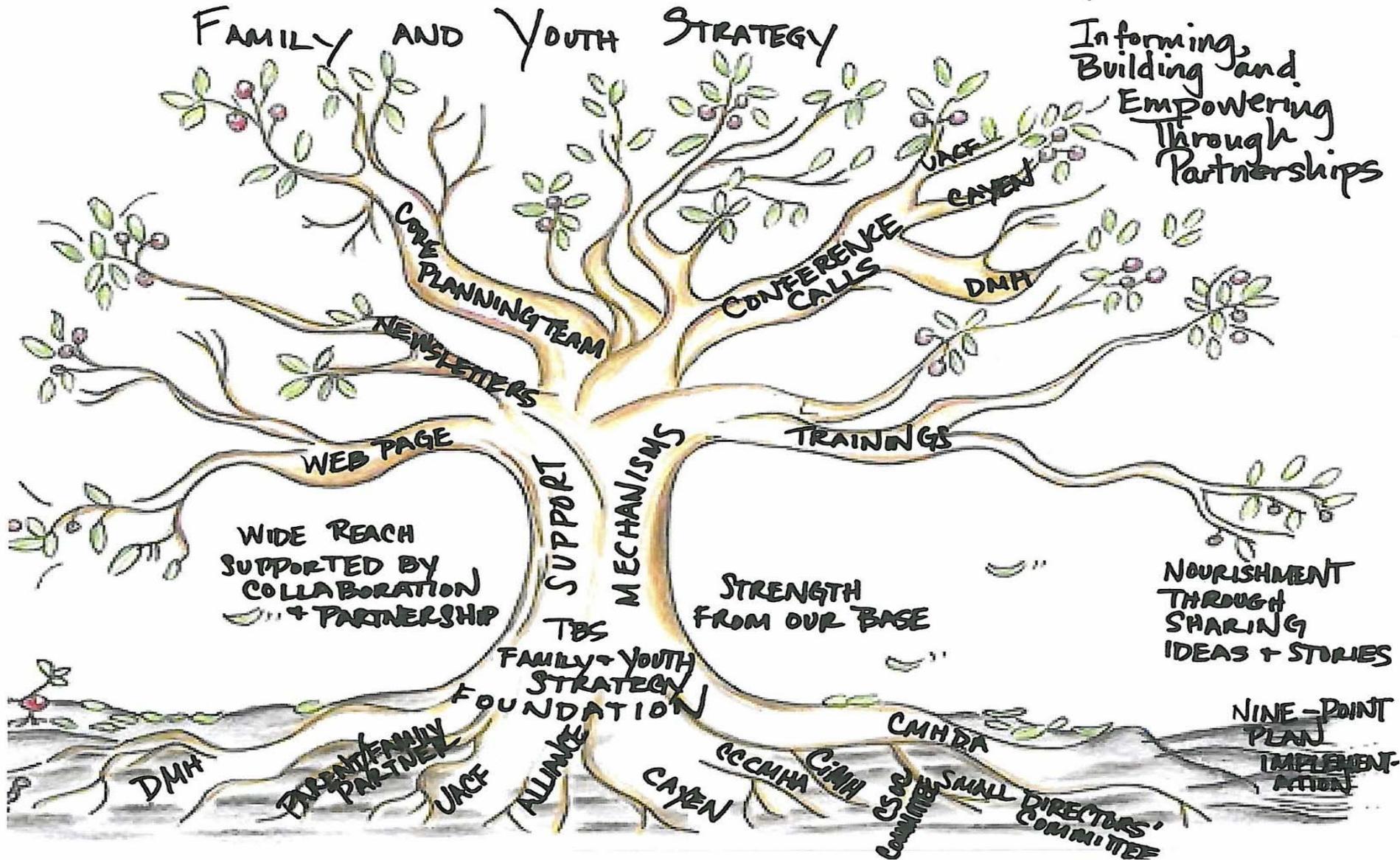
# The Core Planning Team

- Amber Burkan, CAYEN & CCCMHA
- Mary Hargrave, CiMH
- Don Kingdon, CMHDA
- Vickie Mendoza, UACF
- Kathleen Carter Nishimura, CDMH Community Services
- Cindy Robbins-Roth, Family Partner, Edgewood's Turning Point Program & Emily Q Settlement Team
- Carroll Schroeder, CA Alliance for Children and Family Services
- Sean Tracy, CDMH Community Services

# TBS Family & Youth Strategy Partners



# The Strategy Tree



# Purpose of Today's Webinar

To present one successful example of partnership between a county, local families and youth in mental health planning efforts

# Today's Presentation

San Diego's

Family Youth Roundtable (FYRT)

Donna Ewing Marto



# History of the FYRT

- Five year successful history as the Family and Youth Liaison for San Diego County Children's Mental Health.
- Leaders from the public sector, the private sector, and the family/youth sector shared commitment, despite challenges, to a goal of developing and sustaining a partnership between families, youth and professionals.

# What Guides Us

- Our core value is a genuine belief in partnership and engagement of diverse perspectives.
- In each perspective there is a belief that might translate as a benefit for many.
- We believe this because we are family and youth, who have received services, we know that partnering with our public and provider partners will strengthen families, build strong communities and improve outcomes.

# What We Do

- Over the past year, we have engaged in over 652 partnership activities with the public provider agencies.
- We have been able to accomplish this by providing a hub to support and amplify our partnership and the concerns and success of family and youth receiving services from public systems.

# What We Do (cont'd)

- Training of Family and Youth
- Workshops to develop community leadership skills
- Workshops for our public and provider partners

# What We Do (cont'd)

- Provide a place for families and youth to support each other, share ideas, successes and concerns
- Provide coaching services for family/youth and professionals

# Authentic Partnership

- Means well-coordinated, transparent sharing of information
- Shared responsibility for outcomes



# FYRT Elements of Success

- Clarity of purpose and expectations
- Educational presentation
- Commitment to modeling Family Youth Professional Partnership
- An array of avenues to promote an individual's voice

# More Elements of Success

- Coordination and continued involvement
- Opportunity to review and give input
- Evaluation of processes
- Focus Group Protocol Reports as one method of outreach and engagement

# Array of Communication Channels

- Must inform them why their voice is critical
- Go to where they are: treatment facilities and/or programs
- Existing youth and/or family groups
- Existing youth and family meetings

# More Communication Channels

- Invite family/youth where they are: schools and providers offices
- Providers host a family/youth dinner/lunch/breakfast or some type of welcoming event.
- Family/youth sector coordinator host telephone interview

# Perspectives

From the voice of a family member  
and youth

# Perspective of an Administrator

Katie Astor, LCSW, Chief  
San Diego Children's  
Mental Health Services



COUNTY OF SAN DIEGO



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# Perspective of a County Mental Health Director

Alfredo Aguirre, LCSW, Director  
San Diego County  
Mental Health Services



COUNTY OF SAN DIEGO



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# Questions and Answers



# THE CORE TEAM WOULD LIKE TO HEAR FROM YOU!

- What suggestions do you have for the Team about continued outreach and engagement efforts for family and youth?
- What suggestions do you have for future training topics?

# Strategy Information

- More information can be found about our efforts on the CDMH website:  
[http://www.dmh.ca.gov/Services\\_and\\_Programs/Children\\_and\\_Youth/TBSFamilyandYouthStrategy.asp](http://www.dmh.ca.gov/Services_and_Programs/Children_and_Youth/TBSFamilyandYouthStrategy.asp)
- Monthly TBS Family & Youth Strategy conference calls
  - Fourth Monday of the Month
  - Providers, TBS coaches, TBS coordinators are welcome!

# Staying Connected & Providing Input

- CAYEN monthly conference calls
  - For information contact: [aburkan@mhac.org](mailto:aburkan@mhac.org)
- UACF monthly conference calls
  - For information contact: [vmendoza@uacf4hope.org](mailto:vmendoza@uacf4hope.org)

**Thank You  
for Participating Today!**