

NAMI SAN DIEGO PRESENTS

COMMUNITY BRAINSTORMING SESSIONS

Presenter:
Karen Lenyoun
Prevention Specialist

Goals:

- Convene person centered, community generated planning events in 2 regions
- Listen, amplify, celebrate our collective voices and experiences
- Use community wisdom of both youth and families touched by OUD and co-occurring
- Create community generated solutions to improve and expand access to prevention, intervention, MAT, overdose reversal medication (ages 15-24)
- Devise pathways to strategic plan implementation



NAMI

National Alliance on Mental Illness

San Diego

	WHAT HELPS	WHAT HURTS
1. Youth Access Points	Breaking Family Stigma Drop in centers/Club Houses Mobile MAT units Parent Support Groups Peer to peer counseling in schools Prevention Education	Fear/Denial/Arguing/labels Parents overwhelmed Cultural insensitivity Shame/fear based curriculum No clear path to help Multigenerational mental health and substance misuse
2. Preventing Delays in Treatment	NAMI on campus Stigma reduction models/ACES awareness Early intervention/Access Trauma informed training for teachers/coaches Warning signs training for friends to recognize Increasing parent/family involvement	Counselors who don't support MAT Tough love models/stigma/Forced abstinence/12 step Lack of funding, programs, transportation Clients resistance to telehealth lose motivation Ignoring early intervention opportunities Adults who condone substance use
3. Staying Stopped	Accountability Continued ongoing support and counseling/Aftercare Trauma informed Part time jobs Validating not judging Recognize recovery is ongoing process	Lack of insurance Negative outside influences/Peer pressure Unhealthy family dynamic Lack of food/shelter Shame based approaches/firing patients treatment Lack of coping skills, support
4. Family Support	Non-judgmental communication/listening Family counseling reinforce small steps Relationship/Parent training/Honesty/Unconditional love Self-care / self-love	High expectations Judgment/blame/comparing to sibling Doing nothing/ignoring Modeling poor behavior

Print Media
Coverage &
Social
Media
Campaign



"The average time between a first episode or indication that there is an issue to actually getting professional help is about 11 years and it's getting longer," said *Suzette Southfox* (photo, left), education director, NAMI San Diego. "You can lose your whole childhood in that time."

Parent support groups and increasing parent involvement can go a long way in helping delays to treatment, according to Southfox. "Tele-health may become the new normal after the pandemic subsides."

Information on how to participate in additional brainstorming sessions in the coming months is available on the NAMI San Diego [website](#), which also has details about the services it provides. Or call NAMI San Diego at (619) 543-1434. For more information about IPS East



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WHAT'S NEXT? STRATEGIES TO SUSTAIN

- Work with PDATF to establish a MAT Advisory Group in San Diego County
- Provide additional support for parents through our existing Family Support Group network
- Continue collaboration with county funded prevention groups to raise awareness about the realities of opioid epidemic and it's systemic effect
- Provide additional educational opportunities to employ stigma busting campaigns with emphasis on underserved populations
- Partner with a local OTP to pilot support program for pregnant and parenting women
- Use additional COVID funding to expand NAMI's signature Family 2 Family, Family Support Group, Peer Connections program
- Enhance partnership with HHSa through data dashboard metric input and integration
- Advocate for permanent Board of Supervisor support of syringe exchange programs
- Establish Certified Digital Peer Support training requirements for tele-conferencing supports in BRIDGE programs and beyond

WISH LIST

- ★ *Implement a mobile MAT unit with wrap around support*
- ★ *Establish medical detox units*
- ★ *Improve transition from crisis to chronic care with long term support*
- ★ *Advocate for network of peer support specialists for long term hospital stays*
- ★ *Low Barrier treatment initiation throughout HHSa system of care*