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Spotlight

December 2019

- Discuss challenges that can arise for all families over the holidays and ensure every client has a holiday care plan.
- Encourage Students and Families to download the [oscER Jr. App](#)

The holidays can be a challenging time for many families. Make sure all children and families on your caseload have a holiday care plan. Where will they get care if the school site is closed? What self-care strategies can they use? Who should they call if a crisis arises?

As a part of their holiday care plan, encourage your clients to download the [oscER Jr. App](#)- San Diego's regional mental health app for children developed by NAMI San Diego. It is available for Apple and Android phones and includes information on:

- What to do before, during and after a psychiatric crisis.
- Contact information for local care facilities.
- Practical Resources like food, shelter and legal services.
- Soothing soundscapes to relax during stressful situations.

Please contact your supervisor with any questions. The County COR is also available to provide Technical Assistance through your Program Manager.

Thank you for all that you do for San Diego kids!

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