

PROGRAM MANAGER MEETING

Children, Youth and Families | Behavioral Health Services

November 10, 2022 | Zoom

9:30 a.m. – 11:30 a.m.

Breakout Session – FSP/DCR Providers

11:30 a.m. – 12:00 p.m.

Meeting Summary

ITEM	SUMMARY/ ACTION ITEMS
1. Welcome – Eileen Quinn-O’Malley	
2. QA Updates (SUD) – Diana Daitch ○ SIR form updated to include QI Matters email ○ SUDPOH was updated and will be posted soon	QIMatters.hhsa@sdcounty.ca.gov
3. Our Safe Place (SOC) (handout) – Kate DeBerardinis, San Diego Youth Services	Providing services for LGBTQ+ (up to 21 years). Five drop-in centers throughout the County regions partnered with South Bay Community Services and YMCA, case management, clinical services (uninsured or Medi-Cal), groups, community outreach trainings. Central & East: oursafeplace@sdyouthservices.org South (Chula Vista): oursafeplace@csbcs.org North (Escondido & Oceanside): afavela@ymcasd.org kdeberadinis@sdyouthservices.org
4. Adult Outpatient Clinics (SOC) (handout) – Megan Lawson	Outpatient Behavioral Health Services available for adults 18 and up (uninsured, Medi-Cal or Medicare)
5. Here Now (handout) – Amy Chavez, San Diego Youth Services	School based suicide prevention and early intervention serving grades 7-12. Focus on educating youth, their families and community on risk factors, reducing stigma, support school culture and environment and anti-bullying protocols, partnered with South Bay Community Services and North County lifeline. achavez@sdyouthservices.org
6. Therapeutic Behavioral Services (TBS) (MH) (handout) – Christine Boyd, Jennifer Duran, New Alternatives, Inc.	Home-based, short-term behavioral modification program providing services for youth up to 21 years, with full-scope Medi-Cal and who are working with a Specialty Mental Health Provider.



	christine.boyd@newalternatives.org jennifer.duran@newalternatives.org
7. Announcements (SOC) ○ QSR (MH) due November 20, 2022 ○ County Website Behavioral Health Services (sandiegocounty.gov) ○ Holiday Schedule (handout) Memos (sandiegocounty.gov) ○ CYF Services Directory (handout) BHS Services (sandiegocounty.gov) ○ CYF Regional Services Directory (handout) Schools (sandiegocounty.gov) ○ Optum Website Home (optumsandiego.com) ○ Contractor Resources (handout) ○ <i>Live Well</i> Advance Conference & School Summit (handout) San Diego Convention Center, December 7, 2022 ○ Come Play Outside (handout) Dinner with Santa, December 21, 2022 ○ Birth of Brilliance Conference (handout) February 2, 2023 ○ Behavioral Health Program Coordinator recruitment (handout)	
8. Breakout Session - FSP/DCR Providers	
Next Meeting: January 12, 2023 9:30 a.m. – 11:30 a.m.	

Celebrating 50 Years



SAN DIEGO YOUTH SERVICES





OUR SAFE PLACE

- Services for LGBTQ+ youth (up to age 21):
 - Drop-in center
 - Case management:
 - Safe housing, linkage to hormone therapy, gender affirming items
 - Clinical services (uninsured or Medi-Cal)
 - Therapy
 - Psychiatry
 - Groups
 - Community Outreach and Trainings



OUR SAFE PLACE

Locations:

- **Central - Golden Hill Youth Center (SDYS)**
 - 2220 Broadway San Diego, CA 92102
- **East – Spring Valley & East Community Center (SDYS)**
 - 3845 Spring Drive San Diego, CA 91977
- **South- South Bay (SBCS)**
 - 746 Ada Street Chula Vista, CA 91911
- **North – Escondido and Oceanside (YMCA)**
 - 1050 N. Broadway Escondido, CA 92026
 - 215 Barnes Street Oceanside, CA 92054
- **Clinic @ Uptown Youth Center**
 - 3427 4th Avenue, Second Floor San Diego, CA 92103



Our Safe Place- Central November 2022



Golden Hill Youth Center 2220 Broadway, San Diego, CA 92102 (619) 871-8342

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1. LGBTQies day 4pm-6pm 	2. Movie Night 4pm-6pm 	3. Expressive Arts Workshop 4pm-6pm 	4. GAYme Night 4pm-6pm 	5. Field trip day: THRIFTING 6:45m-11am Move Ya Body-ody-ody 4pm-5pm
6. Self-Care Sunday @4pm-5pm 	7. Field Trip Day Lets Vote together! 3:30 pm- 5:00pm The day before last day to vote	8. LGBTQies day 4pm-6pm 	9. Movie Night 4pm-6pm Caregiver Jam 6-7pm 	10. Expressive Arts Workshop 4pm-6pm 	11. Closed For Veterans Day 	12. Move Ya Body-ody-ody 4pm-5pm
13. Self-Care Sunday @4pm-5pm 	14. Meet-up Monday Workshops 4-5 pm On: Chalk Therapy	15. Field Trip Day Balboa Museums' 3:00 pm- 5:00pm Mentor group 4pm-5pm 	16. Movie Night 4pm-6pm 	17. Expressive Arts Workshop 4pm-6pm 	18. GAYme Night 4pm-6pm 	19. Move Ya Body-ody-ody 4pm-5pm
20. Self-Care Sunday @4pm-5pm 	21. Meet-up Monday Workshops 4-5 pm On: Anti-bullying	22. LGBTQies day 4pm-6pm 	23. Fall Feast 3:30pm-6:30pm 	24. Closed For Thanksgiving 	25. Closed For Thanksgiving 	26. Move Ya Body-ody-ody 4pm-5pm
27. Self-Care Sunday @4pm-5pm 	28. Meet-up Monday Workshops 4-5 pm On: Pronouns	29. LGBTQies day 4pm-6pm 	30. Movie Night 4pm-6pm 			



Monthly Calendar Example

Our Safe Place Group Index

Our Safe Place is a drop-in center for youth up to the age of 21
Golden Hill Youth Center 2220 Broadway, San Diego, CA 92102 (619) 871-8342

im	Expressive Arts Workshop	Drop-In Hours	Mentor Group	LGBTQies Day	GAYme Night	COVID-19 Considerations
other and e- cre- sup- BQT+ and pport fami-	Come join a creative space with your peers where we'll explore different ways of artistic ex- pression! During this workshop, you'll get to work in a safe space where you can bounce ideas off your peers, share what you've created with others, and re- flect on different ways that we can all grow in our art.	Stop by for needs including: show- ers, hygiene items, pick up your gen- der affirming items, and/or grab a snack! Or just stop by between the hours of 3-7 pm daily for a safe LGBTQ+ affirming space to hang out!	Youth interns and men- tors will meet at the Golden Hill drop-in cen- ter monthly for check-ins and to go over events, tasks, projects, curric- ulum, ect for the month! If you are interested in joining the youth interns or in becom- ing a mentor please reach out to: gdi- az@sdyouthservices.org macken- zie@sdyouthservices.org	**Join in-person or on zoom!** Come spend time with your LGBTQ+ peers. Kick back, connect with other LGBTQ+ youth, and build a sup- port network for sharing experi- ences. Bring a friend and you will be given a ticket to enter in the monthly draw- ing!!! The more friends you bring the more chances you have to WIN!!	OSP's in person or virtual GAYme night is a chance to socialize with others and have a little friendly competition! Every week we'll play a different game amongst which include some virtual board games, trivia, and video games!	Our Safe Place is providing hybrid services with both in-person and zoom options! We take tempera- tures at the door, screen for COVID related symptoms, practice social dis- tancing, and masks must be worn at all times. Interested in one of our zoom groups?? Reach out for the zoom link and pas- sword!!
	Field Trip : Thrifting	Field Trip : Voting	Field Trip: Balboa park	Fall Feast gathering	Movie Night	Meet Up Monday workshops
Ready, Set, THRIFT! Join OSP as we will thrift at a low budg- et goodwill located in San Ysidro CA MEET TIME: 6:45 AM END TIME: 11:00 DATE: NOVEMBER 5th 2022 PLEASE RSVP TO: GABY DIAZ, (619) 972- 8983 / GDI- AZ@SDYOUTHSERVICES ORG	Youth 18+, please join us to cast your ballot Our Caregiver Team will bring in various themes and topics to support the dialogue. Please let us know of any specific needs!! For information con- tact the caregiver support team: macken- zie@sdyouthservices.org gdi- az@sdyouthservices.org	Come join us Nov 15th as we take a Field trip to visit 3 Beautiful Balboa mu- seums that are free to California resi- dents. Please make sure to bring a form of ID. PLEASE RSVP TO: GABY DIAZ, (619) 972-8983 / GDI- AZ@SDYOUTHSERVICES. ORG	Leaf your worries behind and join us for fun and food at our annual Autumn dinner. Wednesday November, 23 2022 between 3pm- 6:30pm	Join us at to watch movies every Wednesday for A movie night where we will watch fun , crazy, educa- tional movies! Drinks and Popcorn provided!	Let's get those bodies moving! This group pro- vides social sup- port and safety as we explore differ- ent ways to feel good through movement, dance, and medi- tation. Video op- tional after check- in.	time to explore, learn and answer any questions sur- rounding the life skill topic of the day. lets ZOOM or meet in person at the Golden Hill DIC on what we can do for Self-Care and cop- ing skills. We will indulge in Queer Pop culture for entertainment and relaxation purposes

Drop-In Center Hours:
Sat - Sun: 4pm - 8pm
Mon - Fri: 3pm - 7pm
(Services are available via phone, zoom, and by appointment
from Monday-Sunday, 12pm-8pm)





OUR SAFE PLACE CONTACTS

Central & East : oursafeplace@sdyouthservices.org

South (Chula Vista): oursafeplace@csbcs.org

North (Escondido & Oceanside): afavela@ymcasd.org

Serving the Communities of...

North Central Behavioral Health Center

Ocean Beach	La Jolla
Sorrento Valley	Point Loma
University City	Pacific/Mission Beach
Serra Mesa/Mission Village	Navajo/San Carlos
Tierrasanta	Grantville/Del Cerro
Mira Mesa	Scripps Miramar Ranch
North City West	Morena/Old Town/Bay Park
Clairemont	Linda Vista/Kearny Mesa
Miramar	Marine Corps Recruiting Depot
Mission Valley	Naval Training Center

Zip Codes Served: 92037, 92110, 92038, 92111, 92093, 92116, 92106, 92117, 92107, 92119, 92108, 92120, 92109, 92121

East County Behavioral Health Center

Alpine	La Mesa
Boulevard	Lemon Grove
Campo	Mt. Laguna
El Cajon	Pine Valley
Descanso	Potrero
Dulzura	Tecate
Guatay	Lakeside
Jacumba	Santee
Jamul	

Zip Codes Served: 91901, 91905, 91906, 91916, 91917, 91931, 91934, 91935, 91941, 91942, 91945, 91948, 91962, 91963, 91977, 91978, 91980, 92021, 92040, 92071

Southeast Behavioral Health Center

Logan Heights	Southcrest
Barrio Logan	Mountain View
	Lincoln Park

Zip Codes Served: 92113

ACCESS & CRISIS LINE (ACL)(888) 724-7240
Free, confidential crisis intervention hotline for anyone struggling with mental health and substance use concerns, available 24/7 in over 200 languages.

TTY(619) 641-6992
Provides free multilingual services for the deaf or hard-of-hearing, available 24/7.

211 provides a free service to help people efficiently access community resources, 24/7.



988 connects callers to the National Suicide Prevention Lifeline's network of crisis call centers.



County of San Diego Board of Supervisors

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District 4

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District 5



Outpatient Behavioral Health Services



Adult and Older Adult System of Care

County of San Diego Behavioral Health Services

Who We Are

We welcome adults and older adults who suffer from a serious and persistent mental illness and/or co-occurring behavioral health and substance use disorders. We provide psychiatric outpatient behavioral health, rehabilitation, and recovery services.

Our clinical staff are:

Experienced Professionals

Our staff of psychiatrists, psychiatric nurses, licensed mental health clinicians, and case managers are highly trained and experienced in their respective disciplines.

Culturally & Linguistically Diverse

We provide services reflective of the ethnic diversity of the region. We have bilingual clinicians and interpreters available.

Trauma-Informed

Our services promote a culture of safety, empowerment, healing, and recovery.

Client-Focused

Client satisfaction is most important to us. We work closely with you to develop individualized goals that align with your unique needs and the care most appropriate for you.

What We Do

The behavioral health services we provide are specific to the needs of each person. They include:

Clinic Outpatient Services

- ☐ Behavioral health assessments
- ☐ Medication management
- ☐ Crisis intervention
- ☐ Co-occurring disorders treatment
- ☐ Rehabilitation & recovery groups
- ☐ Case management
- ☐ Care coordination
- ☐ Outreach
- ☐ Mobile team
- ☐ Peer support
- ☐ Information & referrals for other services such as vocational, educational, housing, health, legal, benefits, etc.

Homeless Outreach Services

North Central and East County locations

- ☐ Behavioral health assessments & referrals
- ☐ Information & referrals to local shelters and placements (based on ability to pay)

Eligibility Requirements

You may be eligible for these public behavioral health services if you are over the age of 18, have a severe and persistent mental illness, **AND** receive Medi-Cal, Medicare, or have no insurance with few or no resources.

How to Contact Us

North Central Behavioral Health Center

1250 Morena Blvd., 1st Floor
San Diego, CA 92110
Main Clinic..... (619) 692-8750
Homeless Team..... (619) 692-8760

Clinic Hours: Weekdays 8:00AM-5:00PM

Walk-in Hours: M-F 8:00AM-12PM & 12:30PM-4:30PM

East County Behavioral Health Center

1000 Broadway, Suite 210, 2nd Floor
El Cajon, CA 92021
Main Clinic..... (619) 401-5500
Homeless Team..... (619) 401-5500

Clinic Hours: Weekdays 8:00AM-5:00PM

Walk-in Hours: M-F 8:00AM-12PM & 12:30PM-4:30PM

Southeast Behavioral Health Center

3177 Ocean View Blvd.
San Diego, CA 92113
Main Clinic..... (619) 595-4400

Clinic Hours: Weekdays 8:00AM-5:00PM

Walk-in Hours: M-F 8:00AM-12PM & 12:30PM-4:30PM

Confidentiality

Your contact with us and any information about you and the services you receive is held in strict confidence and protected by federal and state laws.



HERE Now

Helping

Engaging

Reconnecting

Educating



- School based suicide prevention and early intervention program serving grades 7th through 12th throughout San Diego County
- Funded through the County of San Diego Behavioral Health Services-Mental Health Services Act (Prop 63)



HERE Now School-Based Prevention and Early Intervention

Project focuses on:

- Preventing suicide by educating youth, their families and the community on the risk factors
- Reducing the stigma around seeking help for themselves or others
- Working to support the school culture and environment and working with schools existing anti-bullying protocols and initiatives
- Since 2013, with most recent re-award of the contract 2022-2027



Who is eligible for services?

- HERE Now teams partner with San Diego County School Districts and schools county wide to schedule “Check Your Mood Week” for specific grades.
 - Students are not “referred” to the program, the whole grade is given the presentation and has the ability to received a one-on-one safety check in.
- September 2016, AB 2246: California State mandate for all schools serving grades 7-12 to implement suicide prevention policies (including prevention, intervention and postvention).



Outreach during school breaks

- Non-traditional school settings
 - Group homes, home schools, shelters, drop-in centers, community college, faith-based youth groups
- Community level trainings to equip helping adults with resources and tips around how to support youth
 - Libraries, faith-based, other providers



HERE Now Partners

- San Diego Youth Services (SDYS) subcontracts with **North County Lifeline (NCL)** and **SBCS Corporation** to implement services county wide.
- We also partner with the **San Diego Suicide Prevention Council** and **San Diego Office of Education** to maximize resources and community support.
- The goal is to come from a public health approach to prevent youth suicide, suicidal ideation, and creating a safer place to learn.



S.O.S. Signs of Suicide Curriculum

- S.O.S Signs of Suicide for Middle School and High School
 - Universal prevention approach to assist in identification of youth in crisis
 - Created to assist in addressing the problems of youth depression and suicide simultaneously and age appropriately
- Scenarios that address situations that students could find themselves in with their friends.
 - Three parts to each scenario:
 - Typical response to a friend who is exhibiting the warning signs for suicide
 - Explanation on why that may not be the best way to approach the situation
 - Provide a better way & encourages students to respond to concerns for a friend by using ACT





Main Message: ACT

Acknowledge: that your friend has a problem and that it is serious

Care: let the person know that you are concerned about them and want to help

Tell: tell a trusted adult



**Suicide
Prevention
Program**



HERE Now and the S.O.S Curriculum

- Student Presentations – Students will watch a video based on the Signs of Suicide (SOS) curriculum and learn about the acronym A.C.T.
- Discussion following the video to see what the takeaway for students was and to answer any questions or concerns
- Demographics survey & Response cards are conducted done at the end of the presentation



Identifying Youth in Need of Support

- Trained staff monitor students' in-classroom behavior for any signs that they are activated, stressed or need additional support.
- The HERE Now program, partnering with the school counseling and school support staff, will meet with those individuals that identified themselves as needing to talk, or were flagged by staff.
- Additionally, classes are informed that students will also be pulled randomly from class to give feedback on the presentation, in order to foster a confidential environment.



Following the Presentation

Students complete “Check Your Mood” Week response card:

BASED ON THE VIDEO, PRESENTATION AND/OR DISCUSSION, I FEEL

- ☐ I need to talk to someone about a safety concern for myself.
- ☐ I would like to talk to someone about myself.
- ☐ I need to talk to someone about a friend
- ☐ I have a question about the video, presentation, and/ or discussion
- ☐ I do not need to talk to someone

NAME (PRINT) _____

SCHOOL I.D. _____

GRADE _____

IF YOU NEED TO SPEAK WITH SOMEONE IMMEDIATELY PLEASE TALK
WITH AN ADULT IN YOUR CLASSROOM OR SCHOOL

- Students are informed that staff will follow-up with those who identified within the “Check Your Mood” Week timeframe.



During The Assessment

- During individual meetings with student, SDYS staff will:
 - Assess for suicidal ideation, suicide attempt, homicidal ideation, self-injurious behaviors, substance use and/or abuse, school safety concerns (i.e. bullying, cyberbullying, etc.). Using C-SSRS and scaling for systematic approach to assessment.
 - Identify trusted adults, strengths and coping skills as well.
- If necessary, the HERE Now team will follow the school's self-harm/suicide prevention protocol.
 - This can include developing plans for safety, completing necessary school safety procedures, child abuse reporting, and/or contacting youth's parent or guardian about concerns.
- HERE Now team will work with youth and their parent/guardian to find appropriate community resources and if needed will follow-up with youth.



Safety Assessment

- Safety assessment questions (SI/SA/SIB) adapted from the Columbia-Suicide Severity Rating Scale (C-SSRS)
- Helps determine level of risk which will better inform our interventions
- Combined with scaling for safety & mood

HERE Now Screening Tool

Suicidal Ideation (SI)			
1. Have you ever wished you weren't alive anymore or wished you could go to sleep and never wake up? • Did you want to die or did you want to escape the triggering situation?	Yes	No	
2. Have you ever had thoughts about killing yourself? • How long have you been thinking about killing yourself? • When was the last time you had those thoughts? • What are your triggers? • Scale for mood and safety at time of triggered ideation	Yes	No	
3. Have you ever done anything to get ready to kill yourself, like giving things away, writing a goodbye note or getting things you need to kill yourself?	Yes	No	
4. Have you ever had thoughts about how you would kill yourself? • What was your plan? • Do you have access to what you would use? • Do you know when you would do it? • When you thought about killing yourself, did you think this was something you might actually want to do?	Yes	No	
5. Are your parent/guardians aware? • What are they aware of?	Yes	No	
Suicide Attempts (SA)			
1. Did you ever do anything to try to kill yourself? • What did you do? • Did you think it was possible that you could die from doing that?	Yes	No	
2. Assessing for interrupted attempt: Has there been a time when you started to do something to kill yourself but someone or something stopped you? • What did you do?	Yes	No	
3. Assessing for self-stopped attempt: Has there been a time when you started to do something to kill yourself but you changed your mind before you did anything? • What did you do?	Yes	No	
4. Are your parent/guardians aware? • What are they aware of?	Yes	No	
5. Have you ever been hospitalized because you couldn't keep yourself safe? • If yes, when was this and for how long?	Yes	No	
6. Assessing for future attempts: How do you feel about not dying from trying to kill yourself? • How likely are you to try again? What is your motivation for keeping yourself safe?			
7. What are your triggers?			

Color Key: **Yellow**=Medium Risk **Red**=High Risk

*Note: A portion of the safety assessment questions (SI/SA/SIB) are adapted from the Columbia-Suicide Severity Rating Scale (C-SSRS).

HERE Now Screening Tool

Homicidal Ideation (HI)			
1. Have you ever had thoughts of wanting to kill someone else? • Who have you thought about killing? • How long have you been thinking about killing this person? • When was the last time you had those thoughts? • What are your triggers?	Yes	No	
2. Have you ever had thoughts about how you would kill this person(s)? • What was your plan? • Do you have access to what you would use? • Do you know when you would do it? • When you thought about killing them, did you think this was something you might actually want to do?	Yes	No	
3. Are your parent/guardians aware? • What are they aware of?	Yes	No	
Self-Injurious Behavior (SIB)			
1. Have you ever hurt yourself on purpose? • What did you do? What did you use? Do you have access to what you used? • What are your triggers? • When was the last time?	Yes	No	
2. What were you hoping would happen after you self-injured? Was self-injury used as a coping skill, as a way to hurt self, or as a way to end your life? • How long have you been self-injuring? • How often do you self-injure?			-Coping skill -To hurt self -Para-suicidal -Other
3. Are your parent/guardians aware? • What are they aware of?	Yes	No	
School Safety Concerns			
1. Do you feel safe on campus?	Yes	No	
2. Are you experiencing bullying?	Yes	No	
3. Where do you feel safe on campus? • What trusted adults can you go to when you are bullied?			
Substance Use (SU)			
1. Do you use drugs or alcohol to cope with your feelings? • What substances have you used? • How long have you been using substances? • How often do you use substances? • When was the last time you used substances? • What was your trigger for substance use?	Yes	No	

*Note: A portion of the safety assessment questions (SI/SA/SIB) are adapted from the Columbia-Suicide Severity Rating Scale (C-SSRS).



Focusing On The Strengths

- In the solution-focused perspective it's important to highlight the student's strengths and safe/healthy coping skills.
- This gives the students the power to make healthy choices and realize their potential.
- Our program is able to do this by utilizing the following:
 - Coping Skills/Strengths Worksheet
 - Scaling for Safety 1-10
 - When scaling for safety, we ask students on a scale from 1-10 with 10 meaning you are 100% sure you are able to keep yourself safe
 - For example, highlighting the strength of having a low mood due to a bad day BUT the student identifies their safety is still high.
 - Replacement behaviors by utilizing the Harm Reduction Model



Data & Trends



Year	2016-2017	2017-2018	2018-2019	2019-2020 (Schools went virtual March 2020)	2020-2021 (Entire year virtual)	2021-2022
Number of School sites served	60	90	133	90	53	73
Number of students who attended SOS Presentation	23,665	32,656	39,447	32,998	10,264	21,575
Number of students who received individual Check-in and/or assessment by HERE Now Staff	2,912	4,829	5,653	4,276	1,180	2776
Number of school personnel who attended SOS Presentations	1,717	2,746	1,407	490	590	756
Number of parents/caregivers who attended SOS Presentations	474	1,012	1,029	861	354	228



Trends we are seeing

- Middle School and High School students needing coaching around re-integrating to in-person activities
 - Socially acceptable behavior
 - Bullying behavior
- Grieving the past (COVID 19 related stressors)
- Hopeful and resilient for the future
 - Using their resources!
- High level of CWS reporting
- High levels of students needing supports and counseling resources with waiting lists at most counseling organizations



We are seeking to shift social norms and reduce the stigma attached to individuals who seek mental health services by being proactive in reaching out to the community and community leaders. We enjoy participating in community events such as wellness events, street fairs, and other community activities to raise awareness.





Where To Get Help

- **Suicide and Crisis Lifeline**

- 988

- **San Diego Access and Crisis Line**

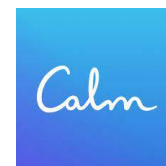
- 1-888-724-7240
- Crisis Text Line: 741-741
- Live chat –www.Up2SD.org
- ALL languages

- **Other resources**

- National Suicide Prevention Hotline: 1-800-273-TALK (8255)
- 211 (San Diego non emergency resource line)
<http://www.211sandiego.org/>
- Apps
 - oscER jr
 - Mindshift CBT
 - Virtual Hope Box
 - Headspace
 - Moodfit
 - Calm
- TREVOR PROJECT: LGBTQI RESOURCE 1-866-488-7386
<http://www.thetrevorproject.org/>

- **Emergencies:** 911 and ask for

PERT (Psychiatric Emergency Response Team)





Districts receiving HERE Now program by San Diego Youth Services

San Diego Unified School District
Grossmont Union High School District
Helix Charter High School
Steele Canyon Charter High School
Lemon Grove School District
Cajon Valley Union School District
La Mesa- Spring Valley School District
Santee School District
Jamul Dulzura Union School District
Mountain Empire School District
San Diego County Office of Education/Momentum Learning



Districts receiving **HERE Now** program by **SBCS**

Sweetwater Union High School District
San Ysidro School District
Chula Vista Elementary School District
Feaster Charter School
High Tech High Schools
Innovation High School
Hawking Charter
Barrio Logan Institute



Districts receiving HERE Now program by North County Lifeline

San Marcos Unified School District

Escondido Union High School District

Vista Unified School District

Fallbrook Union School District

Carlsbad Unified School District

San Dieguito Union High School District

Oceanside Unified School District

Guajome Park Academy Charter School



Thank you!

*Suicide prevention and ending bullying is everyone's
responsibility*

Together we can make a difference!

Questions?

Contact info:

Amy Chavez, AMFT

achavez@sdyouthservices.org



THERAPEUTIC BEHAVIORAL SERVICES



WHAT IS TBS?

- **An intensive**, home-based, short-term, behavioral modification program
- **Designed** to help youth reduce challenging behaviors
- **Supplemental** to therapy
- **Can serve** youth in homes, foster homes, STRTPs, and some schools



WHO DOES TBS SERVE?

→ TBS serves youth...

- ◆ who are up to the age of 21
- ◆ who reside in San Diego County
- ◆ with full-scope Medi-Cal
- ◆ who meet at least one of the following criteria:
 - require support to maintain the current placement
 - require support to reduce the need for psychiatric hospitalization, and/or
 - require support to transition to a lower level of care
- ◆ and who are working with a Specialty Mental Health Provider (**SMHP**)



THE TBS TEAM

→ TBS Case Manager

- ◆ Manages youth's services
- ◆ Develops TBS BHA and client plan
- ◆ Coordinates treatment team meetings

→ TBS Coach

- ◆ Provides one-to-one behavioral modification in the youth's environment
- ◆ Implements individual interventions based on youth's TBS Treatment Plan & need
- ◆ Includes everyone in the home to ensure lasting change

→ TBS Parent Partner (as needed)

- ◆ Works one-to-one with caregivers, teaching parenting techniques, self-care and provides them with resources



THE COURSE OF SERVICES

1) SMHP makes TBS referral to OPTUM

2) Referral is processed by OPTUM and faxed to Referral Specialist who then assigns referral to a TBS Case Manager

3) Case Manager completes Assessment

4) Case Manager identifies target behavior & creates TBS Client Plan

5) Case Manager schedules Implementation meeting

6) TBS Coach(es)/Parent Partners are assigned and TBS Coaching begins

7) Bi-Weekly & Monthly meetings with Treatment Team throughout coaching

8) The youth meets goals and has a TBS Graduation or Celebration of Learning!



THE FOCUS OF TBS

→To reduce Target Behavior(s)

- ◆ Target Behaviors are identified by the TBS Case Manager from the TBS Functional Assessment with client and family. A few of the behaviors we address:
 - Reactive Outburst Behaviors
 - Anger Outburst Behaviors
 - Depressive Behaviors
 - Unsafe Behaviors
 - Poor Social Skills
 - Sexualized Behaviors
 - Obsessive/Compulsive Behaviors
 - Anxious Behaviors



TBS SHIFTS

- Shifts can vary in length (1 hour-3 hours)
- Can occur any day, at any time
- Schedule is based on TBS youth/family availability
- Shifts can take place anywhere in the community (parks, libraries, grocery stores)
- Caregiver(s) must be present at all times during shifts
- During shifts, TBS Coach will provide behavioral interventions based on the youth's target behavior and specific needs
- Services via telehealth available
- Safety policy for in-person services includes mask requirements for staff



TBS INTERVENTIONS

- Coping skills
- Individualized visual aids
- Self-soothing
- Replacement behaviors
- Structure
- Token economies
- Communication activities
- Feelings exercises
- Self-esteem building activities
- Parenting strategies
- Awareness
- Self-care

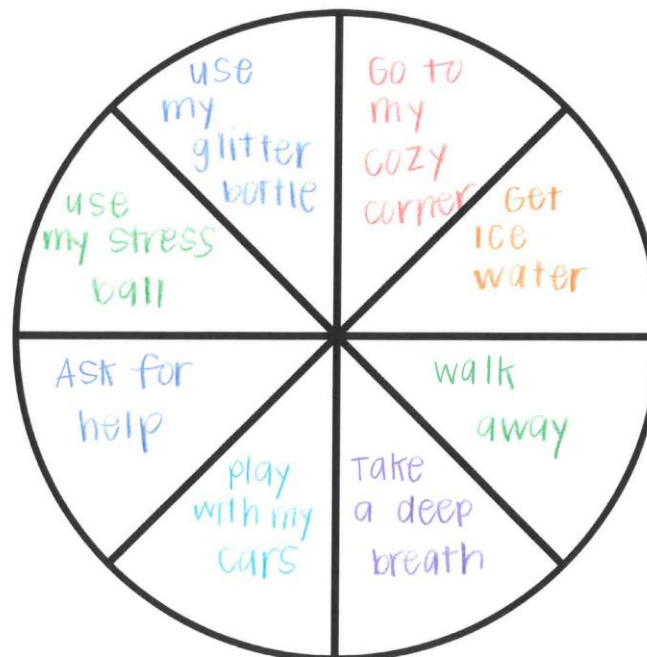


TBS INTERVENTIONS

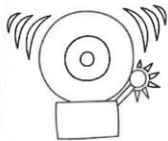


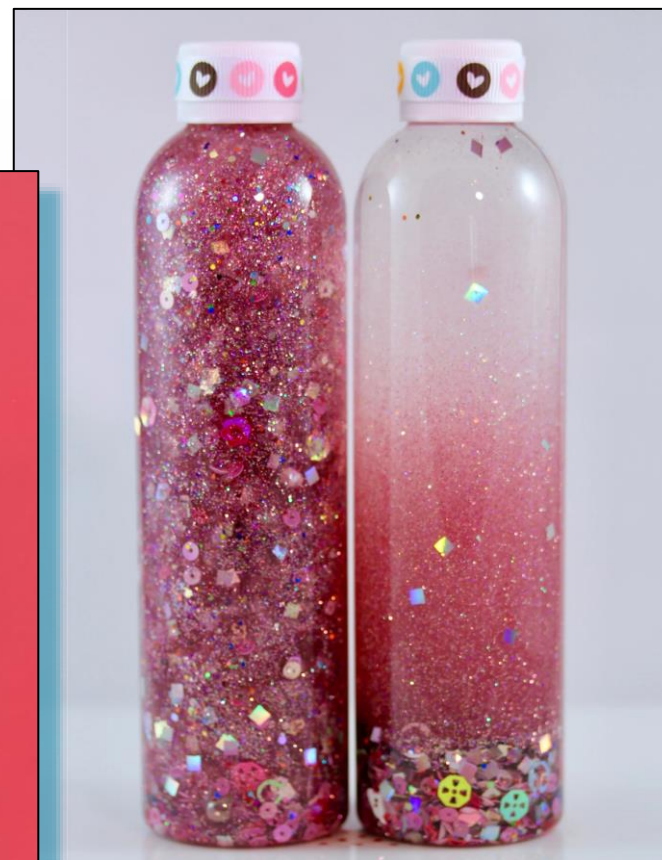
When this happens: I get angry

I remind myself that I have choices. Here are a few from MY WHEEL OF CHOICES

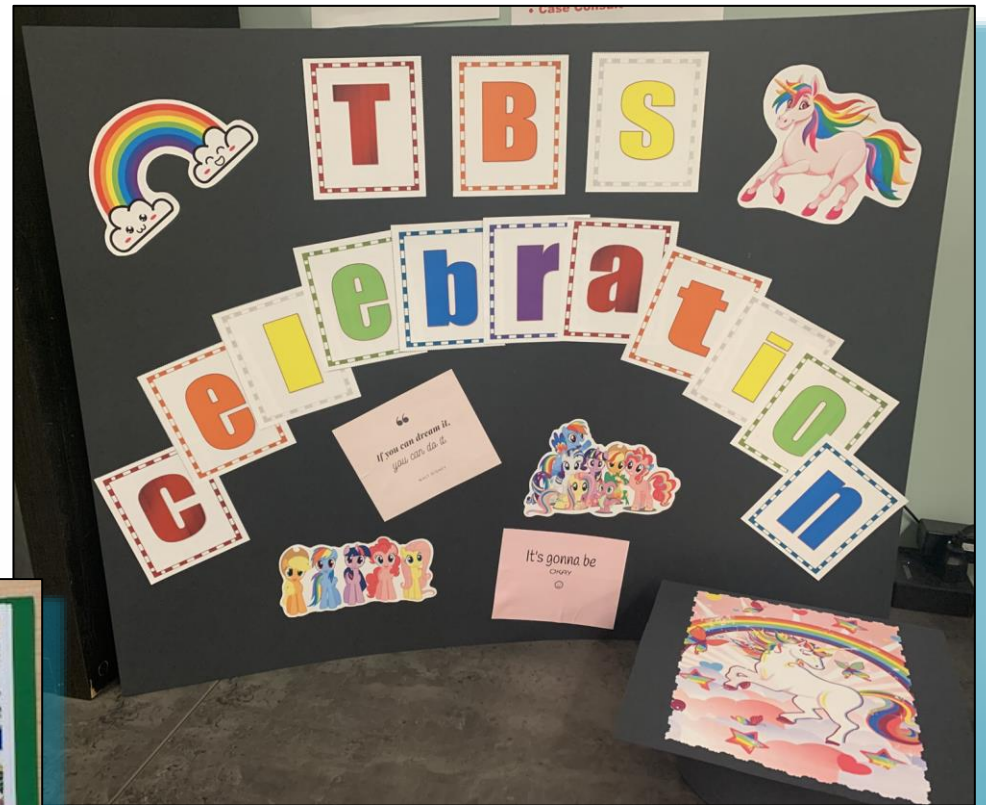
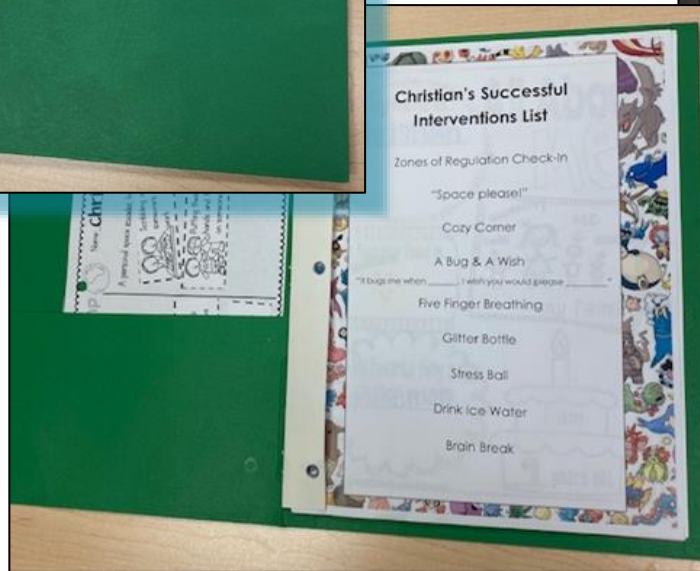
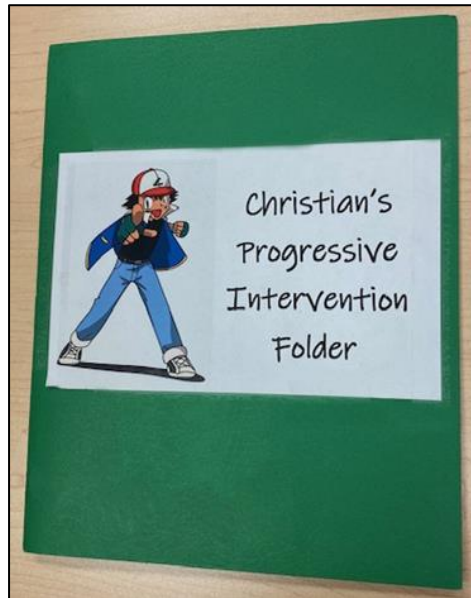


TBS INTERVENTIONS

	Things that make me fired up are... 
 My anger warning signs are...	Mad face Making fists "ugh!"
	Ways I can put out my anger are... 
 People I can talk to when I am mad are...	Mommy My friend next door Coach Leiya



TBS GRADUATIONS



HOW DOES TBS HELP YOUTH & FAMILIES?

- Increases safety and prevents mental health crisis
- Strengthens family connections & relationships
- Encourages goal setting and growth mindset
- Helps manage emotions appropriately
- Teaches parenting techniques and skills
- Teaches appropriate communication strategies
- Empowers youth and family



HOW DOES TBS PROVIDE TRAUMA-INFORMED CARE?

- All TBS staff trained in and utilize trauma-informed care
- Interventions are youth and family-centered
- Youth empowered to guide TBS services
- Elicit regular feedback from caregiver(s) & youth
- Ongoing assessment of caregiver and youth trauma history
- Family strengths, language and culture considered for treatment planning



HOW DOES TBS HELP SMHPs?

- Allows SMHP to focus on the therapeutic issues
- Supports SMHP's therapeutic goals
- Motivates youth and families
- Collaboration
- Ensures efficiency and effectiveness of services



WHAT IS YOUR ROLE?

→ Collaboration and Communication

- ◆ You drive our services!
- ◆ Participation in TBS Meetings
- ◆ Provide feedback regarding TBS services
- ◆ Provide necessary documentation

→ Maintain active therapeutic services with the TBS youth and family



SUCCESS RATES

93%

of caregivers reported that TBS helped their child manage their behaviors and improve their ability to achieve their treatment goals

98%

of caregivers said that they will be able to continue to use what they learned from TBS

93%

of caregivers reported improved communication between client and family



Data from 2021-2022 TBS End of Services Surveys

SUCCESS RATES

97%

of youth said that TBS taught them new things to do when their feelings got too big (coping skills)

94%

of youth reported that TBS helped them follow schedules, use charts, & understand the rules (routine & structure)

96%

of providers reported that TBS enhanced the clinical services that they provided to the client and family



TBS FUN DAY

- ▶ Twice a year TBS hosts a free TBS Fun Day event for the youth and families we serve



HOW TO REFER

- 1) Assess if youth meets criteria for TBS services
 - a) Require support to maintain the current placement
 - b) Require support to reduce the need for psychiatric hospitalization, and/or
 - c) Require support to transition to a lower level of care
- 2) Discuss TBS services with your youth and family
- 3) Get *Release of Information**
- 4) Complete the *TBS Prior Authorization Request/Referral Form*
- 5) Fax both the *TBS Prior Authorization Request/Referral Form* and the *Release of Information** to Optum at (866) 220-4495
- 6) Contact our Referral Specialist with questions at (858) 256-2180 ext. 535

* Release of Information is not required to proceed with referral



TBS REFERRAL FORM



FAX TO: (866) 220 – 4495
Optum Public Sector San Diego
Phone: (800) 798-2254, Option 3, then option 4

THERAPEUTIC BEHAVIORAL SERVICES (TBS) PRIOR AUTHORIZATION REQUEST & REFERRAL FORM

- ☐ Initial Request (submitted by SMHP) ☐ Continuing Request (6 mos.) (Submitted by TBS provider)

* Indicates a required section for Initial Requests

Youth Information*:

*Name: _____	*DOB: _____	*Medi-Cal or SSN: _____
*Current Address: _____		
School: _____	School District: _____	
*Parent/Caregiver Name: _____	*Parent/Caregiver Phone: _____	

Referring Party/Therapist Information*: *Please Note: Client must be receiving services from a Specialty Mental Health Provider (SMHP) billing Medi-Cal.*

*SMHP Name: _____	*SMHP Credential: _____
*SMHP Program Name: _____	*Address: _____
*Phone: _____	*Fax: _____

Additional Referring Party Information: (If same as SMHP, please leave blank)

Name: _____	Agency: _____	Relationship: _____
Address: _____		
Phone: _____	Fax: _____	E-Mail: _____

CWS/Probation Involved: ☐ Yes ☐ No CWS Contact Name: _____ Probation Contact Name: _____

Phone: _____	Fax: _____	E-Mail: _____
--------------	------------	---------------

Other Party Involvement: (i.e. CASA, Mentor, Attorney, Big Brother/Sister, etc.)

Name/Relationship: _____	Contact Phone: _____
Name/Relationship: _____	Contact Phone: _____

Specific requests with regard to TBS Coach's language, culture, gender, etc.: _____

TBS Class Criteria / Eligibility Per DMH Information Notice NO: 08-38 (Completed by SMHP)* – All questions below require completion.

1. Is Youth a full-scope Medi-Cal beneficiary under age 21? ☐ Yes ☐ No **AND**
2. Is Youth receiving specialty mental health services from a Medi-Cal funded therapist/case manager? ☐ Yes ☐ No
3. Which of the following conditions have been met by the Youth? (*Check all that apply, must check a minimum of 1)
 - ☐ Youth is at risk for emergency psychiatric hospitalization as one possible treatment option, though not necessarily the only treatment option or has had at least one emergency psychiatric hospitalization within the past 24 months
 - ☐ Youth is placed in or being considered for placement in a group home facility of RCL 12 or above/STRTP or is in a locked treatment facility for the treatment of mental health needs
 - ☐ Youth may need out of home placement, a higher level of residential or acute care
 - ☐ Youth is transitioning to a lower level of care and needs TBS to support the transition
 - ☐ Youth has previously received TBS while a member of the certified class



TBS REFERRAL FORM

FAX TO: (866) 220-4495
Optum Public Sector San Diego
Phone: (800) 798-2254, Option 3, then option 4

- ☐ Class membership criteria as listed above has not been established but maximum 30 calendar day unplanned contact is requested due to urgent or emergency conditions that jeopardize child/youth current living arrangement

Determination Criteria, (completed by the SMHP)*:

1. *Diagnosis for focus of TBS: _____
2. *Medical Necessity (BHIN 21-073) is met ☐ Yes ☐ No
3. *TBS shall focus on (client challenges/behaviors): _____
4. *Date of most recent Behavioral Health Assessment (BHA), Outpatient Authorization Request (OAR), or Progress Note that demonstrates need Click to enter a date.
5. *SMHP Clinician is requesting the following TBS services: *(Must include amount, scope & duration)*
 - ☐ Up to 25 hours of TBS Intervention per week - amount
 - ☐ TBS scope inclusive of Assessment (SC48), Plan Development (SC46), Intervention (SC47) and Collateral (SC49)
 - ☐ Up to 6 months of TBS Intervention – duration
 - ☐ Other *(explain any changes to amount, scope or duration being requested. Please note each authorization cycle is 6 months- Re-authorization may be obtained for additional services):*

SMHP submitted form to Optum on: Click to enter a date.

(Optum shall notify provider of determination within 5 business days of receipt)

FOR USE BY OPTUM ONLY/AUTHORIZATION DETERMINATION

- ☐ OPTUM Reviewed BHA, OAR or Progress Note
- ☐ TBS scope, amount and duration authorized as requested: START DATE: _____ END DATE: _____
- ☐ Additional TBS hours authorized per week (beyond 25 hours per week): _____
- TBS Request is Reduced/Modified as follows: ☐ scope _____ ☐ amount _____ ☐ duration _____
- TBS request is ☐ denied ☐ modified ☐ reduced ☐ terminated or ☐ suspended
- NOABD was issued to the beneficiary and provider on the following date: _____
- ☐ Optum unable to confirm SMHP. Authorization is contingent on TBS provider confirming active SMHP claiming Medi-Cal.

Optum Clinician Signature/Date/Licensure: _____

Typically, within two business days of Optum clinician signature, authorization will be forwarded to TBS and referring provider

^Date pre-authorization received by TBS Provider: _____ (^completed by New Alternatives)



QUESTIONS?

THANK YOU!

→ **Christine Boyd, Program Manager**

- ◆ christine.boyd@newalternatives.org
- ◆ (858) 256-2180 x517

→ **Jennifer Duran, Clinical Lead**

- ◆ jennifer.duran@newalternatives.org
- ◆ (858) 256-2180 x513



Behavioral Health Services (BHS) – Information Notice

To:	BHS Contracted Children, Youth & Families Service (CYF) Providers
From:	Behavioral Health Services
Date:	November 8, 2022
Title	Holiday Closure Fiscal Year 2022-2023 for CYF Programs

Holiday Closures

As the holiday season approaches, please review the office closure protocol for holidays or organizational events, provided below. Programs can locate specific program expectations in the contract Statement of Work and/or in the Substance Use Disorder Provider Operations Handbook (SUDPOH). Outpatient programs generally follow the County of San Diego (County) holiday schedule which is attached for reference. Residential programs remain open 365 days a year. If staffing is reduced during the holidays, regular program activities such as group sessions, individual sessions, or assessments are expected to continue.

Programs intending to have a closure that is not specified in the Statement of Work or provided for in the SUDPOH need to pro-actively reach out to the Contracting Officer's Representative (COR) to provide rationale and obtain written approval.

Office Closure Protocol

For all CYF programs, the following closure procedures must be adhered to:

- All clients and/or caregivers to receive advance notice of closure.
- Stakeholders and referral sources to be notified of closure in advance.
- Visible and legible signs regarding closure to be displayed, minimally, at the entrance(s) of the building/program.
- Outgoing phone and email messages (such as out of office alerts) to inform caller of closure and available alternative resources (i.e., hotline numbers, cell phone numbers, or other emergency numbers).
- Closures of up to two hours do not need approval from the COR.
- Proposed closures are finalized only upon written approval from the COR.

The Children, Youth, and Families team wishes your team and the children and families you serve a happy and safe holiday season!

Attachment: County Holiday Schedule 2022-2023

For More Information:

- Contact your Contracting Officer's Representative (COR)

County of San Diego Holiday Schedule (Observed)

2022

January 17	Martin Luther King, Jr. Day
February 21	President's Day
March 31	César Chávez Day
May 30	Memorial Day
June 20	Juneteenth Day
July 4	Independence Day
September 5	Labor Day
November 11	Veterans Day
November 24 & 25	Thanksgiving Day
December 26	Christmas Day

2023

January 2	New Year's Day
January 16	Martin Luther King, Jr. Day
February 20	President's Day
March 31	César Chávez Day
May 29	Memorial Day
June 19	Juneteenth Day
July 4	Independence Day
September 4	Labor Day
November 10	Veterans Day
November 23 & 24	Thanksgiving Day
December 25	Christmas Day

Children, Youth and Families

SERVICES DIRECTORY



BEHAVIORAL HEALTH SERVICES

3255 CAMINO DEL RIO SOUTH, SAN DIEGO, CA 92108 | 619-563-2700

[Health & Human Services Agency \(sandiegocounty.gov\)](https://www.sandiegocounty.gov/health-human-services) [Behavioral Health Services \(sandiegocounty.gov\)](https://www.sandiegocounty.gov/behavioral-health-services)

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Please send all directory corrections and updates to Yvonne.Gage@sdcounty.ca.gov

Administration

Deputy Director

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Yael.Koenig@sdcounty.ca.gov
Phone: 619-252-0734

Supervising Psychiatrist

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Phone: 619-901-2105

Assistant Medical Services Administrators

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Phone: 619-559-5125

Amanda Lance-Sexton, LMFT, ATR-BC
Amanda.Lance-Sexton@sdcounty.ca.gov
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Phone: 619-301-4429

Seth Williams, LMFT
Seth.Williams@sdcounty.ca.gov
Phone: 619-366-1101

Overview

Access and Eligibility for Services

County of San Diego (County) funded behavioral health services are intended for children and youth who are either experiencing a behavioral health crisis (such as depression, suicidal thoughts, extreme anxiety, or substance use) or who require behavioral health services in order to function in school, at home, or in the community. Generally, services are available for Medi-Cal beneficiaries and low-income children and youth, up to age 21. All services are rendered without regard to race, color, creed, or disability. Individuals and professionals can directly contact any of the resources listed in this directory. However, it should be noted that, in some cases, access to services is managed through specific procedures and may be designed for certain special populations. Where possible, this information has been included in this directory. If in doubt about eligibility or how to access services, please contact the Access and Crisis Line at (888) 724-7240.

Access to Language Services

Clients have a right to free language assistance in a language they understand. Clients shall be provided interpreter services as a part of their therapeutic services. However, clients have the option to use a family member or a friend as their interpreter. The client is not expected to provide their own interpreter. All Behavioral Health Services (BHS) programs have access to interpreter services.

Fees and Funding

Behavioral health services provided through the County are financed through Medi-Cal, the Mental Health Services Act (MHSA), patient fees (when applicable), private insurers, County-general funds, State funds, and specialized grants. In most instances, fees for services are fully covered for full scope Medi-Cal beneficiaries and unfunded individuals. When applicable, fees for services are based on income and the number of family members in the home. This Uniform Method for Determining Ability to Pay (UMDAP) is mandated by the State. Medi-Cal, Medicare, and other insurance coverage will be considered in determining an individual's monthly payment. *No person who otherwise qualifies for services will be turned away.*

Organizational Providers & Fee for Service Network

Organizational providers serve children and youth through a network of comprehensive programming and multidisciplinary clinical teams. The Fee-for-Service network is comprised of individual practitioners who primarily offer office-based and/or telehealth services. Both networks can be accessed through the Access and Crisis Line (ACL) by calling (888) 724-7240.

Medi-Cal Managed Care Health Plans

Medi-Cal Managed Care Health Plans cover behavioral health services for members who do not qualify for Medi-Cal Specialty Mental Health Services covered by the County. Each Medi-Cal Managed Care Health Plan has its own network of contracted behavioral health providers. Medi-Cal beneficiaries may contact their health plan directly.

Aetna Better Health	AetnaBetterHealth.com	(855) 772-9076
Blue Shield CA Promise Health	Blueshieldca.com/promise	(855) 321-2211
Community Health Group	Chgsd.com	(800) 404-3332
Health Net	Healthnet.com	(888) 426-0030
Kaiser Permanente	KP.org	(877) 496-0450
Molina Healthcare	MolinaHealthcare.com	(888) 665-4621
United Healthcare	Uhccommunityplan.com	(866) 270-5785

Live Well San Diego

CYF supports the [Live Well San Diego](#) vision of Building Better Health, Living Safely, and Thriving. [Live Well San Diego](#), developed by the County of San Diego, is a comprehensive, innovative regional vision that combines the efforts of internal and external County partners to help all residents be healthy, safe, and thriving. [Building Better Health](#) focuses on improving the health of residents and supporting healthy choices. [Living Safely](#) seeks to ensure residents are protected from crime and abuse, neighborhoods are safe, and communities are resilient to disasters and emergencies. [Thriving](#) focuses on promoting a region in which residents can enjoy the highest quality of life.

Resources

County of San Diego

858-694-3900

www.sandiegocounty.gov

San Diego Access and Crisis Line (ACL)

888-724-7240

<https://optumsandiego.com/content/sandiego/en/access---crisis-line.html>

Confidential and free of charge, the **San Diego Access & Crisis Line (ACL)** offers immediate support and resources from an experienced counselor **24 hours a day, 7 days a week** on all behavioral health topics including: suicide prevention, crisis intervention, community resources, mental health referrals, alcohol, and drug support services, and more. Language interpreter services enable the ACL to assist in 150 languages within seconds.

Suicide & Crisis Lifeline: Dial “9-8-8”

[988 Suicide and Crisis Lifeline | Federal Communications Commission \(fcc.gov\)](https://www.fcc.gov/consumers/guides/988-suicide-and-crisis-lifeline)

Drug Medi-Cal Organized Delivery System (DMC-ODS)

www.sandiegocounty.gov/dmc

Information for DMC-ODS providers.



<https://oscerjr.namisandiego.org/>

<https://alfredu.namisandiego.org/>

Local Mental Health Resource App for Youth hosted by NAMI San Diego

211 San Diego

Dial 2-1-1

www.211sandiego.org

Free, confidential phone service and online database for access to community, health, social, and disaster services, **24 hours a day, 7 days a week**.

Optum San Diego

800-798-2254

www.optumsandiego.com

Optum San Diego is the **Administrative Services Organization (ASO)** for the County of San Diego. Optum works to improve the services which are provided to the San Diego behavioral health community.

Access - Customer Service Call Center

866-262-9881

www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/access.html

Serving residents, providers, and other government agencies with questions or needs related to Family Resource Center (FRC) programs and services, including providing case management services for existing FRC customers countywide. Access customer service representatives are experienced eligibility workers who are trained in CalWORKs, CalFresh, and Medi-Cal programs.

It's Up 2 Us

www.Up2sd.org

The *It's Up to Us* campaign is designed to empower San Diegans to talk openly about mental illness, recognize symptoms, utilize local resources, and seek help.

Resources

Consumer Center for Health Education and Advocacy (CCEA)

877-734-3258 (toll free), 877-735-2929 (TTY)

www.lassd.org

The Consumer Center for Health Education and Advocacy helps people access needed health care services from both government health coverage programs and private insurance plans and serve as the Cal MediConnect Service Ombudsman and county-designated Patients' Rights Advocate for outpatient specialty behavioral health services. Advocates can help with understanding: which coverage programs are available to be accessed, how to access needed services, treatments, and medications, and individual rights when a coverage or plan denies care or resolution of receipt of an inappropriate medical bill.

Patient Advocacy Program

619-282-1134 (local), 800-479-2233 (toll free)

www.jfssd.org

Provides patient advocacy and protection of a patient's rights when in a 24-hour inpatient or residential setting. Provides support and representation at certification and other hospital related hearings. Handles patient complaints and ensures that mandated rights are protected. Parent organization: Jewish Family Service.

Youth Sector Resources

Brain XP

858-309-2177

www.brainxp.org

Brain XP training focuses on the journey of mental health challenges through the eyes of a young person who has experienced and overcome the stigma, especially on school campuses. Brain XP content takes place on-line where teens have access at their fingertips offering a comprehensive Teen Toolbox of Coping Skills.

Live Well San Diego Youth Sector

[Youth Leadership \(livewellsd.org\)](http://livewellsd.org)

The *Live Well San Diego* Youth Sector creates youth-led opportunities for young people in San Diego County to build communities that are healthy, safe, and thriving. Participants in the Youth Sector are young leaders who advise, educate, and organize around youth needs in San Diego County.

Resources

Directing Change

<https://directingchange.org>

The Directing Change Program & Film Contest is a free and evaluated program that engages youth to learn about mental health, suicide prevention and other critical health and social justice topics through film and art.

Provider Directories

Behavioral Health Services Provider Directory

[County of San Diego Provider Service Directory](#)

Specialty Mental Health Services and Drug Medi-Cal Organized Delivery System (DMC-ODS) are provided through the County of San Diego Mental Health Plan, which are separate from your physical health care. The Mental Health Plan is committed to providing quality mental health and DMC-ODS services to eligible adults, older adults, and children experiencing serious and persistent mental health problems and or substance use disorder issues. The County of San Diego Behavioral Health Services Provider Directory is a comprehensive guide to mental health and Drug Medi-Cal services across the county.

County of San Diego Behavioral Health Provider Directory

[Provider Directory || County of San Diego || Behavioral Health System of Care || Mental Health || Substance Use || \(sdcountybhs.com\)](#)

The County of San Diego Behavioral Health Provider Directory is a searchable website for Mental Health and Substance Use Disorder services by treatment type, location, and provider.

Fee-for-Service Network Directory

[Provider Directory by Provider \(pdf\) optumsandiego.com](#)

Information for County of San Diego behavioral health providers. The County of San Diego Fee-for-Service (FFS) Network is a group of providers licensed independently to provide mental health treatment services in private practice to Medi-Cal beneficiaries. Optum Public Sector San Diego is the Administrative Services Organization that manages the FFS Network. The Fee for Service provider directory lists available providers and services offered by the County of San Diego through the network.

Resources

Regional SchoolLink Services Directory

[Schools \(sandiegocounty.gov\)](https://sandiegocounty.gov)

County of San Diego's Behavioral Health Services (BHS) in the Central and North Central, East, North Coastal, North Inland and South regions, inclusive of school-based supports, as well as regional lists of outpatient clinics and countywide specialty programs.



LIVEWELLSD.ORG



BEHAVIORAL HEALTH SERVICES CHILDREN, YOUTH & FAMILIES FRAMEWORK

VISION

Children and youth are healthy, safe, lawful, successful in school and in their transition to adulthood, while living in nurturing homes with families.

PRINCIPLES

Collaborative, Integrated, Child, Youth & Family Driven, Individualized, Strength-based, Community-based, Outcome & Data Driven, Culturally Competent, Trauma Informed, Persistence

PRIORITIES

Ensure a full continuum of care through family-centered and youth-informed services that are compassionate and sensitive to the unique developmental needs of children and youth.

Strengthen partnerships with children/youth's circle of influence to create a supportive environment.

Provide services that empower children and youth to build a healthy sense of self and have confidence to make sound decisions so they thrive in an ever-changing world.

Live Well San Diego-Areas of Influence

HEALTH FACTORS



Standard of Living

- Economic & Nutrition Security
- Timely Access to Healthcare Inclusive of Behavioral Health Services
- Employment Readiness



Community

- Access to Parks, Playgrounds and Recreation Centers
- Usable Transportation
- Safe Neighborhoods & Schools
- Affordable Stable Housing
- Access to Extracurricular Activities



Health

- Daily Physical Activity
- Limited & Supervised Screen Time
- Affordable Healthy Food
- Zero Sugary Beverages, Drink More Water
- No Substance Use
- No Tobacco Use
- Up to Date Immunizations
- Connection to a Health Home



Social

- Supportive Families
- Nurturing Communities
- Connection to Natural Supports
- Positive Social Interactions



Knowledge

- Quality Education
- Quality Preschool for All
- Good School Attendance
- School Success
- No Suspensions or Expulsions
- Obtain a High School Diploma
- Access to Higher Education & Vocational Programs

Acute Care

Acute Care

Crisis Services include emergency psychiatric care and crisis intervention counseling. Programs that serve children, youth and their families in crisis and are able to respond quickly to urgent needs such as support, information, counseling, medication, and referral to other resources. Hospitalization or inpatient psychiatric care is for mental health emergencies and situations that require intensive supervision for individuals who are a danger to self, dangers to others or gravely disabled.

Program Name	Agency	Service	Address	Phone Number	County Monitor	Region(s) Served
Access and Crisis Line (ACL)	Optum San Diego Public Sector	Crisis Line Community Resources and Referrals	Home (optumsandiego.com)	(888) 724-7240	Tabatha Lang	Countywide
Acute Psychiatric Inpatient Services for Children and Adolescents (CAPS)	Rady Children's Hospital of San Diego (Rady)	Inpatient	8001 Frost Street, Nelson Pavilion San Diego, CA 92123	(858) 966-8337	Rebecca Raymond	Countywide
Aurora Behavioral Health Care /Inpatient	Aurora Behavioral Health Care San Diego	Inpatient	11878 Ave of Industry San Diego, Ca 92128	(858) 487-3200	Rebecca Raymond	Countywide
BH Connect Tele-Mental Health	Vista Hill Foundation (VHF)	Outpatient	8825 Aero Drive, Suite 315 San Diego, CA 92123	Access through ACL: (888) 724-7240 (858) 877-0179	Wendy Maramba	Countywide
Crisis Action & Connection (CAC)	New Alternatives Inc (NAI)	Outpatient	730 Medical Center Court Chula Vista, CA. 91911	(619) 591-5740	Rebecca Raymond	Countywide
Emergency Screening Unit (ESU)	New Alternatives Inc (NAI)	Crisis Stabilization	4309 Third Avenue San Diego, CA 92103	(619) 876-4502	Rebecca Raymond	Countywide
Family Urgent Response System (FURS)	Mental Health America	State Hotline Local Mobile Response Placement Stabilization	4069 30th Street San Diego, CA 92104	State Hotline: 1-833-939-3877	Emil Montoya (CWS)	Countywide
Mobile Crisis Response Team (MCRT)	Telecare	Crisis Response	BHS MCRT (sandiegocounty.gov)	(888) 724-7240	Alisha Eftekhari	Countywide
Mobile Crisis Response Team (MCRT) North Pilot	Exodus Recovery	Crisis Response	550 West Vista Way, Suite 408 Vista, CA 92083	Access through ACL: (888) 724-7240 (760) 758-1650	Alisha Eftekhari	North

Program Name	Agency	Service	Address	Phone Number	County Monitor	Region(s) Served
Psychiatric Emergency Response Team (PERT)	Community Research Foundation (CRF)	Psychiatric Emergency Resource	1202 Morena Blvd., Suite. 300 San Diego, CA 92110	911	Phoung Quach	Countywide
Sharp Mesa Vista	Sharp Mesa Vista Hospital	Inpatient	Sharp Mesa Vista Hospital 7850 Vista Hill Avenue San Diego, CA 92123	(858) 836-8434	Nilanie Ramos	Countywide

Residential-Mental Health

Residential-Mental Health

Short-Term Residential Therapeutic Programs (STRTP)

STRTPs are licensed by the California Department of Social Services and are provided a Mental Health Program Approval by the California Department of Health Care Services (DHCS). STRTPs are residential facilities that provide an integrated program of specialized and intensive care and supervision, services and supports, specialty mental health services, and 24-hour care and supervision to children. Placing agencies primarily include Child Welfare Services (CWS), Juvenile Probation, and Regional Centers.

Emergency Shelter (PCC)

A temporary shelter for children who have been placed in protective custody for their safety. Short-term treatment and crisis intervention services as well as support in transitioning to community-based mental health treatment after discharge.

Community Treatment Facility (CTF) / Psychiatric Health Facility (PHF)

Mental health services are available 24 hours a day, 7 days a week in a secure environment with oversight by DHCS.

Program Name	Agency	Service	Address	Phone Number	County Monitor	Region	Location
Casa de Amparo	Casa de Amparo	STRTP 30 Behavioral Health Beds	4070 Mission Avenue Oceanside, CA 92068	(760) 754-5500	Seth Williams	Countywide	North Coastal
Center for Positive Change (CFPC)	Center for Positive Change (CFPC)	STRTP 30 Behavioral Health Beds	7474 El Cajon Blvd. La Mesa, CA 91942	(619) 660-3886	Eileen Quinn-O'Malley	Countywide	East
Circle of Friends	National Association for the Treatment of Sexual Abuse	STRTP 12 Behavioral Health Beds	105 N. Rose Street, Suite 211 Escondido, CA 92027	(858) 363-6357	Seth Williams	Countywide	North Inland
Fred Finch Dual Diagnosis	Fred Finch Youth Center (FFYC)	STRTP Dual Diagnosis 14 Behavioral Health Beds	3845 Spring Drive Spring Valley, CA 91977	(619) 797-1090	Seth Williams	Countywide	East
Kenora	New Alternatives Inc (NAI)	STRTP 9 Behavioral Health Beds	3602 Kenora Drive Spring Valley, CA 91977	(619) 463-8875	Eileen Quinn-O'Malley	Countywide	East
Milestone House	Milestone House	STRTP 6 Behavioral Health Beds	1816 Portofino Drive Oceanside, CA 92054	(760) 433-6361	Seth Williams	Countywide	North Coastal
NA South Campus	New Alternatives Inc (NAI)	STRTP 40 Behavioral Health Beds	730 Medical Center Court Chula Vista, CA. 91911	(619) 863-5819	Eileen Quinn-O'Malley	Countywide	South

Program Name	Agency	Service	Address	Phone Number	County Monitor	Region	Location
New Haven	New Haven Youth& Family Services, Inc	STRTP 6 Behavioral Health Beds	1126 N. Melrose Drive Vista, CA 92083	(760) 630-4035	Eileen Quinn-O'Malley	Countywide	North Inland
Polinsky Child. Ctr (PCC) Placement Stab. Svcs.	New Alternatives Inc (NAI)	Emergency Shelter	9400 Ruffin Court San Diego, CA 92123	(858) 357-6879	Eileen Quinn-O'Malley	Countywide	Central
San Diego Center for Children (SDCC)	San Diego Center for Children (SDCC)	STRTP 30 Behavioral Health Beds	3002 Armstrong Street San Diego, CA. 92111	(858) 569-2122	Seth Williams	Countywide	Central
San Pasqual Academy	New Alternatives Inc (NAI)	Residential Day Rehabilitation Program	17701 San Pasqual Valley Road Escondido, CA 92025	(760) 741-4300	Eileen Quinn-O'Malley	Countywide	North Inland
Star View Adolescent Center	Star View Adolescent Center Inc	Community Treatment Facility (CTF) Psychiatric Health Facility (PHF)	4025 W. 226th Street Torrance, CA 90505	(310) 373-4556	Eileen Quinn-O'Malley	Out of County	Los Angeles County
Varsity Team	Varsity Team Inc	STRTP 12 Behavioral Health Beds	P.O Box 26633 San Diego, CA 92196	(619) 694-6809	Eileen Quinn-O'Malley	Countywide	Central South

Residential - Substance Use Disorder (SUD)

Residential - Substance Use Disorder (SUD)

SUD Teen Residential: Provides non-medical, SUD treatment to adolescents ages 12-17 for approximately 90 days. The SUD Programs for Adolescents brochure can be found here at <https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/bhs/duallocationdocs/Adolescent%20SUD%20Brochure%20EN.pdf>

SUD Transitional Housing: Provides residential transitional housing to parents and their dependent children in an environment free of substance use upon completion of an SUD treatment program. The SUD Programs for Adults and Older Adults brochure can be found here:

https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/bhs/homepage/BHS_SUD_Brochures/EN%20AOA%20-%20SUD%20Brochure.pdf

SUD Perinatal Residential: Non-medical residential substance use disorder (SUD) treatment, recovery and ancillary services for women who are pregnant or parenting. The SUD Programs for Women brochure can be found here at

<https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/bhs/duallocationdocs/Women%20SUD%20Brochure%20EN.pdf>

Program Name	Parent Organization	Service	Address	Phone Number	County Monitor	Region	Location
Family Recovery Center (FRC)	Mental Health Systems Inc (MHS)	SUD Perinatal Residential 55 Behavioral Health Beds	1100 Sportfisher Drive Oceanside, CA 92054	(760) 439-6702	Shannon Jackson	Countywide	North
Kiva	McAlister Institute (MITE)	SUD Perinatal Residential 86 Behavioral Health Beds	2049 Skyline Drive Lemon Grove, CA 91945	(619) 465-7303	Shannon Jackson	Countywide	East
New Entra Casa (NEC)	New Entra Casa (NEC)	SUD Perinatal Residential 6 Behavioral Health Beds	3575 Pershing Avenue San Diego, CA 92104	(619) 294-4526	Shannon Jackson	Countywide	Central
North County Serenity House (NCSH)	HealthRight 360 (HR360)	SUD Perinatal Residential 111 Behavioral Health Beds	1341 N. Escondido Blvd. Escondido, CA 92026	(760) 317-9114	Shannon Jackson	Countywide	North
Sober and Friendly Environment Housing	McAlister Institute for Treatment and Education (MITE)	SUD Transitional Housing 5 Family Units	1400 N. Johnson Avenue, Suite 101 El Cajon, CA 92020	(619) 442-0277	Wendy Maramba	Countywide	East
Teen Group Homes	McAlister Institute for Treatment and Education (MITE)	SUD Teen Residential 2 Homes/ 6 Beds Each	1400 N. Johnson Avenue, Suite 101 El Cajon, CA 92020	(619) 672-3902 East (619) 337-3830 South	Shannon Jackson	Countywide	East South

Day School Services

Day School Services / Intensive Outpatient

Intensive outpatient programs that include a full range of Title 9 specialty mental health services. These services are provided to children and youth identified through an Individualized Education Program (IEP) or school district process as needing a Special Education Classroom setting to be successful in school. Services are intensive and flexible to meet the needs of the client and assist in transitioning to a less restrictive classroom setting. Services are embedded within existing school settings.

Program Name	Parent Organization	Service	School Address	Phone Number	County Monitor	Region
Marcy Day & New Dawn	San Diego Unified School District (SDUSD)	Outpatient Day School Services	4150 Ute Drive San Diego, CA. 92117 5650 Mt. Ackerly Drive San Diego, CA 92111	(858) 302-3320 (858) 302-3340	Wendy Maramba	Central
Merit Academy (East Region)	Vista Hill Foundation (VHF)	Outpatient Day School Services	1600 North Cuyamaca Street El Cajon, CA 92020	(619) 994-7860	Michael Miller	East
Riley Day School Services	San Diego Unified School District (SDUSD)	Outpatient Day School Services	5650 Mt. Ackerly Drive San Diego, CA. 92111	(858) 302-3300	Wendy Maramba	Central
STEPS	Mental Health Systems Inc (MHS)	Structured Outpatient Day School Services	4660 Viewridge Avenue San Diego, CA 92123	(858) 565-2510	Eileen Quinn-O'Malley	Countywide

Outpatient Clinical Services - Inclusive of SchoolLink

Outpatient Clinical Services - Inclusive of SchoolLink

The following community-based organizations operate various community-based clinics throughout the county as well as offering services at designated school site(s) which is known as SchoolLink.

SchoolLink is partnership between the County and local school districts to provide behavioral health services at schools. Services can be provided during or outside of school hours, on-campus or in a community setting, and are based on the student's and family's needs.

The Regional School Directory can be found here: https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental_health_services_children/Schools.html

More information on SchoolLink can be found here: <https://theacademy.sdsu.edu/rihs-schoolink>

For SchoolLink Substance Use Disorder (SUD) specific resources, see Outpatient - Teen Recovery Centers (TRC)

Program Name	Agency	Service	Address	Phone Number	County Monitor	Region	School District Served
Central-East-South (CES) School Based Services	Rady Children's Hospital of San Diego (Rady)	Outpatient	3665 Kearny Villa Road Suite 101 San Diego, CA 92123	(858) 576-1700	Rebecca Raymond	Central East	Grossmont Union High San Diego Unified Santee
Child & Adolescent Mental Health School Based Services	Union of Pan Asian Communities (UPAC)	Outpatient SUD Counselor	1031 25th Street Suite C San Diego, CA 92105	(619) 232-6454	Wendy Maramba	Central North Coastal	Oceanside Unified San Diego Unified Vista Unified
Community Circle Central & East School Based Services	Family Health Center San Diego Inc (FHC)	Outpatient	2130 National Avenue San Diego, CA 92113 3845 Spring Drive Spring Valley, CA 91977	(619) 255-7859 (619) 255-7520	Wendy Maramba	Central East	San Diego Unified La Mesa-Spring Valley
Cornerstone Central School Based Services	Pathways Community Services (PCS)	Outpatient	6244 El Cajon Blvd. Suite 14 San Diego, CA 92115	(619) 640-3266	Wendy Maramba	Central	San Diego Unified
Crossroads School Based Services	Community Research Foundation (CRF)	Outpatient SUD Counselor	700 N. Johnson Avenue Suite P El Cajon, CA 92020	(619) 441-1907	Wendy Maramba	East	Jamul-Dulzura Union Mountain Empire Unified
Douglas Young Youth & Family Services School Based Services	Community Research Foundation (CRF)	Outpatient SUD Counselor	7917 Ostrow Street Suite A San Diego, CA. 92111	(858) 300-8282	Wendy Maramba	Central	San Diego Unified

Program Name	Agency	Service	Address	Phone Number	County Monitor	Region	School District Served
East County Behavioral Health Clinic (ECBHC) School Based Services	San Diego Youth Services (SDYS)	Outpatient	1870 Cordell Court Suite 101 El Cajon, CA 92020	(619) 448-9700	Michael Miller	East	Grossmont Union High Lakeside Union
Family Wellness Center - East County Outpatient Program (ECOP) School Based Services	San Diego Center for Children (SDCC)	Outpatient	6386 Alvarado Court Suite 310 San Diego, CA 92120	(619) 668-6200	Michael Miller	East	Grossmont Union High Lakeside Union La Mesa-Spring Valley Lemon Grove
Learning Assistance Center (LAC) Escondido & North Inland School Based Services	Vista Hill Foundation (VHF)	Outpatient	1029 N. Broadway Escondido, CA 92026 1012 Main Street Suite 101 Ramona, CA 92065	(760) 489-4126 (760) 788-9724	Michael Miller	North Inland	Escondido Union Ramona Unified Spencer Valley Warner Unified
Mental Health Resource Center School Based Services	San Diego Unified School District (SDUSD)	Outpatient	2351 Cardinal Lane Annex B San Diego, CA 92123	(858) 573-2227	Wendy Maramba	Central	San Diego Unified
Mental Health Resource Center School Based Services	Sweetwater Union High School District (SUHSD)	Outpatient	1051 Picador Blvd. San Diego, CA 92154	(619) 662-8372	Rebecca Raymond	South	Sweetwater Unified
Mobile Adolescent Services Team (MAST) School Based Services	Community Research Foundation (CRF)	Outpatient	1260 Morena Blvd. Suite 200 San Diego, CA 92110	(619) 398-3261	Wendy Maramba	Countywide	San Diego Unified SDCOE Momentum Learning
North Central Clinic School Based Services	Rady Children's Hospital of San Diego (Rady)	Outpatient SUD Counselor	3665 Kearny Villa Road Suite 101 San Diego, CA 92123	(858) 966-5832	Wendy Maramba	Central	San Diego Unified
North Central School Based Services	Mental Health Systems Inc (MHS)	Outpatient	4660 Viewridge Avenue Suite 100 San Diego, CA 92123	(858) 278-3292	Wendy Maramba	Central	San Diego Unified

Program Name	Agency	Service	Address	Phone Number	County Monitor	Region	School District Served
North Coastal Outpatient Psychiatry (NCOP) School Based Services	Rady Children's Hospital of San Diego (Rady)	Outpatient	3605 Vista Way Suite 258 Oceanside, CA 92056	(760) 758-1480	Michael Miller	North Coastal	Encinitas Union Oceanside Unified San Marcos Unified Vista Unified
North County Outpatient School Based Services (NCOSBS)	New Alternatives Inc (NAI)	Outpatient	1529 Grand Avenue Suite A San Marcos, CA 92078	(760) 798-0299	Michael Miller	North Inland	San Marcos Unified
North Inland Outpatient Psychiatry (NIOP) School Based Services	Rady Children's Hospital of San Diego (Rady)	Outpatient	2125 Citracado Parkway Escondido, CA 92025	(760) 294-9270	Michael Miller	North Inland	San Marcos Unified
North Inland, North Coastal & Fallbrook School Based Services	Palomar Family Counseling Services Inc (PFC)	Outpatient	1002 East Grand Avenue Escondido, CA 92025 945 Vale Terrace Drive Vista, CA 92084 120 W. Hawthorne Street Fallbrook, CA 92028	(760) 741-2660	Michael Miller	North Coastal North Inland	Fallbrook Union High Fallbrook Union Elementary Oceanside Unified San Marcos Unified Vista Unified
Nueva Vista Youth & Family Services School Based Services	Community Research Foundation (CRF)	Outpatient SUD Counselor	1161 Bay Blvd. Suite B Chula Vista, CA 91911	(619) 585-7686	Wendy Maramba	South	Chula Vista Elementary National School
VIVA CounselingSchool Based Services	North County Lifelife Inc (NCL)	Outpatient	707 Oceanside Blvd.Oceanside CA 92054 200 Michigan AvenueVista, CA 92084	(760) 757-0118 (760) 726-4900	Michael Miller	North Coastal	Oceanside Unified San Diego Unified Vista Unified
South Region School Based Services	South Bay Community Services (SBCS)	Outpatient	430 F Street Chula Vista, CA 91910	(619) 420-3620	Rebecca Raymond	South	Chula Vista Elementary South Bay Union
Therapeutic Interventions Designed to Empower Students (TIDES) School Based Services	YMCA of San Diego County (YMCA)	Outpatient	4394 30th Street San Diego, CA 92104	(619) 281-8313	Wendy Maramba	Central	San Diego Unified

Program Name	Agency	Service	Address	Phone Number	County Monitor	Region	School District Served
Youth Enhancement Services (YES) School Based Services	San Ysidro Health (SYH)	Outpatient SUD Counselor	1662 Precision Park San Diego, CA 92173	(619) 428-5533	Rebecca Raymond	South	San Ysidro

Outpatient - Teen Recovery Centers (TRC)

Outpatient - Teen Recovery Centers (TRC)

TRCs provide outpatient Substance Use Disorder (SUD) treatment, recovery and ancillary services to adolescents aged 12-17 years old in the community and at identified school-based locations. The SUD Programs for Adolescents brochure can be found here:

<https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/bhs/duallocationdocs/Adolescent%20SUD%20Brochure%20EN.pdf>

Refer to the school list which can be found here: https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental_health_services_children/Schools.html

For Mental Health School-Based services, see Outpatient (OP) Clinical Services.

Program Name	Agency	Service	Address	Phone Number	County Monitor	Region	District Served
Teen Recovery Center (TRC) - Central	Union of Pan Asian Communities (UPAC)	Outpatient School-Based SUD	3288 El Cajon Blvd. Suite 13 San Diego, CA 92104	(619) 521-5720	Shannon Jackson	Central	San Diego Unified
Teen Recovery Center (TRC) - Central Southeast	Vista Hill Foundation (VHF)	Outpatient School-Based SUD	220 S. Euclid Avenue Suite 40 San Diego, CA 92114	(619) 795-7232	Terri Kang	Central Southeast	San Diego Unified
Teen Recovery Center (TRC) - East	McAlister Institute for Treatment and Education (MITE)	Outpatient School-Based SUD	550 Fesler Street Suite G-1 & G-2 El Cajon, CA 92020	(619) 588-5361	Shannon Jackson	East	Grossmont Union
Teen Recovery Center (TRC) - North Central	Mental Health Systems, Inc. dba TURN Behavioral Health Services	Outpatient School-Based SUD	4660 Viewridge Avenue, Suite 100A San Diego, CA 92123	(760) 227-1354	Terri Kang	North Central	San Diego Unified
Teen Recovery Center (TRC) - North Coastal	North County Lifeline, Inc (NCL)	Outpatient School-Based SUD	200 Michigan Avenue Vista, CA 92084	(760) 842-6280	Shannon Jackson	North Coastal	Oceanside Unified
Teen Recovery Center (TRC) - North Inland	Mental Health Systems, Inc. dba TURN Behavioral Health Services	Outpatient School-Based SUD	340 Rancheros Drive Suite 166 San Marcos, CA 92069	(760) 744-3672	Terri Kang	North Inland	Escondido Union Fallbrook Union Poway Unified Ramona Unified
Teen Recovery Center (TRC) - South	McAlister Institute for Treatment and Education (MITE)	Outpatient School-Based SUD	1180 3rd Avenue Suite C-6 Chula Vista, CA 91910	(619) 691-1045	Shannon Jackson	South	Sweetwater Union

Outpatient - Specialty Programs

Outpatient - Specialty Programs

Services provided in clinic, community and home-based settings with a specialized service and/or target population.

Program Name	Agency	Service	Address	Phone Number	County Monitor	Region	Special Population
Accessible Depression & Anxiety Perinatal Treatment (ADAPT)	Vista Hill Foundation (VHF)	Outpatient	6070 Mission Gorge Road San Diego, CA 92120	(858) 530-3200	Terri Kang	Countywide	Public Health Involved
BridgeWays	San Diego Youth Services (SDYS)	Outpatient	7364 El Cajon Blvd. San Diego, CA 92115	(619) 221-8600	Shannon Jackson	Countywide	Justice Involved Youth
CalWORKs Behavioral Health Centers	Community Research Foundation (CRF)	Outpatient	1202 Morena Blvd., Suite 300 San Diego, CA 92110	(619) 275-0822	Shannon Jackson	Countywide	CalWorks Recipients
CalWORKs Connection	Vista Hill Foundation, Inc (VHF)	Outpatient	123 Camino De La Reina, Suite 203 San Diego, CA 92108	(619) 431-2103	Terri Kang	Countywide	CalWorks Recipients
Center for Child and Youth Psychiatry (CCYP)	New Alternatives Inc (NAI)	Outpatient	8755 Aero Drive, Suite 306 San Diego, CA 92123	(858) 634-1100	Eileen Quinn-O'Malley	Countywide	Medication Clinic
Chaldean & Middle Eastern Social Services	San Ysidro Health (SYH)	Outpatient	875 El Cajon Blvd. El Cajon, CA 92020	(619) 631-7400	Michael Miller Claire Riley	East	Chaldean & Middle Eastern
Child, Family Team (CFT) Meeting Facilitation	Fred Finch Youth Center (FFYC)	CFT Meetings	10174 Old Grove Road, Suite 100 San Diego, CA 92131	(858) 682-3818	Amanda Lance-Sexton Jerelyn Bourdage	Countywide	Multi-system involved youth
ChildNET Incredible Years North Coastal & North Inland	Palomar Family Counseling Services Inc (PFC)	Outpatient	1002 East Grand Avenue Escondido, CA 92025 945 Vale Terrace Drive Vista, CA 92084	(760) 741-2660	Michael Miller	North Coastal North Inland	Early Childhood (0-5 years)

Program Name	Agency	Service	Address	Phone Number	County Monitor	Region	Special Population
Comprehensive Assessment & Stabilization Services (CASS)	New Alternatives Inc (NAI)	Outpatient	3517 Camino del Rio South, Suite 407 San Diego, CA 92108	(619) 955-8905	Eileen Quinn-O'Malley	Countywide	Foster Youth
Connections Community Counseling	North County Lifeline	Outpatient	200 Michigan Avenue Vista CA 92084 707 Oceanside Blvd. Oceanside, CA 92054 333 Via Vera Cruz, Suite 152 San Marcos, CA 92078 4180 Ruffin Road, Suite 295 San Diego, CA 92123	(760) 310-2950	Michael Miller	Countywide	Homeless and Runaway Youth age 12 up to 21
Consumer Advocacy	National Alliance on Mental Illness (NAMI)	Advocacy	5095 Murphy Canyon Road, Suite 320 San Diego, CA 92123	(858) 634-6580	Betsy Knight	Countywide	Advocacy
Deaf & Hard of Hearing	Deaf Community Services of San Diego	Outpatient	1545 Hotel Circle South, Suite 300 San Diego, CA 92108	(619) 550-3436	Stacey Kneeshaw	Countywide	Hearing Impaired
Dependency Drug Court SUD Coordination	Vista Hill Foundation, Inc (VHF)	Outpatient	4990 Williams Avenue, Suite 202 La Mesa, CA 91942	(619) 668-4265	Terri Kang	Countywide	CWS-involved and Perinatal
Developmental Evaluation Clinic (DEC)	Rady Children's Hospital of San Diego (Rady)	Outpatient Evaluation	3665 Kearny Villa Road, Suite 405 San Diego, CA 92123 333 H Street, Suite 301 Chula Vista, CA 91910 3605 Vista Way, Building B Oceanside, CA 92056 11752 El Camino Real, Suite 150 San Diego, CA 92130	(858) 966-8560 x248560	Rebecca Raymond	Central, North Central, East South North Inland North Coastal	Early Childhood Evaluations (0-5 years)

Program Name	Agency	Service	Address	Phone Number	County Monitor	Region	Special Population
Family Education	National Alliance on Mental Illness (NAMI)	Advocacy	5095 Murphy Canyon Road, Suite 320 San Diego, CA 92123	(858) 634-6580	Betsy Knight	Countywide	Advocacy
Foster Family Agency Stabilization and Treatment (FFAST)	San Diego Center for Children (SDCC)	Outpatient Therapeutic Foster Care	8225 Aero Drive, Suite 110 San Diego, CA 92123	(858) 633-4115	Kelly Bordman	Countywide	Children/Youth in Foster Family Agencies
Fred Finch Wrap Connections	Fred Finch Youth Center (FFYC)	Wraparound	8787 Complex Drive, Suite 300 San Diego, CA 92123 504 W. Mission Avenue, Suite 106 Escondido, CA 92023 3845 Spring Drive Spring Valley, CA 91977 637 3rd Avenue, Suite I Chula Vista, CA 91910	(619) 797-1090 (619) 281-3706 (619) 797-1090 (619) 873-4075	Kelly Bordman	Countywide	CWS and Probation
I CARE (CSEC)	San Diego Youth Services (SDYS)	Outpatient Confidential Drop-In Center	3660 Fairmount Avenue San Diego, CA, 92105	(619) 521-2250	Shannon Jackson	Central	CSEC
Juvenile Court Clinic	Vista Hill Foundation (VHF)	Outpatient JV 220 Reviews	2851 Meadowlark Drive San Diego, CA 92123	(858) 571-1964	Wendy Maramba	Countywide	Justice Involved Youth
KidSTART	Rady Children's Hospital of San Diego (Rady)	Outpatient	3665 Kearny Villa Road, Suite 500 San Diego, CA 92123 2204 El Camino Real, Suite 102 Oceanside, CA 92054 333 H Street, Suite 3010 Chula Vista, CA 91910	(858) 576-1700 (760) 967-7082 (619) 420-5611	Michael Miller	Central	Early Childhood (0-5 years)

Program Name	Agency	Service	Address	Phone Number	County Monitor	Region	Special Population
Multicultural Community Counseling	Union of Pan Asian Communities (UPAC)	Outpatient	5348 University Avenue, Suite 108 San Diego, CA 92105	(619) 578-2211	Rebecca Raymond	Central	API/ Latinx
Our Safe Place	San Diego Youth Services (SDYS)	Outpatient	3427 4th Avenue, 2nd Floor San Diego, CA 92103	(619) 232-8126	Shannon Jackson	Central	LGBTQ+
Our Safe Place	San Diego Youth Services (SDYS)	Drop-In Centers	2220 Broadway San Diego, CA 92102 746 Ada Street Chula Vista, CA 91911 1050 N. Broadway Escondido, CA 92026 215 Barnes Street Oceanside, CA 92054	(619) 232-8126 (619) 871-8342 (619) 628-2444 (760) 271-4855	Shannon Jackson	Central South North Inland North Coastal	LGBTQ+
Para Las Familias	Episcopal Community Services (ECS)	Outpatient	1424 30th Street, Suite A San Diego, CA 92154	(619) 565-2650	Rebecca Raymond	Central	Early Childhood (0-5 years)
Southeast Family Youth Partner Svc	Harmonium	Case Management and Family Partners	5275 Market Street, Suite E San Diego, CA 92114	(619) 541-0426	Amanda Lance-Sexton	Central	Southeast San Diego
STEPS	Mental Health Systems, Inc. dba TURN Behavioral Health Services	Outpatient	4660 Viewridge Avenue San Diego, CA 92123	(858) 565-2510	Michael Miller	Countywide	Sexually Reactive Youth
Survivors of Torture	Survivors of Torture International (SOTI)	Outpatient	P.O. Box 151240 San Diego, CA 92175	(619) 278-2400	Nora David	Countywide	Survivors of Torture
Therapeutic Behavioral Services (TBS)	New Alternatives Inc (NAI)	Behavioral Coaching	8755 Aero Drive, Suite 230 San Diego, CA 92123	(858) 256-2180	Eileen Quinn-O'Malley	Countywide	Ancillary Service
Wrapworks	San Diego Center for Children (SDCC)	Wraparound	3002 Armstrong Street San Diego, CA 92111	(858) 569-2170	Kelly Bordman	Countywide	CWS and Probation

Outpatient - Perinatal Programs

Outpatient - Perinatal Programs

Include outpatient perinatal programs that serve women and adolescent females who are pregnant and parenting, women, and children and offer gender responsive substance use and co-occurring disorder treatment and other therapeutic interventions to address such issues as relationships, sexual and physical abuse, and parenting. Additional services at perinatal programs include: parenting classes, childcare, and mental health services for children. The Substance Use Disorder (SUD) Programs for Women brochure can be found here at <https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/bhs/duallocationdocs/Women%20SUD%20Brochure%20EN.pdf>

Program Name	Agency	Service	Address	Phone Number	County Monitor	Region
North Central Women's Recovery Center (NCWRC)	McAlister Institute (MITE)	Outpatient	8665 Gibbs Drive, Suite 150 San Diego, CA 92123	(858) 384-6284	Terri Kang	North Central
North Coastal Women's Recovery Center (NCOWRC)	McAlister Institute (MITE)	Outpatient	3355 Mission Avenue, Suite 239 Oceanside, CA 92058	(760) 462-5581	Terri Kang	North Coastal
North Inland Women and Adolescent Recovery Center (NIWARC)	McAlister Institute (MITE)	Outpatient	751 Rancheros Road, Suite 4&5 San Marcos, CA 92069	(760) 761-0515	Terri Kang	North Inland
ParentCare Central	Vista Hill Foundation (VHF)	Outpatient	4125 Alpha Street San Diego, CA 92113	(619) 266-0166	Terri Kang	Central
ParentCare East	Vista Hill Foundation (VHF)	Outpatient	4990 Williams Avenue La Mesa, CA 91942	(619) 668-4249	Terri Kang	East
South Bay Women's Recovery Center (SBWRC)	McAlister Institute (MITE)	Outpatient	2414 Hoover Avenue National City, CA 91950	(619) 336-1226	Terri Kang	South

Juvenile Justice - Specialty Programs

Juvenile Justice - Specialty Programs

BHS, the Probation Department, the courts, and other justice partners coordinate services to ensure that youth who have behavioral health needs receive services from a wide range of services and support within the Children's System of Care. Behavioral health services are available to youth who are in Probation detention facilities as well as to youth upon release from a juvenile facility to assist with their transition back to the community.

See the Teen Recovery Center (TRC) section, as well as the Residential section for mental health and substance use disorder programming.

Program Name	Agency	Service	Address	Phone Number	County Monitor	Region
BridgeWays	San Diego Youth Services (SDYS)	Outpatient	7364 El Cajon Blvd. San Diego, CA 92115	(619) 221-8600	Shannon Jackson	Countywide
CFT Meeting Facilitation	Fred Finch Youth Center (FFYC)	CFT Meetings	10174 Old Grove Road, Suite 100 San Diego, CA 92131	(858) 682-3818	Amanda Lance-Sexton Jeralyn Bourdage	Countywide
Family Urgent Response System (FURS)	Mental Health America	State Hotline Local Mobile Response Placement stabilization	4069 30th Street San Diego, CA 92104	1-833-939-FURS State Hotline	Emil Montoya	Countywide
Healing Opportunities for Personal Empowerment (HOPE)	County of San Diego	Outpatient	446 Alta Road, Suite 6100 San Diego, CA 92158	(619) 671- 4473	Fran Cooper	Countywide
Juvenile Court Clinic	Vista Hill Foundation (VHF)	Psychiatric Services	2851 Meadowlark Drive San Diego, CA 92123	(858) 571-1964	Wendy Maramba	Countywide
Kearny Mesa Juvenile Hall Urban Camp Juvenile Forensic Services - Stabilization, Treatment, Assessment and Transition Team (STAT)	County of San Diego	Outpatient Competency Screenings	2901 Meadow Lark Drive San Diego, CA 92123	(858) 694-4600	Fran Cooper	Countywide
Wrapworks	San Diego Center for Children (SDCC)	Wraparound	3002 Armstrong Street San Diego, CA 92111	(858) 569-2170	Kelly Bordman	Countywide

Prevention and Early Intervention (PEI)

Prevention and Early Intervention (PEI)

Regional county services that provide screening, early identification and early intervention to at-risk children in the identified public elementary schools. It utilizes a culturally appropriate Family Community Partnership (FCP) model that conducts outreach and behavioral health prevention activities utilizing parent-peer partners based on a Promotora model for families of preschool through elementary school age children in designated public school districts.

Program Name	Agency	Service	Address	Phone Number	County Monitor	Region
Come Play Outside	City of San Diego Parks & Rec	PEI	202 C Street San Diego, CA 92101	(619) 525-8211	Amanda Lance-Sexton	Countywide
COPES - Creating Opportunities in Preventing & Eliminating Suicide	San Diego County Office of Education	PEI	6401 Linda Vista Road, Room 409 San Diego, CA 92111	(858) 298-2093	Janette Magsanoc	Countywide
Friday Night Live (High School) Club Live (Middle School)	San Diego County Superintendent of Schools	PEI - Student Leadership Development	6401 Linda Vista Road San Diego, CA 92111	(858) 569-3137	David Lee	Countywide
HERE Now	San Diego Youth Services (SDYS)	PEI - School-based Suicide Prevention	3255 Wing Street San Diego, CA 92110	(619) 221-8600	Danyte Mockus-Valenzuela	Countywide
PEI services to Native Americans	Southern Indian Health Council	PEI - Native American Prevention and Early Intervention	4058 Willow Road Alpine, CA 91901	(619) 445-1188	Danyte Mockus-Valenzuela	Countywide
PEI services to Native Americans	Indian Health Council, Inc.	PEI - Native American Prevention and Early Intervention	50100 Golsh Road Valley Center, CA 92082	(760) 749-1410	Danyte Mockus-Valenzuela	Countywide
PEI services to Native Americans	San Diego American Indian Health Center	PEI - Native American Prevention and Early Intervention	2630 1st Avenue San Diego, CA 92103	(619) 234-2158	Danyte Mockus-Valenzuela	Countywide
Positive Parenting Program (Triple P)	Jewish Family Services	PEI - Parenting Program	8804 Balboa Avenue San Diego, CA 92123	(85) 637-3000 ext. 3006	Danyte Mockus-Valenzuela	Countywide
School Based PEI - Central Southeastern	San Diego Unified School District (SDUSD)	PEI	4487 Oregon Street San Diego, CA 92116	(619) 362-4330	Kelly Bordman	Central
School Based PEI - East	San Diego Youth Services (SDYS)	PEI	3845 Spring Drive Spring Valley, CA 91977	(619) 258-6877	Kelly Bordman	East
School Based PEI - N Coastal	Palomar Family Counseling Services Inc (PFC)	PEI	1002 East Grand Avenue Escondido, CA 92025	(760) 741-2660	Kelly Bordman	North
School Based PEI - South	SBCS Corporation (SBCS)	PEI	430 F Street Chula Vista, CA 91910	(619) 420-3620	Kelly Bordman	South
School Based PEI N Inland	Vista Hill Foundation (VHF)	PEI	1029 N. Broadway Escondido, CA 92026	(760) 489-4126	Kelly Bordman	North
School Based PEI Central & N Central	San Diego Unified School District (SDUSD)	PEI	4487 Oregon Street San Diego, CA 92116	(619) 362-4330	Kelly Bordman	Central

County Operated Programs

County Operated Programs

These include three programs with licensed clinical behavioral health teams

Continuum of Care Reform (CCR)

The CCR Team provides oversight and accountability of the BHS components of CCR in San Diego County, including assisting group homes in transitioning into Short-Term Residential Therapeutic Programs (STRTPs), attendance at Interagency Placement Committee (IPC) meetings, and other joint collaboration within the implementation of CCR across BHS, Child Welfare Services (CWS), and the Department of Probation (Probation).

Pathways to Well-Being (Pathways)

The Pathways Team provides ongoing technical assistance through on-site and virtual program outreach to BHS-contracted mental health treatment providers to ensure that youth who have more intensive needs and/or whose treatment require cross agency collaboration have an identified Child and Family Team (CFT) and receive Intensive Care Coordination (ICC), and if recommended and agreed upon by the CFT, Intensive Home-Based Services (IHBS). BHS, CWS, Probation, and family and youth partners have worked collaboratively to develop a shared vision to meet the Katie A. settlement requirements and expansion of services outlined in the California Medi-Cal Manual for ICC, IHBS, and Therapeutic Foster Care (TFC) Services for Medi-Cal Beneficiaries.

<https://theacademy.sdsu.edu/wp-content/uploads/2018/01/medi-cal-manual-third-edition.pdf>

California Integrated Core Practice Model Guide: https://www.dhcs.ca.gov/services/MH/Documents/Information%20Notices/IN%2018-022%20Integrated%20Core%20Practice%20Model%20and%20Integrated%20Training%20Guide/Integrated_Core_Practice_Model.pdf

Juvenile Forensics Services STAT

Provides psychological and psychiatric services to the youth residing within the juvenile detention facilities. These services may include counseling, assessment, crisis intervention, psychiatric medication management, and transition-to-community related assistance. In addition, Juvenile Forensic Services provides assistance to Juvenile Probation, Juvenile Court and Child Welfare Services by way of expert consultation regarding mental health issues, mental competency screenings, and by providing other mental health evaluations for youth. The Juvenile Forensic Services are provided by the Behavioral Health Services Stabilization, Treatment, Assessment and Transition Team (STAT) at the following Probation detention facilities:

- Kearny Mesa Juvenile Hall
- East Mesa Juvenile Hall
- Urban Camp
- Healing Opportunities for Personal Empowerment (HOPE)

BHS and Probation have collaborated on the design for a new intensive treatment program for in-custody youth that began in July of 2021. The HOPE program supports the juvenile justice system's transition to a positive youth development model while also focusing on the interrelated triad of treatment needs typical of youth who are in custody and provides evidence-based and evidence-informed treatments for mental health, substance abuse and criminogenic behavior.

Program Name	Parent Organization	Service	Address	Phone Number	County Monitor	Region	Special Population
Continuum of Care Reform (CCR)	County of San Diego	Administration STRTP	3255 Camino del Rio South San Diego, CA 92108	(619) 563-2723 (619) 584-5041	Amanda Lance-Sexton	Countywide	CWS Probation

Program Name	Parent Organization	Service	Address	Phone Number	County Monitor	Region	Special Population
East Mesa Juvenile Hall Juvenile Forensic Services - Stabilization, Treatment, Assessment and Transition Team (STAT)	County of San Diego	Outpatient Competency Screenings	446 Alta Road, Suite 6100 San Diego, CA 92158	(619)-671-6530	Fran Cooper	Countywide	Probation Juvenile Detention
Healing Opportunities for Personal Empowerment (HOPE)	County of San Diego	Outpatient	446 Alta Road, Suite 6100 San Diego, CA 92158	(619) 671- 4473	Carlos Nelson	Countywide	Probation Juvenile Detention
Pathways to Well-Being	County of San Diego	Administration Pathways to Well-Being/ Katie A	3255 Camino del Rio South San Diego, CA 92108	(619) 563-2723 (619) 584-5041	Amanda Lance-Sexton	Countywide	CWS

Child Welfare Services - Specialty Programs

Child Welfare Services (CWS) - Specialty Programs

Includes programs specializing in the treatment of youth involved in the child welfare system. The entire CYF network of services is available to CWS youth, but these programs were designed with consideration of the complex needs of youth involved in CWS, who may be placed in foster care, seeking reunification with biological family members, or a caregiver working towards case plan goals with a CWS worker. These programs are also found in other corresponding sections. STRTPs see Residential - Mental Health.

Program Name	Agency	Service	Address	Phone Number	County Monitor	Region
CFT Meeting Facilitation	Fred Finch Youth Center (FFYC)	CFT Meetings	10174 Old Grove Road, Suite 100 San Diego, CA 92131	(858) 682-3818	Amanda Lance-Sexton Jeralyn Bourdage	Countywide
Comp. Assess. & Stab. Svcs. (CASS)	New Alternatives Inc (NAI)	Outpatient	3517 Camino del Rio South, Suite. 407 San Diego, CA 92108	(619) 955-8905	Eileen Quinn-O'Malley	Countywide
Continuum of Care Reform (CCR)	County of San Diego	Administration STRTP	3255 Camino del Rio South San Diego, CA 92108	(619) 563-2723 (619) 584-5041	Amanda Lance-Sexton	Countywide
Development Eval Clinic (DEC)	Rady Children's Hospital of San Diego (Rady)	Outpatient Evaluation	3665 Kearny Villa Road, Suite 405 San Diego, CA 92123	(858) 966-1700	Rebecca Raymond	Central
Family Urgent Response System (FURS)	Mental Health America	State Hotline Local Mobile Response Placement stabilization	4069 30th Street San Diego, CA 92104	1-833-939-FURS State Hotline	Emil Montoya	Countywide
Foster Family Agency Stabilization and Treatment (FFAST)	San Diego Center for Children (SDCC)	Outpatient Therapeutic Foster Care	8775 Aero Drive, Suite 132 San Diego, CA 92123	(858) 633-4115	Kelly Bordman	Countywide
Incredible Families	New Alternatives Inc (NAI)	Outpatient	8765 Aero Drive San Diego, CA 92123	(619) 207-0396	Eileen Quinn-O'Malley	Countywide
Juvenile Court Clinic	Vista Hill Foundation, Inc (VHF)	Psychiatric Services	2851 Meadowlark Drive San Diego, CA 92123	(858) 571-1964	Wendy Maramba	Countywide
Pathways to Well-Being	County of San Diego	Administration Pathways to Well-Being/ Katie A	3255 Camino del Rio South San Diego, CA 92108	(619) 563-2723 (619) 584-5041	Amanda Lance-Sexton	Countywide
Dependency Drug Court SUD Coordination	Vista Hill Foundation, Inc (VHF)	Outpatient	4990 Williams Avenue, Suite 202 La Mesa, CA 91942	(619) 668-4265	Terri Kang	Countywide
Polinsky Child. Ctr (PCC) Placement Stab. Svcs.	New Alternatives Inc (NAI)	Emergency Shelter	9400 Ruffin Court San Diego, CA 92123	(858) 357-6879	Eileen Quinn-O'Malley	Countywide

Program Name	Agency	Service	Address	Phone Number	County Monitor	Region
Sober and Friendly Environment (SAFE) Housing [Transitional Sober Housing]	McAlister Institute for Treatment and Education (MITE)	SUD Transitional Housing	1400 N. Johnson Avenue, Ste. 101 El Cajon, CA 92020	(619) 442-0277	Wendy Maramba	Countywide
Wrapworks	San Diego Center for Children (SDCC)	Wraparound	3002 Armstrong Street San Diego, CA 92111	(858) 569-2170	Kelly Bordman	Countywide

Fee for Service (FFS) Network

Fee-for-Service (FFS) Network

The County of San Diego FFS Network is a group of providers licensed independently to provide mental health treatment services in private practice settings to Medi-Cal beneficiaries. Optum Public Sector San Diego is the Administrative Services Organization that manages the FFS Network. The [Full Service Partnership \(sandiegocounty.gov\)](https://www.sandiegocounty.gov) lists available providers and services offered by the County of San Diego through the FFS Network.

Behavioral Health Services (BHS) – Information Notice

To:	BHS Contracted Service Providers
From:	Behavioral Health Services
Date:	November 7, 2022
Title	CYF Regional Services Directory

Children, Youth and Families (CYF) Regional Services Directory

The CYF Regional School Lists which describe the programs that are accessible in the different school districts have been redesigned as the **CYF Regional Services Directory**. The Directory is intended to highlight the County of San Diego's Behavioral Health Services (BHS) services in the region, inclusive of school-based supports, as well as regional lists of outpatient clinics and countywide specialty programs.

There are five (5) CYF Regional Services Directories available:

- Central and North Central Regions
- East Region
- North Coastal Region
- North Inland Region
- South Region

They can be accessed through the following link: [Schools \(sandiegocounty.gov\)](https://schools.sandiegocounty.gov)

For More Information:

- Contact your Contracting Officer's Representative (COR)

REGIONAL SERVICES DIRECTORY

CENTRAL & NORTH CENTRAL REGION BEHAVIORAL HEALTH SERVICES FOR CHILDREN AND YOUTH



Behavioral Health Services (BHS)

Providers in Central & North Central Region

District 1 Supervisor: Nora Vargas District 2 Supervisor: Joel Anderson
 District 3 Supervisor: Terra Lawson-Remer District 4 Supervisor: Nathan Fletcher

The County of San Diego's Behavioral Health Services (BHS) offers a multitude of programming to support children and youth who require mental health or substance use treatment. The programs are predominately focused on serving youth up to age 21 who are MediCal beneficiaries or have no medical insurance. This **Central & North Central Region Services Directory** highlights BHS services in the region, inclusive of school based supports. In addition to contacting the programs directly, the following resources are available to assist with access to care or to obtain information:

Access & Crisis Line: (888) 724-7240 [TDD: (619) 641-6992] offers information about behavioral health resources, including support for a mental health and substance use crisis

9-8-8 Suicide & Crisis Lifeline: Dial "9-8-8"

County of San Diego Behavioral Health Services:

<https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs.html>

County of San Diego Behavioral Health Provider Directory:

<https://sdcountrybhs.com/ProviderDirectory>

Behavioral Health CYF Services Directory:

<https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/bhs/CYF/CYF%20Services%20Directory.pdf>

2-1-1 San Diego (List of services and referrals for health and social service programs): Dial "2-1-1"

Regional Services Directory for this and other regions:

https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental_health_services_children/Schools.html

County BHS Primary Contacts in the Central & North Central Region

Wendy Maramba, Chief, Child & Adolescent Services
Wendy.Maramba@sdcounty.ca.gov or (619) 417-0873

Yael Koenig, Deputy Director
Yael.Koenig@sdcounty.ca.gov or (619) 563-2773

Acute Services

The following Acute Care services are available Countywide for children and youth who are experiencing a psychiatric crisis and may be a danger to self or other, or are gravely disabled.

Service	Agency	Program Name	Address & Phone Number
Inpatient	Aurora Behavioral Health Care San Diego	Aurora Behavioral Health Care/Inpatient	11878 Ave of Industry San Diego, CA 92128 (858) 487-3200
Inpatient	Rady Children's Hospital of San Diego	Acute Psychiatric Inpatient Services for Children and Adolescents (CAPS)	8001 Frost St San Diego, CA 92123 (858) 966-8337
Inpatient	Sharp Mesa Vista Hospital	Sharp Mesa Vista	7850 Vista Hill Ave San Diego, CA 92123 (858) 836-8434
Crisis Stabilization	New Alternatives Inc (NAI)	Emergency Screening Unit (ESU)	4309 Third Ave San Diego, CA 92103 (619) 876-4502
Crisis Response	Exodus Recovery	Mobile Crisis Response Team (MCRT) North Pilot	Access through ACL: (888) 724-7240
Crisis Response	Telecare	Mobile Crisis Response Team (MCRT)	Access through ACL: (888) 724-7240
Psychiatric Emergency Resource	Community Research Foundation (CRF)	Psychiatric Emergency Response Team (PERT)	Through 911
Outpatient Mental Health Treatment	New Alternatives Inc (NAI)	Crisis Action & Connection (CAC)	Community Based: (619) 591-5740
Outpatient Mental Health Treatment	Vista Hill Foundation (VHF)	BH Connect Tele-Mental Health	Access through ACL: (888) 724-7240 (858) 877-0179
State Hotline Local Mobile Response Placement Stabilization	Mental Health America	Family Urgent Response System (FURS)	4069 30th Street San Diego, CA 92104 (833) 939-3877

CENTRAL & NORTH CENTRAL REGION BEHAVIORAL HEALTH SERVICES

SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
San Diego Unified	Adams Elementary	Pathways Community Services	Cornerstone	6244 El Cajon Blvd., Suite 14, San Diego, CA 92115	(619) 640-3266
	ALBA - Alternative Learning for Behavior and Attitude	San Diego Unified School District	Mental Health Resource Center	2351 Cardinal Lane, Annex B, San Diego, CA 92139	(858) 573-2227
		Union of Pan Asian Communities	Central Region Teen Recovery Center	3288 El Cajon Blvd, Suite 13, San Diego, CA 92104	(619) 521-5720
	Albert Einstein Academy Charter Middle	Pathways Community Services	Cornerstone	6244 El Cajon Blvd., Suite 14, San Diego, CA 92115	(619) 640-3266
	Altus the Charter School of San Diego 6-12	Community Research Foundation	Mobile Adolescent Service Team	1202 Morena Blvd., Suite 203, San Diego, CA 92110	(619) 398-3261
	America's Finest Charter K-8	Pathways Community Services	Cornerstone	6244 El Cajon Blvd., Suite 14, San Diego, CA 92115	(619) 640-3266
	Audubon K-8	Mental Health Systems dba TURN Behavioral Health Services	Central Region	4660 Viewridge Avenue, San Diego, CA 92123	(858) 278-3292
	Baker Elementary	Family Health Centers of San Diego	Community Circle Central Region	2204 National Avenue, San Diego, CA 92113	(619) 255-7859
		San Diego Unified School District	Prevention and Early Intervention Southeast	4487 Oregon Street, Ste. CC2- CC5, San Diego, CA 92116	(619) 362-4330
	Balboa Elementary	Family Health Centers of San Diego	Community Circle Central Region	2204 National Avenue, San Diego, CA 92113	(619) 255-7859
	Bell Middle	San Diego Unified School District	Mental Health Resource Center	2351 Cardinal Lane, Annex B, San Diego, CA 92139	(858) 573-2227
	Bell Middle - (API only)	Union of Pan Asian Communities	Child & Adolescent Mental Health	1031 25 th Street, San Diego, CA 92102	(619) 232-6454
	Bethune K-8 (API only)	Union of Pan Asian Communities	Multi-Cultural Community Counseling	5348 University Avenue, Ste.108, San Diego, CA 92105	(619) 578-2211
	Birney Elementary	YMCA	Therapeutic Interventions Designed to Empower Students	4394 30th St., San Diego, CA 92104	(619) 281-8313

CENTRAL & NORTH CENTRAL REGION BEHAVIORAL HEALTH SERVICES

SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
San Diego Unified	Boone Elementary	Union of Pan Asian Communities	Child & Adolescent Mental Health	1031 25 th Street, San Diego, CA 92102	(619) 232-6454
	Burbank Elementary	Family Health Centers of San Diego	Community Circle Central Region	2204 National Avenue, San Diego, CA 92113	(619) 255-7859
	Carson Elementary	Mental Health Systems dba TURN Behavioral Health Services	Central Region	4660 Viewridge Avenue, San Diego, CA 92123	(858) 278-3292
	Carver Elementary	Community Research Foundation	Douglas Young Youth & Family Services	7917 Ostrow Street, Suite A, San Diego, CA 92111	(858) 300-8282
	Central Elementary	Community Research Foundation	Douglas Young Youth & Family Services	7917 Ostrow Street, Suite A, San Diego, CA 92111	(858) 300-8282
		San Diego Unified School District	Prevention and Early Intervention North Central	4487 Oregon Street, Ste. CC2-CC5, San Diego, CA 92116	(619) 362-4330
	Challenger Middle	Mental Health Systems dba TURN Behavioral Health Services	Central Region	4660 Viewridge Avenue, San Diego, CA 92123	(858) 278-3292
	Challenger Middle (API only)	Union of Pan Asian Communities	Multi-Cultural Community Counseling	5348 University Avenue, Ste.108, San Diego, CA 92105	(619) 578-2211
	Chavez Elementary	Family Health Centers of San Diego	Community Circle Central Region	2204 National Avenue, San Diego, CA 92113	(619) 255-7859
		San Diego Unified School District	Prevention and Early Intervention Southeast	4487 Oregon Street, Ste. CC2-CC5, San Diego, CA 92116	(619) 362-4330
	Cherokee Point Elementary	Community Research Foundation	Douglas Young Youth & Family Services	7917 Ostrow Street, Suite A, San Diego, CA 92111	(858) 300-8282
	Chollas-Mead Elementary	Union of Pan Asian Communities	Child & Adolescent Mental Health	1031 25 th Street, San Diego, CA 92102	(619) 232-6454
	Clairemont Canyons Academy	Community Research Foundation	Douglas Young Youth & Family Services	7917 Ostrow Street, Suite A, San Diego, CA 92111	(858) 300-8282
	Clairemont High	Community Research Foundation	Douglas Young Youth & Family Services	7917 Ostrow Street, Suite A, San Diego, CA 92111	(858) 300-8282

CENTRAL & NORTH CENTRAL REGION BEHAVIORAL HEALTH SERVICES

SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
San Diego Unified	Clay Elementary	San Diego Unified School District	Prevention and Early Intervention North Central	4487 Oregon Street, Ste. CC2-CC5, San Diego, CA 92116	(619) 362-4330
		YMCA	Therapeutic Interventions Designed to Empower Students	4394 30th St., San Diego, CA 92104	(619) 281-8313
	CPMA Middle (Creative Performing Media Arts)	San Diego Unified School District	Mental Health Resource Center	2351 Cardinal Lane, Annex B, San Diego, CA 92139	(858) 573-2227
	Crawford High	Community Research Foundation	Douglas Young Youth & Family Services	7917 Ostrow Street, Suite A, San Diego, CA 92111	(858) 300-8282
	Darnall Charter School	Pathways Community Services	Cornerstone	6244 El Cajon Blvd., Suite 14, San Diego, CA 92115	(619) 640-3266
	Doyle Elementary	Mental Health Systems dba TURN Behavioral Health Services	Central Region	4660 Viewridge Avenue, San Diego, CA 92123	(858) 278-3292
	E3 Civic High	Community Research Foundation	Mobile Adolescent Service Team	1260 Morena Blvd., Suite 200, San Diego, CA 92110	(619) 398-3261
	East Village High School	YMCA	Therapeutic Interventions Designed to Empower Students	4394 30th St., San Diego, CA 92104	(619) 281-8313
	Edison Elementary	Union of Pan Asian Communities	Child & Adolescent Mental Health	1031 25 th Street, San Diego, CA 92102	(619) 232-6454
	Emerson/Bandini Elementary	Family Health Centers of San Diego	Community Circle Central Region	2204 National Avenue, San Diego, CA 92113	(619) 255-7859
		San Diego Unified School District	Prevention and Early Intervention Southeast	4487 Oregon Street, Ste. CC2-CC5, San Diego, CA 92116	(619) 362-4330
	Encanto Elementary	Pathways Community Services	Cornerstone	6244 El Cajon Blvd., Suite 14, San Diego, CA 92115	(619) 640-3266
	Euclid Elementary	Family Health Centers of San Diego	Community Circle Central Region	2204 National Avenue, San Diego, CA 92113	(619) 255-7859

CENTRAL & NORTH CENTRAL REGION BEHAVIORAL HEALTH SERVICES

SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
San Diego Unified	Farb Middle	Mental Health Systems dba TURN Behavioral Health Services	Central Region	4660 Viewridge Avenue, San Diego, CA 92123	(858) 278-3292
	Fay Elementary	Pathways Community Services	Cornerstone	6244 El Cajon Blvd., Suite 14, San Diego, CA 92115	(619) 640-3266
	Field Elementary	Community Research Foundation	Douglas Young Youth & Family Services	7917 Ostrow Street, Suite A, San Diego, CA 92111	(858) 300-8282
	Florence Elementary	San Diego Unified School District	Prevention and Early Intervention North Central	4487 Oregon Street, Ste. CC2- CC5, San Diego, CA 92116	(619) 362-4330
	Franklin Elementary	Pathways Community Services	Cornerstone	6244 El Cajon Blvd., Suite 14, San Diego, CA 92115	(619) 640-3266
	Freese Elementary	Pathways Community Services	Cornerstone	6244 El Cajon Blvd., Suite 14, San Diego, CA 92115	(619) 640-3266
	Fulton K-8	Mental Health Systems dba TURN Behavioral Health Services	Central Region	4660 Viewridge Avenue, San Diego, CA 92123	(858) 278-3292
	Garfield Elementary	Pathways Community Services	Cornerstone	6244 El Cajon Blvd., Suite 14, San Diego, CA 92115	(619) 640-3266
	Garfield High School	Rady Children's Hospital San Diego	Central, East, South Clinic	3665 Kearny Villa Road, Suite 101, San Diego, CA 92123	(858) 576-1700
	Golden Hill K-8	Rady Children's Hospital San Diego	Central Clinic	3665 Kearny Villa Road, Suite 101, San Diego, CA 92123	(858) 966-5832
	Gompers Preparatory Academy 6-12	Union of Pan Asian Communities	Child & Adolescent Mental Health	1031 25 th Street, San Diego, CA 92102	(619) 232-6454
	Hamilton Elementary	Rady Children's Hospital San Diego	Central Clinic	3665 Kearny Villa Road, Suite 101, San Diego, CA 92123	(858) 966-5832
	Hoover High	Rady Children's Hospital San Diego	Central, East, South Clinic	3665 Kearny Villa Road, Suite 101, San Diego, CA 92123	(858) 576-1700
		Survivor of Torture International	Survivor of Torture International	P.O. Box 151240, San Diego, CA 92175	(619) 278-2400

CENTRAL & NORTH CENTRAL REGION BEHAVIORAL HEALTH SERVICES

SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
San Diego Unified	Hoover High	Union of Pan Asian Communities	Central Region Teen Recovery Center	3288 El Cajon Blvd, Suite 13, San Diego, CA 92104	(619) 521-5720
	Horton Elementary	Union of Pan Asian Communities	Child & Adolescent Mental Health	1031 25 th Street, San Diego, CA 92102	(619) 232-6454
	Ibarra Elementary	Community Research Foundation	Douglas Young Youth & Family Services	7917 Ostrow Street, Suite A, San Diego, CA 92111	(858) 300-8282
	Innovation Middle School	Community Research Foundation	Douglas Young Youth & Family Services	1161 Bay Blvd., Suite B, Chula Vista, CA 91911	(619) 585-7686
	Jefferson Elementary K-5	San Diego Unified School District	Prevention and Early Intervention North Central	4487 Oregon Street, Ste. CC2-CC5, San Diego, CA 92116	(619) 362-4330
	Johnson Elementary K-5	Pathways Community Services	Cornerstone	6244 El Cajon Blvd., Suite 14, San Diego, CA 92115	(619) 640-3266
		San Diego Unified School District	Prevention and Early Intervention Southeast	4487 Oregon Street, Ste. CC2-CC5, San Diego, CA 92116	(619) 362-4330
	Jones Elementary	Mental Health Systems dba TURN Behavioral Health Services	Central Region	4660 Viewridge Avenue, San Diego, CA 92123	(858) 278-3292
	Joyner Elementary	Pathways Community Services	Cornerstone	6244 El Cajon Blvd., Suite 14, San Diego, CA 92115	(619) 640-3266
	Juarez Elementary	Community Research Foundation	Douglas Young Youth & Family Services	7917 Ostrow Street, Suite A, San Diego, CA 92111	(858) 300-8282
	Kearny High School	Mental Health Systems dba TURN Behavioral Health Services	North Central Teen Recovery Center	4660 Viewridge Avenue, Suite 100A, San Diego, CA 92123	(619) 565-2510
		San Diego Unified School District	Mental Health Resource Center	2351 Cardinal Lane, Annex B, San Diego, CA 92139	(858) 573-2227
		San Diego Unified School District	Mental Health Resource Center	2351 Cardinal Lane, Annex B, San Diego, CA 92139	(858) 573-2227
	Kimbrough Elementary	Community Research Foundation	Douglas Young Youth & Family Services	7917 Ostrow Street, Suite A, San Diego, CA 92111	(858) 300-8282

CENTRAL & NORTH CENTRAL REGION BEHAVIORAL HEALTH SERVICES

SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
San Diego Unified	Kimbrough Elementary	San Diego Unified School District	Prevention and Early Intervention Southeast	4487 Oregon Street, Ste. CC2-CC5, San Diego, CA 92116	(619) 362-4330
	King Chavez Academy of Excellence	YMCA	Therapeutic Interventions Designed to Empower Students	4394 30th St., San Diego, CA 92104	(619) 281-8313
	King Chavez Arts & Athletics 3-5	YMCA	Therapeutic Interventions Designed to Empower Students	4394 30th St., San Diego, CA 92104	(619) 281-8313
	King Chavez Community High	YMCA	Therapeutic Interventions Designed to Empower Students	4394 30th St., San Diego, CA 92104	(619) 281-8313
	King Chavez Preparatory Academy	YMCA	Therapeutic Interventions Designed to Empower Students	4394 30th St., San Diego, CA 92104	(619) 281-8313
	King Chavez Primary K-2	YMCA	Therapeutic Interventions Designed to Empower Students	4394 30th St., San Diego, CA 92104	(619) 281-8313
	KIPP Adelante Charter 5-8	Harmonium	Harmonium	5275 Market St., St. E, San Diego, CA 92114	(619) 541-0426
		Rady Children's Hospital San Diego	Central Clinic	3665 Kearny Villa Road, Suite 101, San Diego, CA 92123	(858) 966-5832
	Knox Middle	Union of Pan Asian Communities	Child & Adolescent Mental Health	1031 25 th Street, San Diego, CA 92102	(619) 232-6454
	La Jolla High	Community Research Foundation	Douglas Young Youth & Family Services	7917 Ostrow Street, Suite A, San Diego, CA 92111	(858) 300-8282
	Lafayette Elementary	Rady Children's Hospital San Diego	Central Clinic	3665 Kearny Villa Road, Suite 101, San Diego, CA 92123	(858) 966-5832
		San Diego Unified School District	Prevention and Early Intervention North Central	4487 Oregon Street, Ste. CC2-CC5, San Diego, CA 92116	(619) 362-4330
	Language Academy	Community Research Foundation	Mobile Adolescent Service Team	1260 Morena Blvd., Suite 200, San Diego, CA 92110	(619) 398-3261

CENTRAL & NORTH CENTRAL REGION BEHAVIORAL HEALTH SERVICES

SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
San Diego Unified	Lewis Middle School	Pathways Community Services	Cornerstone	6244 El Cajon Blvd., Suite 14, San Diego, CA 92115	(619) 640-3266
	Lincoln High	San Diego Unified School District	Mental Health Resource Center	2351 Cardinal Lane, Annex B, San Diego, CA 92139	(858) 573-2227
		Vista Hill Foundation	Central Southeastern Region Teen Recovery Center	220 S. Euclid Avenue, Suite 40, San Diego, CA 92114	(619) 795-7232
	Linda Vista Elementary	Mental Health Systems dba TURN Behavioral Health Services	Central Region	4660 Viewridge Avenue, San Diego, CA 92123	(858) 278-3292
	Logan Memorial Educational Campus	Family Health Centers of San Diego	Community Circle Central Region	2875 Oceanview Blvd., San Diego, CA 92113	(619) 255-7859
	Madison High	Community Research Foundation	Mobile Adolescent Service Team	1260 Morena Blvd., Suite 200, San Diego, CA 92110	(619) 398-3261
		Mental Health Systems dba TURN Behavioral Health Services	North Central Teen Recovery Center	4660 Viewridge Avenue, Suite 100A, San Diego, CA 92123	(619) 565-2510
	Mann Middle	San Diego Unified School District	Mental Health Resource Center	2351 Cardinal Lane, Annex B, San Diego, CA 92139	(858) 573-2227
	Mann Middle (API only)	Union of Pan Asian Communities	Multi-Cultural Community Counseling	5348 University Avenue, Ste.108, San Diego, CA 92105	(619) 578-2211
	Marcy Day School	San Diego Unified School District	Marcy Day School Services	4150 Ute Dr., San Diego, CA 92117	(858) 302-3320
	Marshall Elementary	Community Research Foundation	Douglas Young Youth & Family Services	7917 Ostrow Street, Suite A, San Diego, CA 92111	(858) 300-8282
		San Diego Unified School District	Prevention and Early Intervention North Central	4487 Oregon Street, Ste. CC2- CC5, San Diego, CA 92116	(619) 362-4330
	Marston Middle	Community Research Foundation	Douglas Young Youth & Family Services	7917 Ostrow Street, Suite A, San Diego, CA 92111	(858) 300-8282
	Millennial Tech Middle	Pathways Community Services	Cornerstone	6244 El Cajon Blvd., Suite 14, San Diego, CA 92115	(619) 640-3266

CENTRAL & NORTH CENTRAL REGION BEHAVIORAL HEALTH SERVICES

SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
San Diego Unified	Mira Mesa High	Community Research Foundation	Douglas Young Youth & Family Services	7917 Ostrow Street, Suite A, San Diego, CA 92111	(858) 300-8282
	Mission Bay High	Mental Health Systems dba TURN Behavioral Health Services	Central Region	4660 Viewridge Avenue, San Diego, CA 92123	(858) 278-3292
	Monroe Clark Middle	Pathways Community Services	Cornerstone	6244 El Cajon Blvd., Suite 14, San Diego, CA 92115	(619) 640-3266
	Montgomery Middle	Mental Health Systems dba TURN Behavioral Health Services	Central Region	4660 Viewridge Avenue, San Diego, CA 92123	(858) 278-3292
	Morse High	Community Research Foundation	Douglas Young Youth & Family Services	7917 Ostrow Street, Suite A, San Diego, CA 92111	(858) 300-8282
		Vista Hill Foundation	Central Southeastern Region Teen Recovery Center	220 S. Euclid Avenue, Suite 40, San Diego, CA 92114	(619) 795-7232
	Muirlands Middle	Mental Health Systems dba TURN Behavioral Health Services	Central Region	4660 Viewridge Avenue, San Diego, CA 92123	(858) 278-3292
	New Dawn Day School	San Diego Unified School District	New Dawn Day School Services	5650 Mt. Ackerly Dr., San Diego, CA 92111	(858) 302-3340
	Normal Heights Elementary	Family Health Centers of San Diego	Community Circle Central Region	2204 National Avenue, San Diego, CA 92113	(619) 255-7859
	Nye Elementary	Union of Pan Asian Communities	Child & Adolescent Mental Health	1031 25 th Street, San Diego, CA 92102	(619) 232-6454
	Oak Park Elementary	Pathways Community Services	Cornerstone	6244 El Cajon Blvd., Suite 14, San Diego, CA 92115	(619) 640-3266
	Ocean Beach Elementary	YMCA	Therapeutic Interventions Designed to Empower Students	4394 30th St., San Diego, CA 92104	(619) 281-8313
	O'Farrell Community School	Pathways Community Services	Cornerstone	6244 El Cajon Blvd., Suite 14, San Diego, CA 92115	(619) 640-3266

CENTRAL & NORTH CENTRAL REGION BEHAVIORAL HEALTH SERVICES

SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
San Diego Unified	Pacific Beach Middle	Mental Health Systems dba TURN Behavioral Health Services	Central Region	4660 Viewridge Avenue, San Diego, CA 92123	(858) 278-3292
	Pacific View Leadership Elementary	San Diego Unified School District	Mental Health Resource Center	2351 Cardinal Lane, Annex B, San Diego, CA 92139	(858) 573-2227
	Paradise Hills Elementary	San Diego Unified School District	Prevention and Early Intervention Southeast	4487 Oregon Street, Ste. CC2- CC5, San Diego, CA 92116	(619) 362-4330
		Union of Pan Asian Communities	Child & Adolescent Mental Health	1031 25 th Street, San Diego, CA 92102	(619) 232-6454
	Patrick Henry High	San Diego Unified School District	Mental Health Resource Center	2351 Cardinal Lane, Annex B, San Diego, CA 92139	(858) 573-2227
	Penn Elementary	Community Research Foundation	Mobile Adolescent Service Team	1260 Morena Blvd., Suite 200, San Diego, CA 92110	(619) 398-3261
		San Diego Unified School District	Prevention and Early Intervention Southeast	4487 Oregon Street, Ste. CC2- CC5, San Diego, CA 92116	(619) 362-4330
	Perkins Elementary K-8	YMCA	Therapeutic Interventions Designed to Empower Students	4394 30th St., San Diego, CA 92104	(619) 281-8313
	Perry Elementary	Community Research Foundation	Mobile Adolescent Service Team	1260 Morena Blvd., Suite 200, San Diego, CA 92110	(619) 398-3261
	Pershing Middle School	Community Research Foundation	Douglas Young Youth & Family Services	7917 Ostrow Street, Suite A, San Diego, CA 92111	(858) 300-8282
	Porter Elementary	Union of Pan Asian Communities	Child & Adolescent Mental Health	1031 25 th Street, San Diego, CA 92102	(619) 232-6454
	Pruess School (API only)	Union of Pan Asian Communities	Multi-Cultural Community Counseling	5348 University Avenue, Ste.108, San Diego, CA 92105	(619) 578-2211
	Riley Day School	San Diego Unified School District	Riley Day School Services	2351 Cardinal Lane, Annex B, San Diego, CA 92139	(858) 302-3300
	Rodriguez Elementary	Family Health Centers of San Diego	Community Circle Central Region	2204 National Avenue, San Diego, CA 92113	(619) 255-7859

CENTRAL & NORTH CENTRAL REGION BEHAVIORAL HEALTH SERVICES

SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
San Diego Unified	Rodriguez Elementary	San Diego Unified School District	Prevention and Early Intervention Southeast	4487 Oregon Street, Ste. CC2-CC5, San Diego, CA 92116	(619) 362-4330
	Rolando Park Elementary K-5	San Diego Unified School District	Mental Health Resource Center	2351 Cardinal Lane, Annex B, San Diego, CA 92139	(858) 573-2227
			Prevention and Early Intervention North Central	4487 Oregon Street, Ste. CC2-CC5, San Diego, CA 92116	(619) 362-4330
	Roosevelt Middle	YMCA	Therapeutic Interventions Designed to Empower Students	4394 30th St., San Diego, CA 92104	(619) 281-8313
	Rosa Parks Elementary	Pathways Community Services	Cornerstone	6244 El Cajon Blvd., Suite 14, San Diego, CA 92115	(619) 640-3266
	Ross Elementary	Community Research Foundation	Douglas Young Youth & Family Services	7917 Ostrow Street, Suite A, San Diego, CA 92111	(858) 300-8282
	Rowan Elementary	San Diego Unified School District	Mental Health Resource Center	2351 Cardinal Lane, Annex B, San Diego, CA 92139	(858) 573-2227
	San Diego High	Union of Pan Asian Communities	Central Region Teen Recovery Center	3288 El Cajon Blvd, Suite 13, San Diego, CA 92104	(619) 521-5720
		YMCA	Therapeutic Interventions Designed to Empower Students	4394 30th St., San Diego, CA 92104	(619) 281-8313
	SCPA - School of Creative-Performing Arts	San Diego Unified School District	Mental Health Resource Center	2351 Cardinal Lane, Annex B, San Diego, CA 92139	(858) 573-2227
	Sherman Elementary	YMCA	Therapeutic Interventions Designed to Empower Students	4394 30th St., San Diego, CA 92104	(619) 281-8313
	Spreckels Elementary	Mental Health Systems dba TURN Behavioral Health Services	Central Region	4660 Viewridge Avenue, San Diego, CA 92123	(858) 278-3292
	Taft Middle	Mental Health Systems dba TURN Behavioral Health Services	Central Region	4660 Viewridge Avenue, San Diego, CA 92123	(858) 278-3292

CENTRAL & NORTH CENTRAL REGION BEHAVIORAL HEALTH SERVICES

SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
San Diego Unified	Toler Elementary	Community Research Foundation	Douglas Young Youth & Family Services	7917 Ostrow Street, Suite A, San Diego, CA 92111	(858) 300-8282
	Tubman Charter K-8	Pathways Community Services	Cornerstone	6244 El Cajon Blvd., Suite 14, San Diego, CA 92115	(619) 640-3266
	Twain High	Mental Health Systems dba TURN Behavioral Health Services	Central Region	4660 Viewridge Avenue, San Diego, CA 92123	(858) 278-3292
	Twain Mesa Charter (at Mira Mesa HS)	Community Research Foundation	Douglas Young Youth & Family Services	7917 Ostrow Street, Suite A, San Diego, CA 92111	(858) 300-8282
	University City High School	San Diego Unified School District	Mental Health Resource Center	2351 Cardinal Lane, Annex B, San Diego, CA 92139	(858) 573-2227
	Valencia Park Elementary	Union of Pan Asian Communities	Child & Adolescent Mental Health	1031 25 th Street, San Diego, CA 92102	(619) 232-6454
	Walker Elementary	Community Research Foundation	Douglas Young Youth & Family Services	7917 Ostrow Street, Suite A, San Diego, CA 92111	(858) 300-8282
	Wangenheim Middle	Community Research Foundation	Douglas Young Youth & Family Services	7917 Ostrow Street, Suite A, San Diego, CA 92111	(858) 300-8282
	Washington Elementary K-5	San Diego Unified School District	Mental Health Resource Center	2351 Cardinal Lane, Annex B, San Diego, CA 92139	(858) 573-2227
	Webster Academy	Pathways Community Services	Cornerstone	6244 El Cajon Blvd., Suite 14, San Diego, CA 92115	(619) 640-3266
		San Diego Unified School District	Prevention and Early Intervention Southeast	4487 Oregon Street, Ste. CC2-CC5, San Diego, CA 92116	(619) 362-4330
	Wegeforth Elementary	Pathways Community Services	Cornerstone	6244 El Cajon Blvd., Suite 14, San Diego, CA 92115	(619) 640-3266
	Whitman Elementary	Mental Health Systems dba TURN Behavioral Health Services	Central Region	4660 Viewridge Avenue, San Diego, CA 92123	(858) 278-3292
	Wilson Middle K-8	San Diego Unified School District	Mental Health Resource Center	2351 Cardinal Lane, Annex B, San Diego, CA 92139	(858) 573-2227

CENTRAL & NORTH CENTRAL REGION BEHAVIORAL HEALTH SERVICES

SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
SDCOE JCC Schools	37ECB *	Community Research Foundation	Mobile Adolescent Service Team	1202 Morena Blvd., Suite 203, San Diego, CA 92110	(619) 398-3261
	Bayside Blended Community				
	Career Technical Education Center				
	Lindsay Blended Community				
	Monarch School				

CENTRAL & NORTH CENTRAL REGION BEHAVIORAL HEALTH SERVICES

OUTPATIENT CLINIC SITES



Outpatient Clinical Services

The following outpatient clinics are located in the **Central & North Central Region**. Many of these program can be accessed at a Clinic site as well as at designated school campuses. Children and youth are not limited to accessing services in their region, and can contact the Access and Crisis Line (ACL) by calling (888) 724-7240 or refer to the [CYF Services Directory](#) for a listing of programs in other regions.

Agency	Program Name	Service	Address	Phone Number
Community Research Foundation (CRF)	Douglas Young Youth & Family Services School Based Services	Outpatient Substance Use Disorder (SUD) Counselor	7917 Ostrow Street Suite A San Diego, CA. 92111	(858) 300-8282
Family Health Center San Diego Inc (FHC)	Community Circle Central School Based Services	Outpatient Mental Health Treatment	2130 National Avenue San Diego, CA 92113	(619) 255-7859 (619) 255-7520
Mental Health Systems Inc (MHS)	North Central School Based Services	Outpatient Mental Health Treatment	4660 Viewridge Avenue Ste 100 San Diego, CA 92123	(858) 278-3292
Pathways Community Services (PCS)	Cornerstone Central School Based Services	Outpatient Mental Health Treatment	6244 El Cajon Blvd. Suite 14 San Diego, CA 92115	(619) 640-3266
Rady Children's Hospital of San Diego (Rady)	Central-East-South (CES) and North Central Clinic School Based Services	Outpatient Mental Health Treatment	3665 Kearny Villa Road Ste 101 San Diego, CA 92123	(858) 576-1700
San Diego Unified School District (SDUSD)	Mental Health Resource Center School Based Services	Outpatient Mental Health Treatment	2351 Cardinal Lane Annex B San Diego, CA 92123	(858) 573-2227
Union of Pan Asian Communities (UPAC)	Child & Adolescent Mental Health School Based Services	Outpatient Mental Health Treatment SUD Counselor	1031 25th Street Suite C San Diego, CA 92105	(619) 232-6454
YMCA of San Diego County (YMCA)	Therapeutic Interventions Designed to Empower Students (TIDES) School Based Services	Outpatient Mental Health Treatment	4394 30th Street San Diego, CA 92104	(619) 281-8313
Mental Health Systems Inc (MHS)	Teen Recovery Center (TRC) - North Central School Based Services	Outpatient Substance Use Treatment	4660 Viewridge Avenue, Ste 100A San Diego, CA 92123	(760) 227-1354
Union of Pan Asian Communities (UPAC)	Teen Recovery Center (TRC) - Central School Based Services	Outpatient Substance Use Treatment	3288 El Cajon Blvd. Ste 13 San Diego, CA 92104	(619) 521-5720
Vista Hill Foundation (VHF)	Teen Recovery Center (TRC) - Central School Based Services	Outpatient Substance Use Treatment	220 S. Euclid Avenue Ste 40 San Diego, CA 92114	(619) 795-7232

BEHAVIORAL HEALTH SERVICES

COUNTYWIDE SPECIALTY PROGRAMS



Outpatient - Specialty Programs

The County offers an array of services which can be accessed through the Access and Crisis Line (ACL) by calling (888) 724-7240 or by referring to the [CYF Services Directory](#). The following are some of the specialty programs that serve children and youth and are available Countywide:

Service	Special Population	Agency	Program Name	Address	Phone Number
Behavioral Coaching	Ancillary Service	New Alternatives Inc (NAI)	Therapeutic Behavioral Services (TBS)	8755 Aero Drive, Suite 230 San Diego, CA 92123	(858) 256-2180
Case Management and Family Partners	Southeast San Diego	Harmonium	Southeast Family Youth Partner Svc	5275 Market Street, Suite E San Diego, CA 92114	(619) 541-0426
Outpatient Mental Health Treatment	API/Latinx	Union of Pan Asian Communities (UPAC)	Multicultural Community Counseling	5348 University Avenue, Suite 108 San Diego, CA 92105	(619) 578-2211
Outpatient Mental Health Treatment	Early Childhood (0-5 years)	Episcopal Community Services (ECS)	Para Las Familias	1424 30th Street, Suite A San Diego, CA 92154	(619) 565-2650
Outpatient Mental Health Treatment	Early Childhood (0-5 years)	Rady Children's Hospital of San Diego (Rady)	KidSTART	3665 Kearny Villa Road, Suite 500 San Diego, CA 92123 2204 El Camino Real, Suite 102 Oceanside, CA 92054 333 H Street, Suite 3010 Chula Vista, CA 91910	(858) 576-1700 (760) 967-7082 (619) 420-5611
Outpatient Mental Health Treatment	Early Childhood (0-5 years)	Palomar Family Counseling Services Inc (PFC)	ChildNET Incredible Years North Coastal & North Inland	1002 East Grand Avenue Escondido, CA 92025 945 Vale Terrace Drive Vista, CA 92084	(760) 741-2660
Outpatient Mental Health Treatment	Foster Youth	New Alternatives Inc (NAI)	Comprehensive Assessment & Stabilization Services (CASS)	3517 Camino del Rio South, Suite 407 San Diego, CA 92108	(619) 955-8905
Outpatient Mental Health Treatment	Foster Youth	New Alternatives Inc (NAI)	Incredible Families	8765 Aero Drive San Diego, CA 92123	(619) 207-0396

BEHAVIORAL HEALTH SERVICES

COUNTYWIDE SPECIALTY PROGRAMS



Outpatient - Specialty Programs

The County offers an array of services which can be accessed through the Access and Crisis Line (ACL) by calling (888) 724-7240 or by referring to the [CYF Services Directory](#). The following are some of the specialty programs that serve children and youth and are available Countywide:

Service	Special Population	Agency	Program Name	Address	Phone Number
Outpatient Mental Health Treatment	Homeless and Runaway Youth age 12 up to 21	North County Lifeline	Connections Community Counseling	200 Michigan Avenue Vista CA 92084 707 Oceanside Blvd. Oceanside, CA 92054 333 Via Vera Cruz, Suite 152 San Marcos, CA 92078 4180 Ruffin Road, Suite 295 San Diego, CA 92123	(760) 310-2950
Outpatient Mental Health Treatment	Justice Involved Youth	San Diego Youth Services (SDYS)	BridgeWays	7364 El Cajon Blvd. San Diego, CA 92115	(619) 221-8600
Outpatient Mental Health Treatment	Medication Clinic	New Alternatives Inc (NAI)	Center for Child and Youth Psychiatry (CCYP)	8755 Aero Drive, Suite 306 San Diego, CA 92123	(858) 634-1100
Outpatient Mental Health Treatment	Sexually Reactive Youth	Mental Health Systems Inc (MHS)	STEPS	4660 Viewridge Avenue San Diego, CA 92123	(858) 565-2510
Outpatient Mental Health Treatment	LGBTQ+	San Diego Youth Services (SDYS)	Our Safe Place	3427 4th Avenue, 2nd Floor San Diego, CA 92103	(619) 232-8126
Drop-In Centers	LGBTQ+	San Diego Youth Services (SDYS)	Our Safe Place	2220 Broadway San Diego, CA 92102 746 Ada Street Chula Vista, CA 91911 1050 N. Broadway Escondido, CA 92026 215 Barnes Street Oceanside, CA 92054	(619) 232-8126 (619) 871-8342 (619) 628-2444 (760) 271-4855
Outpatient Mental Health Treatment Drop-In Center	CSEC	San Diego Youth Services (SDYS)	I CARE (CSEC)	Confidential Location	(619) 521-2250

BEHAVIORAL HEALTH SERVICES

COUNTYWIDE SPECIALTY PROGRAMS



Outpatient - Specialty Programs

The County offers an array of services which can be accessed through the Access and Crisis Line (ACL) by calling (888) 724-7240 or by referring to the [CYF Services Directory](#). The following are some of the specialty programs that serve children and youth and are available Countywide:

Service	Special Population	Agency	Program Name	Address	Phone Number
Outpatient Mental Health Treatment Therapeutic Foster Care	Youth in Foster Family Agencies	San Diego Center for Children (SDCC)	Foster Family Agency Stabilization and Treatment (FFAST)	8225 Aero Drive, Suite 110 San Diego, CA 92123	(858) 633-4115
SUD Teen Residential 2 Homes/6 Beds Each	Residential - Substance Use Disorder (SUD)	McAlister Institute for Treatment and Education (MITE)	Teen Group Homes	Confidential Group Homes	(619) 672-3902 East (619) 337-3830 South
Wraparound	Foster Youth & Probation	Fred Finch Youth Center (FFYC)	Fred Finch Wrap Connections	8787 Complex Drive Suite 300 San Diego, CA 92123 504 W. Mission Avenue Suite 106 Escondido, CA 92023 3845 Spring Drive Spring Valley, CA 91977 637 3rd Avenue Suite I Chula Vista, CA 91910	(619) 797-1090 (619) 281-3706 (619) 797-1090 (619) 873-4075
Wraparound	Foster Youth & Probation	San Diego Center for Children (SDCC)	Wrapworks	3002 Armstrong Street San Diego, CA 92111	(858) 569-2170

Please send all resource guide corrections and updates to Yvonne.Gage@sdcounty.ca.gov.

REGIONAL SERVICES DIRECTORY

EAST REGION BEHAVIORAL HEALTH SERVICES

FOR CHILDREN AND YOUTH



Behavioral Health Services (BHS)

Providers in East Region

District 2 Supervisor: Joel Anderson

The County of San Diego's Behavioral Health Services (BHS) offers a multitude of programming to support children and youth who require mental health or substance use treatment. The programs are predominately focused on serving youth up to age 21 who are MediCal beneficiaries or have no medical insurance. This **East Region Services Directory** highlights BHS services in the region, inclusive of school based supports. In addition to contacting the programs directly, the following resources are available to assist with access to care or to obtain information:

Access & Crisis Line: (888) 724-7240 [TDD: (619) 641-6992] offers information about behavioral health resources, including support for a mental health and substance use crisis

9-8-8 Suicide & Crisis Lifeline: Dial "9-8-8"

County of San Diego Behavioral Health Services:

<https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs.html>

County of San Diego Behavioral Health Provider Directory:

<https://sdcountybhs.com/ProviderDirectory>

Behavioral Health CYF Services Directory:

<https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/bhs/CYF/CYF%20Services%20Directory.pdf>

2-1-1 San Diego (List of services and referrals for health and social service programs): Dial "2-1-1"

Regional Services Directory for this and other regions:

https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental_health_services_children/Schools.html

County BHS Primary Contacts in the East Region

Michael Miller, Behavioral Health Program Coordinator

Michael.Miller@sdcounty.ca.gov or (619) 701-4912

Yael Koenig, Deputy Director

Yael.Koenig@sdcounty.ca.gov or (619) 563-2773

Acute Services

The following Acute Care services are available Countywide for children and youth who are experiencing a psychiatric crisis and may be a danger to self or other, or are gravely disabled.

Service	Agency	Program Name	Address & Phone Number
Inpatient	Aurora Behavioral Health Care San Diego	Aurora Behavioral Health Care/Inpatient	11878 Ave of Industry San Diego, CA 92128 (858) 487-3200
Inpatient	Rady Children's Hospital of San Diego	Acute Psychiatric Inpatient Services for Children and Adolescents (CAPS)	8001 Frost St San Diego, CA 92123 (858) 966-8337
Inpatient	Sharp Mesa Vista Hospital	Sharp Mesa Vista	7850 Vista Hill Ave San Diego, CA 92123 (858) 836-8434
Crisis Stabilization	New Alternatives Inc (NAI)	Emergency Screening Unit (ESU)	4309 Third Ave San Diego, CA 92103 (619) 876-4502
Crisis Response	Exodus Recovery	Mobile Crisis Response Team (MCRT) North Pilot	Access through ACL: (888) 724-7240
Crisis Response	Telecare	Mobile Crisis Response Team (MCRT)	Access through ACL: (888) 724-7240
Psychiatric Emergency Resource	Community Research Foundation (CRF)	Psychiatric Emergency Response Team (PERT)	Through 911
Outpatient Mental Health Treatment	New Alternatives Inc (NAI)	Crisis Action & Connection (CAC)	Community Based: (619) 591-5740
Outpatient Mental Health Treatment	Vista Hill Foundation (VHF)	BH Connect Tele-Mental Health	Access through ACL: (888) 724-7240 (858) 877-0179
State Hotline Local Mobile Response Placement Stabilization	Mental Health America	Family Urgent Response System (FURS)	4069 30th Street San Diego, CA 92104 (833) 939-3877

EAST REGION BEHAVIORAL HEALTH SERVICES

SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
Alpine Union	Boulder Oaks Elementary	Community Research Foundation	Crossroads Family Center	1679 E. Main Street, Suite 102, El Cajon, CA 92021	(619) 441-1907
Cajon Valley Union	Anza Elementary	San Ysidro Health	Chaldean & Middle Eastern Social Services *provides welcome/accluturation groups	875 El Cajon Blvd., El Cajon, CA 92020	(619) 662-4100
	Cajon Valley Middle	Community Research Foundation	Crossroads Family Center	1679 E. Main Street, Suite 102, El Cajon, CA 92021	(619) 441-1907
	Emerald Middle				
	Greenfield Middle				
	Lexington Elementary	San Ysidro Health	Chaldean & Middle Eastern Social Services *provides welcome/accluturation groups	875 El Cajon Blvd., El Cajon, CA 92020	(619) 662-4100
	Madison Elementary	San Diego Youth Services	Prevention and Early Intervention East Region	3845 Spring Drive, Spring Valley, CA 91977	(619) 258-6877
	Meridian Elementary				
	Montgomery Middle	Community Research Foundation	Crossroads Family Center	1679 E. Main Street, Suite 102, El Cajon, CA 92021	(619) 441-1907
	Naranca Elementary	San Diego Youth Services	Prevention and Early Intervention East Region	3845 Spring Drive, Spring Valley, CA 91977	(619) 258-6877
	Naranca Elementary	San Ysidro Health	Chaldean & Middle Eastern Social Services *provides welcome/accluturation groups	875 El Cajon Blvd., El Cajon, CA 92020	(619) 662-4100
Grossmont Union High	El Cajon Valley High	McAlister Institute	East Region Teen Recovery Center	550 Fesler Street, Suite G1-2, El Cajon, CA 92020	(619) 588-5361
		San Diego Youth Services	East Region	1870 Cordell Ct., Suite 101, El Cajon, CA 92020	(619) 448-9700
	El Capitan High	San Diego Youth Services	East Region	1870 Cordell Ct., Suite 101, El Cajon, CA 92020	(619) 448-9700

EAST REGION BEHAVIORAL HEALTH SERVICES

SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
Grossmont Union High	Granite Hills High	Rady Children's Hospital San Diego	Central, East, South Clinic	3665 Kearny Villa Road, Suite 101, San Diego, CA 92123	(858) 576-1700
	Grossmont High	San Diego Center for Children	East Region	6386 Alvarado Ct., Ste. 310, San Diego, CA 92120	(619) 668-6200
	Helix Charter High				
	Monte Vista High	McAlister Institute	East Region Teen Recovery Center	550 Fesler Street, Suite G1-2, El Cajon, CA 92020	(619) 588-5361
		San Diego Youth Services	East Region	1870 Cordell Ct., Suite 101, El Cajon, CA 92020	(619) 448-9700
	Mount Miguel High	San Diego Center for Children	East Region	6386 Alvarado Ct., Ste. 310, San Diego, CA 92120	(619) 668-6200
	Santana High	Rady Children's Hospital San Diego	Central, East, South Clinic	3665 Kearny Villa Road, Suite 101, San Diego, CA 92123	(858) 576-1700
	Steele Canyon High	San Diego Center for Children	East Region	6386 Alvarado Ct., Ste. 310, San Diego, CA 92120	(619) 668-6200
	Various Grossmont Union High Schools	Vista Hill Foundation	Merit Academy	1600 N. Cuyamaca Street, El Cajon, CA 92020	(619) 956-0615
Jamul-Dulzura Union	West Hills High	Rady Children's Hospital San Diego	Central, East, South Clinic	3665 Kearny Villa Road, Suite 101, San Diego, CA 92123	(858) 576-1700
	Jamul Intermediate	Community Research Foundation	Crossroads Family Center	1679 E. Main Street, Suite 102, El Cajon, CA 92021	(619) 441-1907
	Jamul Primary				
La Mesa-Spring Valley	Oak Grove Middle				
	Avondale Elementary	Family Health Centers of San Diego	Community Circle East Region	3845 Spring Drive, Spring Valley, CA 91977	(619) 255-7520
	Bancroft Elementary				
	Bancroft Elementary	San Diego Youth Services	Prevention and Early Intervention East Region	3845 Spring Drive, Spring Valley, CA 91977	(619) 258-6877

EAST REGION BEHAVIORAL HEALTH SERVICES

SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
La Mesa-Spring Valley	Casa De Oro Elementary	Family Health Centers of San Diego	Community Circle East Region	3845 Spring Drive, Spring Valley, CA 91977	(619) 255-7520
	Fletcher Hills Elementary	San Diego Center for Children	East Region	6386 Alvarado Ct., Ste. 310, San Diego, CA 92120	(619) 668-6200
	Glenn Murdock Elementary				
	Highlands Elementary	Family Health Centers of San Diego	Community Circle East Region	3845 Spring Drive, Spring Valley, CA 91977	(619) 255-7520
	Kempton Elementary				
	La Mesa Arts Academy	San Diego Center for Children	East Region	6386 Alvarado Ct., Ste. 310, San Diego, CA 92120	(619) 668-6200
	La Mesa Dale Elementary				
	La Presa Elementary	San Diego Youth Services	Prevention and Early Intervention East Region	3845 Spring Drive, Spring Valley, CA 91977	(619) 258-6877
		Family Health Centers of San Diego	Community Circle East Region	3845 Spring Drive, Spring Valley, CA 91977	(619) 255-7520
	Lemon Avenue Elementary	San Diego Center for Children	East Region	6386 Alvarado Ct., Ste. 310, San Diego, CA 92120	(619) 668-6200
	Loma Elementary	Family Health Centers of San Diego	Community Circle East Region	3845 Spring Drive, Spring Valley, CA 91977	(619) 255-7520
	Maryland Avenue Elementary	San Diego Center for Children	East Region	6386 Alvarado Ct., Ste. 310, San Diego, CA 92120	(619) 668-6200
	Murray Manor Elementary				
	Northmont Elementary				
	Parkway Middle				
	Quest Academy	Family Health Centers of San Diego	Community Circle East Region	3845 Spring Drive, Spring Valley, CA 91977	(619) 255-7520

EAST REGION BEHAVIORAL HEALTH SERVICES

SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
La Mesa-Spring Valley	Rancho Elementary	Family Health Centers of San Diego	Community Circle East Region	3845 Spring Drive, Spring Valley, CA 91977	(619) 255-7520
	Rolando Elementary	San Diego Center for Children	East Region	6386 Alvarado Ct., Ste. 310, San Diego, CA 92120	(619) 668-6200
	Spring Valley Academy	Family Health Centers of San Diego	Community Circle East Region	3845 Spring Drive, Spring Valley, CA 91977	(619) 255-7520
	STEAM Academy at La Presa				
	Sweetwater Springs Community School				
Lakeside Union	Lakeside Farms Elementary	San Diego Center for Children	East Region	6386 Alvarado Ct., Ste. 310, San Diego, CA 92120	(619) 668-6200
	Lakeside Middle	San Diego Youth Services	East Region	1870 Cordell Ct., Suite 101, El Cajon, CA 92020	(619) 448-9700
	Lakeview Elementary	San Diego Center for Children	East Region	6386 Alvarado Ct., Ste. 310, San Diego, CA 92120	(619) 668-6200
	Lemon Crest Elementary				
	Lindo Park Elementary				
	Riverview Elementary				
	Tierra Del Sol Middle	San Diego Youth Services	East Region	1870 Cordell Ct., Suite 101, El Cajon, CA 92020	(619) 448-9700
	Winter Gardens Elementary	San Diego Center for Children	East Region	6386 Alvarado Ct., Ste. 310, San Diego, CA 92120	(619) 668-6200
Lemon Grove	Lemon Grove Academy Elementary	San Diego Center for Children	East Region	6386 Alvarado Ct., Ste. 310, San Diego, CA 92120	(619) 668-6200
	Lemon Grove Academy Middle				
	Monterey Heights Elementary				

EAST REGION BEHAVIORAL HEALTH SERVICES

SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
Lemon Grove	Mount Vernon Elementary	San Diego Center for Children	East Region	6386 Alvarado Ct., Ste. 310, San Diego, CA 92120	(619) 668-6200
	San Altos Elementary	San Diego Center for Children	East Region	6386 Alvarado Ct., Ste. 310, San Diego, CA 92120	(619) 668-6200
	San Miguel Elementary				
	Vista La Mesa Academy PK-8				
Mountain Empire Unified	Camp Lockett Middle	Community Research Foundation	Crossroads Family Center	1679 E. Main Street, Suite 102, El Cajon, CA 92021	(619) 441-1907
	Campo Elementary				
	Clover Flat Elementary				
	Descanso Elementary				
	Mountain Empire Alternative Education				
	Mountain Empire High				
	Pine Valley Middle				
	Potrero Elementary				
Santee	Carlton Hills Elementary	San Diego Youth Services	East Region	1870 Cordell Ct., Suite 101, El Cajon, CA 92020	(619) 448-9700
	Carlton Oaks Elementary				
	Chet Harritt Elementary				
	Hill Creek Elementary	Rady Children's Hospital San Diego	Central, East, South Clinic	3665 Kearny Villa Road, Suite 101, San Diego, CA 92123	(858) 576-1700

EAST REGION BEHAVIORAL HEALTH SERVICES

SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
Santee	Pepper Drive Elementary	Rady Children's Hospital San Diego	Central, East, South Clinic	3665 Kearny Villa Road, Suite 101, San Diego, CA 92123	(858) 576-1700
	Pride Academy at Prospect Avenue	Rady Children's Hospital San Diego	Central, East, South Clinic	3665 Kearny Villa Road, Suite 101, San Diego, CA 92123	(858) 576-1700
	Rio Seco Elementary				
SDCOE JCC Schools	Cuyamaca Prep Blended Community	Community Research Foundation	Mobile Adolescent Service Team	1260 Morena Blvd., Suite 200, San Diego, CA 92110	(619) 398-3261
	East County Blended Community School				
	La Mesa Blended Community				
	Reflections Central				

EAST REGION BEHAVIORAL HEALTH SERVICES

OUTPATIENT CLINIC SITES



Outpatient Clinical Services

The following outpatient clinics are located in the **East Region**. Many of these program can be accessed at a Clinic site as well as at designated school campuses. Children and youth are not limited to accessing services in their region, and can contact the Access and Crisis Line (ACL) by calling (888) 724-7240 or refer to the [CYF Services Directory](#) for a listing of programs in other regions.

Agency	Program Name	Service	Address	Phone Number
Family Health Center San Diego Inc (FHC)	Community Circle East	Outpatient Mental Health Treatment	3845 Spring Drive Spring Valley, CA 91977	(619) 255-7520
Community Research Foundation (CRF)	Crossroads Family Services	Outpatient Mental Health Treatment	700 N. Johnson Avenue Suite P El Cajon, CA 92020	(619) 441-1907
San Diego Youth Services (SDYS)	East County Behavioral Health Clinic (ECBHC)	Outpatient Mental Health Treatment	1870 Cordell Court Suite 101 El Cajon, CA 92020	(619) 448-9700
San Diego Center for Children (SDCC)	Family Wellness Center - East County Outpatient Program (ECOP)	Outpatient Mental Health Treatment	6386 Alvarado Court Suite 310 San Diego, CA 92120	(619) 668-6200
McAlister Institute for Treatment and Education (MITE)	Teen Recovery Center (TRC) - East School Based Services	Outpatient Substance Use Treatment	550 Fesler Street Suite G-1 & G-2 El Cajon, CA 92020	(619) 588-5361

BEHAVIORAL HEALTH SERVICES

COUNTYWIDE SPECIALTY PROGRAMS



Outpatient - Specialty Programs

The County offers an array of services which can be accessed through the Access and Crisis Line (ACL) by calling (888) 724-7240 or by referring to the [CYF Services Directory](#). The following are some of the specialty programs that serve children and youth and are available Countywide:

Service	Special Population	Agency	Program Name	Address	Phone Number
Behavioral Coaching	Ancillary Service	New Alternatives Inc (NAI)	Therapeutic Behavioral Services (TBS)	8755 Aero Drive, Suite 230 San Diego, CA 92123	(858) 256-2180
Case Management and Family Partners	Southeast San Diego	Harmonium	Southeast Family Youth Partner Svc	5275 Market Street, Suite E San Diego, CA 92114	(619) 541-0426
Outpatient Mental Health Treatment	API/Latinx	Union of Pan Asian Communities (UPAC)	Multicultural Community Counseling	5348 University Avenue, Suite 108 San Diego, CA 92105	(619) 578-2211
Outpatient Mental Health Treatment	Early Childhood (0-5 years)	Episcopal Community Services (ECS)	Para Las Familias	1424 30th Street, Suite A San Diego, CA 92154	(619) 565-2650
Outpatient Mental Health Treatment	Early Childhood (0-5 years)	Rady Children's Hospital of San Diego (Rady)	KidSTART	3665 Kearny Villa Road, Suite 500 San Diego, CA 92123 2204 El Camino Real, Suite 102 Oceanside, CA 92054 333 H Street, Suite 3010 Chula Vista, CA 91910	(858) 576-1700 (760) 967-7082 (619) 420-5611
Outpatient Mental Health Treatment	Early Childhood (0-5 years)	Palomar Family Counseling Services Inc (PFC)	ChildNET Incredible Years North Coastal & North Inland	1002 East Grand Avenue Escondido, CA 92025 945 Vale Terrace Drive Vista, CA 92084	(760) 741-2660
Outpatient Mental Health Treatment	Foster Youth	New Alternatives Inc (NAI)	Comprehensive Assessment & Stabilization Services (CASS)	3517 Camino del Rio South, Suite 407 San Diego, CA 92108	(619) 955-8905
Outpatient Mental Health Treatment	Foster Youth	New Alternatives Inc (NAI)	Incredible Families	8765 Aero Drive San Diego, CA 92123	(619) 207-0396

BEHAVIORAL HEALTH SERVICES

COUNTYWIDE SPECIALTY PROGRAMS



Outpatient - Specialty Programs

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Service	Special Population	Agency	Program Name	Address	Phone Number
Outpatient Mental Health Treatment	Homeless and Runaway Youth age 12 up to 21	North County Lifeline	Connections Community Counseling	200 Michigan Avenue Vista CA 92084 707 Oceanside Blvd. Oceanside, CA 92054 333 Via Vera Cruz, Suite 152 San Marcos, CA 92078 4180 Ruffin Road, Suite 295 San Diego, CA 92123	(760) 310-2950
Outpatient Mental Health Treatment	Justice Involved Youth	San Diego Youth Services (SDYS)	BridgeWays	7364 El Cajon Blvd. San Diego, CA 92115	(619) 221-8600
Outpatient Mental Health Treatment	Medication Clinic	New Alternatives Inc (NAI)	Center for Child and Youth Psychiatry (CCYP)	8755 Aero Drive, Suite 306 San Diego, CA 92123	(858) 634-1100
Outpatient Mental Health Treatment	Sexually Reactive Youth	Mental Health Systems Inc (MHS)	STEPS	4660 Viewridge Avenue San Diego, CA 92123	(858) 565-2510
Outpatient Mental Health Treatment	LGBTQ+	San Diego Youth Services (SDYS)	Our Safe Place	3427 4th Avenue, 2nd Floor San Diego, CA 92103	(619) 232-8126
Drop-In Centers	LGBTQ+	San Diego Youth Services (SDYS)	Our Safe Place	2220 Broadway San Diego, CA 92102 746 Ada Street Chula Vista, CA 91911 1050 N. Broadway Escondido, CA 92026 215 Barnes Street Oceanside, CA 92054	(619) 232-8126 (619) 871-8342 (619) 628-2444 (760) 271-4855
Outpatient Mental Health Treatment Drop-In Center	CSEC	San Diego Youth Services (SDYS)	I CARE (CSEC)	Confidential Location	(619) 521-2250

BEHAVIORAL HEALTH SERVICES

COUNTYWIDE SPECIALTY PROGRAMS



Outpatient - Specialty Programs

The County offers an array of services which can be accessed through the Access and Crisis Line (ACL) by calling (888) 724-7240 or by referring to the [CYF Services Directory](#). The following are some of the specialty programs that serve children and youth and are available Countywide:

Service	Special Population	Agency	Program Name	Address	Phone Number
Outpatient Mental Health Treatment Therapeutic Foster Care	Youth in Foster Family Agencies	San Diego Center for Children (SDCC)	Foster Family Agency Stabilization and Treatment (FFAST)	8225 Aero Drive, Suite 110 San Diego, CA 92123	(858) 633-4115
SUD Teen Residential 2 Homes/6 Beds Each	Residential - Substance Use Disorder (SUD)	McAlister Institute for Treatment and Education (MITE)	Teen Group Homes	Confidential Group Homes	(619) 672-3902 East (619) 337-3830 South
Wraparound	Foster Youth & Probation	Fred Finch Youth Center (FFYC)	Fred Finch Wrap Connections	8787 Complex Drive Suite 300 San Diego, CA 92123 504 W. Mission Avenue Suite 106 Escondido, CA 92023 3845 Spring Drive Spring Valley, CA 91977 637 3rd Avenue Suite I Chula Vista, CA 91910	(619) 797-1090 (619) 281-3706 (619) 797-1090 (619) 873-4075
Wraparound	Foster Youth & Probation	San Diego Center for Children (SDCC)	Wrapworks	3002 Armstrong Street San Diego, CA 92111	(858) 569-2170

Please send all resource guide corrections and updates to Yvonne.Gage@sdcounty.ca.gov.

REGIONAL SERVICES DIRECTORY

NORTH COASTAL REGION BEHAVIORAL HEALTH SERVICES

FOR CHILDREN AND YOUTH



Behavioral Health Services (BHS) Providers in North Coastal Region

District 3 Supervisor: Terra Lawson-Remer

District 5 Supervisor: Jim Desmond

The County of San Diego's Behavioral Health Services (BHS) offers a multitude of programming to support children and youth who require mental health or substance use treatment. The programs are predominately focused on serving youth up to age 21 who are MediCal beneficiaries or have no medical insurance. This **North Coastal Region Services Directory** highlights BHS services in the region, inclusive of school based supports. In addition to contacting the programs directly, the following resources are available to assist with access to care or to obtain information:

Access & Crisis Line: (888) 724-7240 [TDD: (619) 641-6992] offers information about behavioral health resources, including support for a mental health and substance use crisis

9-8-8 Suicide & Crisis Lifeline: Dial "9-8-8"

County of San Diego Behavioral Health Services:

<https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs.html>

County of San Diego Behavioral Health Provider Directory:

<https://sdcountybhs.com/ProviderDirectory>

Behavioral Health CYF Services Directory:

<https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/bhs/CYF/CYF%20Services%20Directory.pdf>

2-1-1 San Diego (List of services and referrals for health and social service programs): Dial "2-1-1"

Regional Services Directory for this and other regions:

https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental_health_services_children/Schools.html

County BHS Primary Contacts in the North Coastal Region

Michael Miller, Behavioral Health Program Coordinator

Michael.Miller@sdcounty.ca.gov or (619) 701-4912

Yael Koenig, Deputy Director

Yael.Koenig@sdcounty.ca.gov or (619) 563-2773

Acute Services

The following Acute Care services are available Countywide for children and youth who are experiencing a psychiatric crisis and may be a danger to self or other, or are gravely disabled.

Service	Agency	Program Name	Address & Phone Number
Inpatient	Aurora Behavioral Health Care San Diego	Aurora Behavioral Health Care/Inpatient	11878 Ave of Industry San Diego, CA 92128 (858) 487-3200
Inpatient	Rady Children's Hospital of San Diego	Acute Psychiatric Inpatient Services for Children and Adolescents (CAPS)	8001 Frost St San Diego, CA 92123 (858) 966-8337
Inpatient	Sharp Mesa Vista Hospital	Sharp Mesa Vista	7850 Vista Hill Ave San Diego, CA 92123 (858) 836-8434
Crisis Stabilization	New Alternatives Inc (NAI)	Emergency Screening Unit (ESU)	4309 Third Ave San Diego, CA 92103 (619) 876-4502
Crisis Response	Exodus Recovery	Mobile Crisis Response Team (MCRT) North Pilot	Access through ACL: (888) 724-7240
Crisis Response	Telecare	Mobile Crisis Response Team (MCRT)	Access through ACL: (888) 724-7240
Psychiatric Emergency Resource	Community Research Foundation (CRF)	Psychiatric Emergency Response Team (PERT)	Through 911
Outpatient Mental Health Treatment	New Alternatives Inc (NAI)	Crisis Action & Connection (CAC)	Community Based: (619) 591-5740
Outpatient Mental Health Treatment	Vista Hill Foundation (VHF)	BH Connect Tele-Mental Health	Access through ACL: (888) 724-7240 (858) 877-0179
State Hotline Local Mobile Response Placement Stabilization	Mental Health America	Family Urgent Response System (FURS)	4069 30th Street San Diego, CA 92104 (833) 939-3877

NORTH COASTAL REGION BEHAVIORAL HEALTH SERVICES

SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
Encinitas Union	Ocean Knoll Elementary	Rady Children's Hospital San Diego	North Coastal Clinic	3605 Vista Way, Suite 258, Oceanside, CA 92056	(760) 758-1480
	Paul Ecke Central Elementary				
Oceanside Unified	Cesar Chavez Middle	North County Lifeline, Inc.	Oceanside	707 Oceanside Blvd., Oceanside, CA 92054	(760) 757-0118
	Christa McAuliffe Elementary	North County Lifeline, Inc.	Oceanside	707 Oceanside Blvd., Oceanside, CA 92054	(760) 757-0118
		Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
	Coastal Academy K-8	Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
	Del Rio Elementary	Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
		Rady Children's Hospital San Diego	North Coastal Clinic	3605 Vista Way, Suite 258, Oceanside, CA 92056	(760) 758-1480
	El Camino High *	Union of Pan Asian Communities	Child & Adolescent Mental Health	1031 25 th Street, San Diego, CA 92102	(619) 232-6454
	Foussat Elementary	Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
		Rady Children's Hospital San Diego	North Coastal Clinic	3605 Vista Way, Suite 258, Oceanside, CA 92056	(760) 758-1480
	Ivey Ranch Elementary	Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
	Jefferson Middle *	North County Lifeline, Inc.	Oceanside	707 Oceanside Blvd., Oceanside, CA 92054	(760) 757-0118
	Laurel Elementary	Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
			North Inland/North Coastal		
			Prevention and Early Intervention		

NORTH COASTAL REGION BEHAVIORAL HEALTH SERVICES

SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
Oceanside Unified	Libby Elementary	Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
			Prevention and Early Intervention		
		Rady Children's Hospital San Diego	North Coastal Clinic	3605 Vista Way, Suite 258, Oceanside, CA 92056	(760) 758-1480
	Lincoln Middle	Union of Pan Asian Communities	Child & Adolescent Mental Health	1031 25 th Street, San Diego, CA 92102	(619) 232-6454
	Martin Luther King Middle	North County Lifeline, Inc.	Oceanside	707 Oceanside Blvd., Oceanside, CA 92054	(760) 757-0118
	Mission Elementary	Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
			North Inland/North Coastal		
			Prevention and Early Intervention		
	Nichols Elementary		ChildNet/Incredible Years		
	North Terrace Elementary		ChildNet/Incredible Years		
	Oceanside High *		North Inland/North Coastal		
	Palmquist Elementary		ChildNet/Incredible Years		
			North Inland/North Coastal		
	Reynolds Elementary	Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
		Rady Children's Hospital San Diego	North Coastal Clinic	3605 Vista Way, Suite 258, Oceanside, CA 92056	(760) 758-1480
	San Luis Rey Elementary	Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660

NORTH COASTAL REGION BEHAVIORAL HEALTH SERVICES

SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
Oceanside Unified	San Luis Rey Elementary	Rady Children's Hospital San Diego	North Coastal Clinic	3605 Vista Way, Suite 258, Oceanside, CA 92056	(760) 758-1480
	South Oceanside Elementary	Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
			North Inland/North Coastal		
	Surfside Educational Academy K-12	Rady Children's Hospital San Diego	North Coastal Clinic	3605 Vista Way, Suite 258, Oceanside, CA 92056	(760) 758-1480
SDCOE JCC Schools	Innovations Blended/Academy of Empowerment	Community Research Foundation	Mobile Adolescent Service Team	1260 Morena Blvd., Suite 200, San Diego, CA 92110	(619) 398-3261
Vista Unified	Alamosa Park Elementary	North County Lifeline, Inc.	Vista	200 Michigan Avenue, Vista, CA 92084	(760) 726-4900
		Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
	Beaumont Elementary	Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
			North Inland/North Coastal		
	Bobier Elementary		ChildNet/Incredible Years		
			North Inland/North Coastal		
	Breeze Hill Elementary	Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
		Rady Children's Hospital San Diego	North Coastal Clinic	3605 Vista Way, Suite 258, Oceanside, CA 92056	(760) 758-1480
	Casita Center Elementary	Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
		Rady Children's Hospital San Diego	North Coastal Clinic	3605 Vista Way, Suite 258, Oceanside, CA 92056	(760) 758-1480

NORTH COASTAL REGION BEHAVIORAL HEALTH SERVICES

SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
Vista Unified	Empressa Elementary	North County Lifeline, Inc.	Vista	200 Michigan Avenue, Vista, CA 92084	(760) 726-4900
		Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
	Foothill Oak Elementary	Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
			North Inland/North Coastal		
	Grapevine Elementary	Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
		Palomar Family Counseling Services	Prevention and Early Intervention	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
		Rady Children's Hospital San Diego	North Coastal Clinic	3605 Vista Way, Suite 258, Oceanside, CA 92056	(760) 758-1480
	Guajome Park Academy	North County Lifeline, Inc.	Vista	200 Michigan Avenue, Vista, CA 92084	(760) 726-4900
	Hannalei Elementary	Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
			North Inland/North Coastal		
	Lake Elementary	Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
		Union of Pan Asian Communities	Child & Adolescent Mental Health	1031 25 th Street, San Diego, CA 92102	(619) 232-6454
	Madison Middle	Union of Pan Asian Communities	Child & Adolescent Mental Health	1031 25 th Street, San Diego, CA 92102	(619) 232-6454
	Major General Murray High School	North County Lifeline, Inc.	Vista	200 Michigan Avenue, Vista, CA 92084	(760) 726-4900
	Maryland Elementary	Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
			Prevention and Early Intervention		

NORTH COASTAL REGION BEHAVIORAL HEALTH SERVICES

SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
Vista Unified	Maryland Elementary	Rady Children's Hospital San Diego	North Coastal Clinic	3605 Vista Way, Suite 258, Oceanside, CA 92056	(760) 758-1480
	Mission Meadows Elementary	North County Lifeline, Inc.	Vista	200 Michigan Avenue, Vista, CA 92084	(760) 726-4900
		Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
	Mission Vista High School	North County Lifeline, Inc.	Vista	200 Michigan Avenue, Vista, CA 92084	(760) 726-4900
	Monte Vista Elementary	Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
			North Inland/North Coastal		
	Olive Elementary		ChildNet/Incredible Years		
	Rancho Buena Vista High	Rady Children's Hospital San Diego	North Coastal Clinic	3605 Vista Way, Suite 258, Oceanside, CA 92056	(760) 758-1480
		North County Lifeline, Inc.	Vista	200 Michigan Avenue, Vista, CA 92084	(760) 726-4900
	Rancho Minerva Middle	Palomar Family Counseling Services	North Inland/North Coastal	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
	Roosevelt Middle	North County Lifeline, Inc.	Vista	200 Michigan Avenue, Vista, CA 92084	(760) 726-4900
	T.H.E. Leadership Academy	North County Lifeline, Inc.	Vista	200 Michigan Avenue, Vista, CA 92084	(760) 726-4900
		Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
	Vista Academy of Performing Arts (VAPA)	Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
			North Inland/North Coastal		
	Vista High	North County Lifeline, Inc.	Vista	200 Michigan Avenue, Vista, CA 92084	(760) 726-4900
	Vista Innovation & Design Academy (VIDA)	North County Lifeline, Inc.	Vista	200 Michigan Avenue, Vista, CA 92084	(760) 726-4900

NORTH COASTAL REGION BEHAVIORAL HEALTH SERVICES

SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
Vista Unified	Vista Magnet Middle	Palomar Family Counseling Services	North Inland/North Coastal	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660

NORTH COASTAL REGION BEHAVIORAL HEALTH SERVICES

OUTPATIENT CLINIC SITES



Outpatient Clinical Services

The following outpatient clinics are located in the **North Coastal Region**. Many of these program can be accessed at a Clinic site as well as at designated school campuses. Children and youth are not limited to accessing services in their region, and can contact the Access and Crisis Line (ACL) by calling (888) 724-7240 or refer to the [CYF Services Directory](#) for a listing of programs in other regions.

Agency	Program Name	Service	Address	Phone Number
North County Lifeline Inc (NCL)	VIVA Counseling School Based Services	Outpatient Mental Health Treatment	707 Oceanside Blvd. Oceanside CA 92054 200 Michigan Avenue Vista, CA 92084	(760) 757-0118 (760) 726-4900
Palomar Family Counseling Services Inc (PFC)	North Coastal School Based Services	Outpatient Mental Health Treatment	945 Vale Terrace Drive Vista, CA 92084	(760) 741-2660
Rady Children's Hospital of San Diego (Rady)	North Coastal Outpatient Psychiatry (NCOP) School Based Services	Outpatient Mental Health Treatment	3605 Vista Way Suite 258 Oceanside, CA 92056	(760) 758-1480
North County Lifeline, Inc (NCL)	Teen Recovery Center (TRC) - North Coastal School Based Services	Outpatient Substance Use Treatment	200 Michigan Avenue Vista, CA 92084	(760) 842-6280

BEHAVIORAL HEALTH SERVICES

COUNTYWIDE SPECIALTY PROGRAMS



Outpatient - Specialty Programs

The County offers an array of services which can be accessed through the Access and Crisis Line (ACL) by calling (888) 724-7240 or by referring to the [CYF Services Directory](#). The following are some of the specialty programs that serve children and youth and are available Countywide:

Service	Special Population	Agency	Program Name	Address	Phone Number
Behavioral Coaching	Ancillary Service	New Alternatives Inc (NAI)	Therapeutic Behavioral Services (TBS)	8755 Aero Drive, Suite 230 San Diego, CA 92123	(858) 256-2180
Case Management and Family Partners	Southeast San Diego	Harmonium	Southeast Family Youth Partner Svc	5275 Market Street, Suite E San Diego, CA 92114	(619) 541-0426
Outpatient Mental Health Treatment	API/Latinx	Union of Pan Asian Communities (UPAC)	Multicultural Community Counseling	5348 University Avenue, Suite 108 San Diego, CA 92105	(619) 578-2211
Outpatient Mental Health Treatment	Early Childhood (0-5 years)	Episcopal Community Services (ECS)	Para Las Familias	1424 30th Street, Suite A San Diego, CA 92154	(619) 565-2650
Outpatient Mental Health Treatment	Early Childhood (0-5 years)	Rady Children's Hospital of San Diego (Rady)	KidSTART	3665 Kearny Villa Road, Suite 500 San Diego, CA 92123 2204 El Camino Real, Suite 102 Oceanside, CA 92054 333 H Street, Suite 3010 Chula Vista, CA 91910	(858) 576-1700 (760) 967-7082 (619) 420-5611
Outpatient Mental Health Treatment	Early Childhood (0-5 years)	Palomar Family Counseling Services Inc (PFC)	ChildNET Incredible Years North Coastal & North Inland	1002 East Grand Avenue Escondido, CA 92025 945 Vale Terrace Drive Vista, CA 92084	(760) 741-2660
Outpatient Mental Health Treatment	Foster Youth	New Alternatives Inc (NAI)	Comprehensive Assessment & Stabilization Services (CASS)	3517 Camino del Rio South, Suite 407 San Diego, CA 92108	(619) 955-8905
Outpatient Mental Health Treatment	Foster Youth	New Alternatives Inc (NAI)	Incredible Families	8765 Aero Drive San Diego, CA 92123	(619) 207-0396

BEHAVIORAL HEALTH SERVICES

COUNTYWIDE SPECIALTY PROGRAMS



Outpatient - Specialty Programs

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Service	Special Population	Agency	Program Name	Address	Phone Number
Outpatient Mental Health Treatment	Homeless and Runaway Youth age 12 up to 21	North County Lifeline	Connections Community Counseling	200 Michigan Avenue Vista CA 92084 707 Oceanside Blvd. Oceanside, CA 92054 333 Via Vera Cruz, Suite 152 San Marcos, CA 92078 4180 Ruffin Road, Suite 295 San Diego, CA 92123	(760) 310-2950
Outpatient Mental Health Treatment	Justice Involved Youth	San Diego Youth Services (SDYS)	BridgeWays	7364 El Cajon Blvd. San Diego, CA 92115	(619) 221-8600
Outpatient Mental Health Treatment	Medication Clinic	New Alternatives Inc (NAI)	Center for Child and Youth Psychiatry (CCYP)	8755 Aero Drive, Suite 306 San Diego, CA 92123	(858) 634-1100
Outpatient Mental Health Treatment	Sexually Reactive Youth	Mental Health Systems Inc (MHS)	STEPS	4660 Viewridge Avenue San Diego, CA 92123	(858) 565-2510
Outpatient Mental Health Treatment	LGBTQ+	San Diego Youth Services (SDYS)	Our Safe Place	3427 4th Avenue, 2nd Floor San Diego, CA 92103	(619) 232-8126
Drop-In Centers	LGBTQ+	San Diego Youth Services (SDYS)	Our Safe Place	2220 Broadway San Diego, CA 92102 746 Ada Street Chula Vista, CA 91911 1050 N. Broadway Escondido, CA 92026 215 Barnes Street Oceanside, CA 92054	(619) 232-8126 (619) 871-8342 (619) 628-2444 (760) 271-4855
Outpatient Mental Health Treatment Drop-In Center	CSEC	San Diego Youth Services (SDYS)	I CARE (CSEC)	Confidential Location	(619) 521-2250

BEHAVIORAL HEALTH SERVICES

COUNTYWIDE SPECIALTY PROGRAMS



Outpatient - Specialty Programs

The County offers an array of services which can be accessed through the Access and Crisis Line (ACL) by calling (888) 724-7240 or by referring to the [CYF Services Directory](#). The following are some of the specialty programs that serve children and youth and are available Countywide:

Service	Special Population	Agency	Program Name	Address	Phone Number
Outpatient Mental Health Treatment Therapeutic Foster Care	Youth in Foster Family Agencies	San Diego Center for Children (SDCC)	Foster Family Agency Stabilization and Treatment (FFAST)	8225 Aero Drive, Suite 110 San Diego, CA 92123	(858) 633-4115
SUD Teen Residential 2 Homes/6 Beds Each	Residential - Substance Use Disorder (SUD)	McAlister Institute for Treatment and Education (MITE)	Teen Group Homes	Confidential Group Homes	(619) 672-3902 East (619) 337-3830 South
Wraparound	Foster Youth & Probation	Fred Finch Youth Center (FFYC)	Fred Finch Wrap Connections	8787 Complex Drive Suite 300 San Diego, CA 92123 504 W. Mission Avenue Suite 106 Escondido, CA 92023 3845 Spring Drive Spring Valley, CA 91977 637 3rd Avenue Suite I Chula Vista, CA 91910	(619) 797-1090 (619) 281-3706 (619) 797-1090 (619) 873-4075
Wraparound	Foster Youth & Probation	San Diego Center for Children (SDCC)	Wrapworks	3002 Armstrong Street San Diego, CA 92111	(858) 569-2170

Please send all resource guide corrections and updates to Yvonne.Gage@sdcounty.ca.gov.

REGIONAL SERVICES DIRECTORY

NORTH INLAND REGION BEHAVIORAL HEALTH SERVICES

FOR CHILDREN AND YOUTH



Behavioral Health Services (BHS) Providers in North Inland Region

District 2 Supervisor: Joel Anderson

District 3 Supervisor: Terra Lawson-Remer District 5 Supervisor: Jim Desmond

The County of San Diego's Behavioral Health Services (BHS) offers a multitude of programming to support children and youth who require mental health or substance use treatment. The programs are predominately focused on serving youth up to age 21 who are MediCal beneficiaries or have no medical insurance. This **North Inland Region Services Directory** highlights BHS services in the region, inclusive of school based supports. In addition to contacting the programs directly, the following resources are available to assist with access to care or to obtain information:

Access & Crisis Line: (888) 724-7240 [TDD: (619) 641-6992] offers information about behavioral health resources, including support for a mental health and substance use crisis

9-8-8 Suicide & Crisis Lifeline: Dial "9-8-8"

County of San Diego Behavioral Health Services:

<https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs.html>

County of San Diego Behavioral Health Provider Directory:

<https://sdcountybhs.com/ProviderDirectory>

Behavioral Health CYF Services Directory:

<https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/bhs/CYF/CYF%20Services%20Directory.pdf>

2-1-1 San Diego (List of services and referrals for health and social service programs): Dial "2-1-1"

Regional Services Directory for this and other regions:

https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental_health_services_children/Schools.html

County BHS Primary Contacts in the North Inland Region

Michael Miller, Behavioral Health Program Coordinator

Michael.Miller@sdcounty.ca.gov or (619) 701-4912

Yael Koenig, Deputy Director

Yael.Koenig@sdcounty.ca.gov or (619) 563-2773

Acute Services

The following Acute Care services are available Countywide for children and youth who are experiencing a psychiatric crisis and may be a danger to self or other, or are gravely disabled.

Service	Agency	Program Name	Address & Phone Number
Inpatient	Aurora Behavioral Health Care San Diego	Aurora Behavioral Health Care/Inpatient	11878 Ave of Industry San Diego, CA 92128 (858) 487-3200
Inpatient	Rady Children's Hospital of San Diego	Acute Psychiatric Inpatient Services for Children and Adolescents (CAPS)	8001 Frost St San Diego, CA 92123 (858) 966-8337
Inpatient	Sharp Mesa Vista Hospital	Sharp Mesa Vista	7850 Vista Hill Ave San Diego, CA 92123 (858) 836-8434
Crisis Stabilization	New Alternatives Inc (NAI)	Emergency Screening Unit (ESU)	4309 Third Ave San Diego, CA 92103 (619) 876-4502
Crisis Response	Exodus Recovery	Mobile Crisis Response Team (MCRT) North Pilot	Access through ACL: (888) 724-7240
Crisis Response	Telecare	Mobile Crisis Response Team (MCRT)	Access through ACL: (888) 724-7240
Psychiatric Emergency Resource	Community Research Foundation (CRF)	Psychiatric Emergency Response Team (PERT)	Through 911
Outpatient Mental Health Treatment	New Alternatives Inc (NAI)	Crisis Action & Connection (CAC)	Community Based: (619) 591-5740
Outpatient Mental Health Treatment	Vista Hill Foundation (VHF)	BH Connect Tele-Mental Health	Access through ACL: (888) 724-7240 (858) 877-0179
State Hotline Local Mobile Response Placement Stabilization	Mental Health America	Family Urgent Response System (FURS)	4069 30th Street San Diego, CA 92104 (833) 939-3877

NORTH INLAND REGION BEHAVIORAL HEALTH SERVICES

SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
Borrego Springs Unified	Borrego Springs Elementary	Vista Hill Foundation	North Inland Region	398 D Street, Ramona, CA 92065	(760) 788-9724
	Borrego Springs High				
	Borrego Springs Middle				
Escondido Union	Bear Valley Middle	Vista Hill Foundation	Escondido	1029 N Broadway, Escondido, CA 92026	(760) 489-4126
	Bernardo Elementary				
	Central Elementary	Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
		Vista Hill Foundation	Escondido Prevention and Early Intervention	1029 N Broadway, Escondido, CA 92026	(760) 489-4126
	Conway Elementary	Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
		Vista Hill Foundation	Escondido Prevention and Early Intervention	1029 N Broadway, Escondido, CA 92026	(760) 489-4126
	Del Dios Middle	Vista Hill Foundation	Escondido	1029 N Broadway, Escondido, CA 92026	(760) 489-4126
	Farr Elementary	Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
		Vista Hill Foundation	Escondido Prevention and Early Intervention	1029 N Broadway, Escondido, CA 92026	(760) 489-4126
	Felicita Elementary	Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660

NORTH INLAND REGION BEHAVIORAL HEALTH SERVICES

SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
Escondido Union	Felicita Elementary	Vista Hill Foundation	Escondido	1029 N Broadway, Escondido, CA 92026	(760) 489-4126
			Prevention and Early Intervention		
	Glen View Elementary	Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
		Vista Hill Foundation	Escondido	1029 N Broadway, Escondido, CA 92026	(760) 489-4126
			Prevention and Early Intervention		
	Hidden Valley Middle	Vista Hill Foundation	Escondido	1029 N Broadway, Escondido, CA 92026	(760) 489-4126
	Juniper Elementary	Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
		Vista Hill Foundation	Escondido	1029 N Broadway, Escondido, CA 92026	(760) 489-4126
			Prevention and Early Intervention		
	L.R. Green Elementary	Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
		Vista Hill Foundation	Escondido	1029 N Broadway, Escondido, CA 92026	(760) 489-4126
	Lincoln Acres Elementary	Vista Hill Foundation	Escondido	1029 N Broadway, Escondido, CA 92026	(760) 489-4126
			Prevention and Early Intervention		
	Miller Elementary	Vista Hill Foundation	Escondido	1029 N Broadway, Escondido, CA 92026	(760) 489-4126
	Mission Middle				
	North Broadway Elementary				

NORTH INLAND REGION BEHAVIORAL HEALTH SERVICES

SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
Escondido Union	Oak Hill Elementary	Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
		Vista Hill Foundation	Escondido	1029 N Broadway, Escondido, CA 92026	(760) 489-4126
			Prevention and Early Intervention		
	Orange Glen Elementary	Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
		Vista Hill Foundation	Escondido	1029 N Broadway, Escondido, CA 92026	(760) 489-4126
			Prevention and Early Intervention		
	Pioneer Elementary	Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
		Vista Hill Foundation	Escondido	1029 N Broadway, Escondido, CA 92026	(760) 489-4126
			Prevention and Early Intervention		
	Quantum Academy	Vista Hill Foundation	Escondido	1029 N Broadway, Escondido, CA 92026	(760) 489-4126
	Reidy Creek Elementary	Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
		Vista Hill Foundation	Escondido	1029 N Broadway, Escondido, CA 92026	(760) 489-4126
	Rincon Middle	Vista Hill Foundation	Escondido	1029 N Broadway, Escondido, CA 92026	(760) 489-4126
	Rock Springs Elementary	Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
		Vista Hill Foundation	Escondido	1029 N Broadway, Escondido, CA 92026	(760) 489-4126

NORTH INLAND REGION BEHAVIORAL HEALTH SERVICES

SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
Escondido Union	Rose Elementary	Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
		Vista Hill Foundation	Escondido	1029 N Broadway, Escondido, CA 92026	(760) 489-4126
			Prevention and Early Intervention		
	Del Lago Academy	Palomar Family Counseling Services	North Inland/North Coastal	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
	Escondido High				
	Orange Glen High				
	San Pasqual High				
	Valley High	Mental Health Systems dba TURN Behavioral Health Services	North Inland Teen Recovery Center	340 Rancheros Drive, Suite 166, San Marcos, CA 92069	(760) 744-3672
Palomar Family Counseling Services		North Inland/North Coastal	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660	
Fallbrook Union Elementary	Fallbrook STEM Academy	Palomar Family Counseling Services	Fallbrook	120 West Hawthorne Street, Fallbrook, CA, 92028	(760) 741-2660
	La Paloma School				
	Live Oak Elementary				
	Maie Ellis Elementary				
	Potter Junior High				
	William Frazier Elementary				

NORTH INLAND REGION BEHAVIORAL HEALTH SERVICES

SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
Fallbrook Union High	Fallbrook High	Mental Health Systems dba TURN Behavioral Health Services	North Inland Teen Recovery Center	340 Rancheros Drive, Suite 166, San Marcos, CA 92069	(760) 744-3672
		Palomar Family Counseling Services	Fallbrook	120 West Hawthorne Street, Fallbrook, CA, 92028	(760) 741-2660
Julian Union	Julian Elementary	Vista Hill Foundation	North Inland Region	398 D Street, Ramona, CA 92065	(760) 788-9724
	Julian Junior High				
Poway Unified	Rancho Bernardo High	Mental Health Systems dba TURN Behavioral Health Services	North Inland Teen Recovery Center	340 Rancheros Drive, Suite 166, San Marcos, CA 92069	(760) 744-3672
Ramona Unified	Barnett Elementary	Vista Hill Foundation	North Inland Region	398 D Street, Ramona, CA 92065	(760) 788-9724
	Hanson Elementary				
	James Dukes Elementary				
	Montecito High				
	Mt. Woodson Elementary				
	Olive Peirce Middle				
	Ramona Community/Mt. Valley School				
	Ramona Elementary				
	Ramona High	Mental Health Systems dba TURN Behavioral Health Services	North Inland Teen Recovery Center	340 Rancheros Drive, Suite 166, San Marcos, CA 92069	(760) 744-3672

NORTH INLAND REGION BEHAVIORAL HEALTH SERVICES

SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
Ramona Unified	Ramona High	Vista Hill Foundation	North Inland Region	398 D Street, Ramona, CA 92065	(760) 788-9724
	Foothills High	New Alternatives, Inc.	North County Outpatient	1529 Grand Ave., Ste. A, San Marcos, CA 92078	(760) 798-0299
San Marcos Unified	Joli Ann Leichtag Elementary	Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
	La Mirada Academy K-8	New Alternatives, Inc.	North County Outpatient	1529 Grand Ave., Ste. A, San Marcos, CA 92078	(760) 798-0299
	La Mirada Academy K-8	Palomar Family Counseling Services	ChildNet/Incredible Years	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
	Mission Hills High	New Alternatives, Inc.	North County Outpatient	1529 Grand Ave., Ste. A, San Marcos, CA 92078	(760) 798-0299
	San Marcos Elementary	Rady Children's Hospital San Diego	North Inland Clinic	2125 Citracado Parkway, Suite 200, Escondido, CA 92025	(760) 294-9270
	San Marcos High	New Alternatives, Inc.	North County Outpatient	1529 Grand Ave., Ste. A, San Marcos, CA 92078	(760) 798-0299
	San Marcos Middle	Palomar Family Counseling Services	North Inland/North Coastal	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
	Twin Oaks High	New Alternatives, Inc.	North County Outpatient	1529 Grand Ave., Ste. A, San Marcos, CA 92078	(760) 798-0299
	Woodland Park Middle	Rady Children's Hospital San Diego	North Inland Clinic	2125 Citracado Parkway, Suite 200, Escondido, CA 92025	(760) 294-9270
	Escondido Blended Community	Community Research Foundation	Mobile Adolescent Service Team	1260 Morena Blvd., Suite 200, San Diego, CA 92110	(619) 398-3261
SDCOE JCC Schools	North County Technology and Science Academy *				
	San Pasqual Academy				

NORTH INLAND REGION BEHAVIORAL HEALTH SERVICES

SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
Spencer Valley	Spencer Valley Elementary School	Vista Hill Foundation	North Inland Region	398 D Street, Ramona, CA 92065	(760) 788-9724
Valley Center-Pauma Unified	Lilac Elementary	Palomar Family Counseling Services	North Inland/North Coastal	1002 East Grand Avenue, Escondido, CA 92025	(760) 741-2660
	Oak Glen High				
	Pauma Elementary				
	Valley Center Elementary				
	Valley Center High				
	Valley Center Middle				
	Valley Center Prep K-12				
Warner Unified	Warner Springs Elementary	Vista Hill Foundation	North Inland Region	398 D Street, Ramona, CA 92065	(760) 788-9724
	Warner Springs High				
	Warner Springs Junior High				

NORTH INLAND REGION BEHAVIORAL HEALTH SERVICES

OUTPATIENT CLINIC SITES



Outpatient Clinical Services

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Agency	Program Name	Service	Address	Phone Number
New Alternatives Inc (NAI)	North County Outpatient School Based Services (NCOSBS)	Outpatient Mental Health Treatment	1529 Grand Avenue Suite A San Marcos, CA 92078	(760) 798-0299
Palomar Family Counseling Services Inc (PFC)	North Inland & Fallbrook School Based Services	Outpatient Mental Health Treatment	1002 East Grand Avenue Escondido, CA 92025 120 W. Hawthorne Street Fallbrook, CA 92028	(760) 741-2660
Rady Children's Hospital of San Diego (Rady)	North Inland Outpatient Psychiatry (NIOP) School Based Services	Outpatient Mental Health Treatment	2125 Citracado Parkway Escondido, CA 92025	(760) 294-9270
Vista Hill Foundation (VHF)	Learning Assistance Center (LAC) Escondido & North Inland School Based Services	Outpatient Mental Health Treatment	1029 N. Broadway Escondido, CA 92026 1012 Main Street Suite 101 Ramona, CA 92065	(760) 489-4126 (760) 788-9724
Mental Health Systems Inc (MHS)	Teen Recovery Center (TRC) - North Inland School Based Services	Outpatient Substance Use Treatment	340 Rancheros Drive Suite 166 San Marcos, CA 92069	(760) 744-3672

BEHAVIORAL HEALTH SERVICES

COUNTYWIDE SPECIALTY PROGRAMS



Outpatient - Specialty Programs

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Service	Special Population	Agency	Program Name	Address	Phone Number
Behavioral Coaching	Ancillary Service	New Alternatives Inc (NAI)	Therapeutic Behavioral Services (TBS)	8755 Aero Drive, Suite 230 San Diego, CA 92123	(858) 256-2180
Case Management and Family Partners	Southeast San Diego	Harmonium	Southeast Family Youth Partner Svc	5275 Market Street, Suite E San Diego, CA 92114	(619) 541-0426
Outpatient Mental Health Treatment	API/Latinx	Union of Pan Asian Communities (UPAC)	Multicultural Community Counseling	5348 University Avenue, Suite 108 San Diego, CA 92105	(619) 578-2211
Outpatient Mental Health Treatment	Early Childhood (0-5 years)	Episcopal Community Services (ECS)	Para Las Familias	1424 30th Street, Suite A San Diego, CA 92154	(619) 565-2650
Outpatient Mental Health Treatment	Early Childhood (0-5 years)	Rady Children's Hospital of San Diego (Rady)	KidSTART	3665 Kearny Villa Road, Suite 500 San Diego, CA 92123 2204 El Camino Real, Suite 102 Oceanside, CA 92054 333 H Street, Suite 3010 Chula Vista, CA 91910	(858) 576-1700 (760) 967-7082 (619) 420-5611
Outpatient Mental Health Treatment	Early Childhood (0-5 years)	Palomar Family Counseling Services Inc (PFC)	ChildNET Incredible Years North Coastal & North Inland	1002 East Grand Avenue Escondido, CA 92025 945 Vale Terrace Drive Vista, CA 92084	(760) 741-2660
Outpatient Mental Health Treatment	Foster Youth	New Alternatives Inc (NAI)	Comprehensive Assessment & Stabilization Services (CASS)	3517 Camino del Rio South, Suite 407 San Diego, CA 92108	(619) 955-8905
Outpatient Mental Health Treatment	Foster Youth	New Alternatives Inc (NAI)	Incredible Families	8765 Aero Drive San Diego, CA 92123	(619) 207-0396

BEHAVIORAL HEALTH SERVICES

COUNTYWIDE SPECIALTY PROGRAMS



Outpatient - Specialty Programs

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Outpatient Mental Health Treatment	Homeless and Runaway Youth age 12 up to 21	North County Lifeline	Connections Community Counseling	200 Michigan Avenue Vista CA 92084 707 Oceanside Blvd. Oceanside, CA 92054 333 Via Vera Cruz, Suite 152 San Marcos, CA 92078 4180 Ruffin Road, Suite 295 San Diego, CA 92123	(760) 310-2950
Outpatient Mental Health Treatment	Justice Involved Youth	San Diego Youth Services (SDYS)	BridgeWays	7364 El Cajon Blvd. San Diego, CA 92115	(619) 221-8600
Outpatient Mental Health Treatment	Medication Clinic	New Alternatives Inc (NAI)	Center for Child and Youth Psychiatry (CCYP)	8755 Aero Drive, Suite 306 San Diego, CA 92123	(858) 634-1100
Outpatient Mental Health Treatment	Sexually Reactive Youth	Mental Health Systems Inc (MHS)	STEPS	4660 Viewridge Avenue San Diego, CA 92123	(858) 565-2510
Outpatient Mental Health Treatment	LGBTQ+	San Diego Youth Services (SDYS)	Our Safe Place	3427 4th Avenue, 2nd Floor San Diego, CA 92103	(619) 232-8126
Drop-In Centers	LGBTQ+	San Diego Youth Services (SDYS)	Our Safe Place	2220 Broadway San Diego, CA 92102 746 Ada Street Chula Vista, CA 91911 1050 N. Broadway Escondido, CA 92026 215 Barnes Street Oceanside, CA 92054	(619) 232-8126 (619) 871-8342 (619) 628-2444 (760) 271-4855
Outpatient Mental Health Treatment Drop-In Center	CSEC	San Diego Youth Services (SDYS)	I CARE (CSEC)	Confidential Location	(619) 521-2250

BEHAVIORAL HEALTH SERVICES

COUNTYWIDE SPECIALTY PROGRAMS



Outpatient - Specialty Programs

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Service	Special Population	Agency	Program Name	Address	Phone Number
Outpatient Mental Health Treatment Therapeutic Foster Care	Youth in Foster Family Agencies	San Diego Center for Children (SDCC)	Foster Family Agency Stabilization and Treatment (FFAST)	8225 Aero Drive, Suite 110 San Diego, CA 92123	(858) 633-4115
SUD Teen Residential 2 Homes/6 Beds Each	Residential - Substance Use Disorder (SUD)	McAlister Institute for Treatment and Education (MITE)	Teen Group Homes	Confidential Group Homes	(619) 672-3902 East (619) 337-3830 South
Wraparound	Foster Youth & Probation	Fred Finch Youth Center (FFYC)	Fred Finch Wrap Connections	8787 Complex Drive Suite 300 San Diego, CA 92123 504 W. Mission Avenue Suite 106 Escondido, CA 92023 3845 Spring Drive Spring Valley, CA 91977 637 3rd Avenue Suite I Chula Vista, CA 91910	(619) 797-1090 (619) 281-3706 (619) 797-1090 (619) 873-4075
Wraparound	Foster Youth & Probation	San Diego Center for Children (SDCC)	Wrapworks	3002 Armstrong Street San Diego, CA 92111	(858) 569-2170

Please send all resource guide corrections and updates to Yvonne.Gage@sdcounty.ca.gov.

REGIONAL SERVICES DIRECTORY

SOUTH REGION BEHAVIORAL HEALTH SERVICES

FOR CHILDREN AND YOUTH



Behavioral Health Services (BHS)

Providers in South Region

District 1 Supervisor: Nora Vargas

The County of San Diego's Behavioral Health Services (BHS) offers a multitude of programming to support children and youth who require mental health or substance use treatment. The programs are predominately focused on serving youth up to age 21 who are MediCal beneficiaries or have no medical insurance. This **South Region Services Directory** highlights BHS services in the region, inclusive of school based supports. In addition to contacting the programs directly, the following resources are available to assist with access to care or to obtain information:

Access & Crisis Line: (888) 724-7240 [TDD: (619) 641-6992] offers information about behavioral health resources, including support for a mental health and substance use crisis

9-8-8 Suicide & Crisis Lifeline: Dial "9-8-8"

County of San Diego Behavioral Health Services:

<https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs.html>

County of San Diego Behavioral Health Provider Directory:

<https://sdcountybhs.com/ProviderDirectory>

Behavioral Health CYF Services Directory:

<https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/bhs/CYF/CYF%20Services%20Directory.pdf>

2-1-1 San Diego (List of services and referrals for health and social service programs): Dial "2-1-1"

Regional Services Directory for this and other regions:

https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental_health_services_children/Schools.html

County BHS Primary Contacts in the South Region

Rebecca Raymond, Acting Assistant Medical Services Administrator

Rebecca.Raymond@sdcounty.ca.gov or (619) 301-4429

Yael Koenig, Deputy Director

Yael.Koenig@sdcounty.ca.gov or (619) 563-2773

Acute Services

The following Acute Care services are available Countywide for children and youth who are experiencing a psychiatric crisis and may be a danger to self or other, or are gravely disabled.

Service	Agency	Program Name	Address & Phone Number
Inpatient	Aurora Behavioral Health Care San Diego	Aurora Behavioral Health Care/Inpatient	11878 Ave of Industry San Diego, CA 92128 (858) 487-3200
Inpatient	Rady Children's Hospital of San Diego	Acute Psychiatric Inpatient Services for Children and Adolescents (CAPS)	8001 Frost St San Diego, CA 92123 (858) 966-8337
Inpatient	Sharp Mesa Vista Hospital	Sharp Mesa Vista	7850 Vista Hill Ave San Diego, CA 92123 (858) 836-8434
Crisis Stabilization	New Alternatives Inc (NAI)	Emergency Screening Unit (ESU)	4309 Third Ave San Diego, CA 92103 (619) 876-4502
Crisis Response	Exodus Recovery	Mobile Crisis Response Team (MCRT) North Pilot	Access through ACL: (888) 724-7240
Crisis Response	Telecare	Mobile Crisis Response Team (MCRT)	Access through ACL: (888) 724-7240
Psychiatric Emergency Resource	Community Research Foundation (CRF)	Psychiatric Emergency Response Team (PERT)	Through 911
Outpatient Mental Health Treatment	New Alternatives Inc (NAI)	Crisis Action & Connection (CAC)	Community Based: (619) 591-5740
Outpatient Mental Health Treatment	Vista Hill Foundation (VHF)	BH Connect Tele-Mental Health	Access through ACL: (888) 724-7240 (858) 877-0179
State Hotline Local Mobile Response Placement Stabilization	Mental Health America	Family Urgent Response System (FURS)	4069 30th Street San Diego, CA 92104 (833) 939-3877

SOUTH REGION BEHAVIORAL HEALTH SERVICES

SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
Chula Vista Elementary	Arroyo Vista Charter K-8	Community Research Foundation	Nueva Vista Youth & Family Services	1161 Bay Blvd., Suite B, Chula Vista, CA 91911	(619) 585-7686
	Bayfront Charter K-12				
	Castle Park Elementary	South Bay Community Services	South Region	430 F Street, Chula Vista CA, 91910	(619) 420-3620
	Feaster Charter Elementary	Community Research Foundation	Nueva Vista Youth & Family Services	1161 Bay Blvd., Suite B, Chula Vista, CA 91911	(619) 585-7686
	Harborside Elementary	South Bay Community Services	South Region	430 F Street, Chula Vista CA, 91910	(619) 420-3620
	Lauderbach Elementary		South Region		
	Loma Verde Elementary		Prevention and Early Intervention South Bay		
	Los Altos Elementary		South Region		
	Montgomery Elementary		Prevention and Early Intervention South Bay		
	Mueller Charter	Community Research Foundation	Nueva Vista Youth & Family Services	1161 Bay Blvd., Suite B, Chula Vista, CA 91911	(619) 585-7686
	Otay Elementary	South Bay Community Services	South Region	430 F Street, Chula Vista CA, 91910	(619) 420-3620
	Rice Elementary				
	Silver Wing Elementary				
	Vista Square Elementary		Prevention and Early Intervention South Bay	430 F Street, Chula Vista CA, 91910	(619) 420-3620
			South Region	430 F Street, Chula Vista CA, 91910	(619) 420-3620

SOUTH REGION BEHAVIORAL HEALTH SERVICES

SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
National School District	Central Elementary	Community Research Foundation	Nueva Vista Youth & Family Services	1161 Bay Blvd., Suite B, Chula Vista, CA 91911	(619) 585-7686
	El Toyon Elementary				
	Ira Harbison Elementary				
	John Otis Elementary				
	Kimball Elementary				
	Las Palmas Elementary				
	Lincoln Acres Elementary				
	Olivewood Elementary	Community Research Foundation	Nueva Vista Youth & Family Services	1161 Bay Blvd., Suite B, Chula Vista, CA 91911	(619) 585-7686
		South Bay Community Services	Prevention and Early Intervention South Bay	430 F Street, Chula Vista CA, 91910	(619) 420-3620
	Palmer Way Elementary	Community Research Foundation	Nueva Vista Youth & Family Services	1161 Bay Blvd., Suite B, Chula Vista, CA 91911	(619) 585-7686
San Ysidro	La Mirada Elementary	Community Research Foundation	Nueva Vista Youth & Family Services	1161 Bay Blvd., Suite B, Chula Vista, CA 91911	(619) 585-7686
		South Bay Community Services	Prevention and Early Intervention South Bay	430 F Street, Chula Vista CA, 91910	(619) 420-3620
	San Ysidro Middle	San Ysidro Health	Youth Enhancement Services	1662 Precision Park, San Diego, CA 92173	(619) 428-5533
	Smythe Elementary				

SOUTH REGION BEHAVIORAL HEALTH SERVICES

SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
San Ysidro	Sunset Elementary	San Ysidro Health	Youth Enhancement Services	1662 Precision Park, San Diego, CA 92173	(619) 428-5533
	Willow Elementary				
SDCOE JCC Schools	Second Chance Blended Community	Community Research Foundation	Mobile Adolescent Service Team	1260 Morena Blvd., Suite 200, San Diego, CA 92110	(619) 398-3261
	South County Blended Community				
	Victoria Blended Community School				
South Bay Union	Bayside Elementary	South Bay Community Services	South Region	430 F Street, Chula Vista CA, 91910	(619) 420-3620
	Berry Elementary				
	Central Elementary				
	Emory Elementary				
	George Nicoloff Elementary				
	Howard Pence Elementary				
	Imperial Beach Elementary				
	Nestor Elementary				
	Oneonta Elementary				
	Sunnyslope Elementary				
	Teofilo Mendoza Elementary				

SOUTH REGION BEHAVIORAL HEALTH SERVICES

SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
South Bay Union	Westview Elementary	South Bay Community Services	South Region	430 F Street, Chula Vista CA, 91910	(619) 420-3620
Sweetwater Union High	Bonita Vista High	Sweetwater Unified School District	Mental Health Resource Center	1051 Picador Blvd., San Diego, CA 92154	(619) 662-8372
	Bonita Vista Middle				
	Castle Park High				
	Castle Park Middle *				
	Chula Vista High				
	Chula Vista Middle				
	Eastlake High *				
	Eastlake Middle				
	Granger Junior				
	Hilltop High				
	Hilltop Middle				
	Mar Vista Academy (Community Resource Center)				
	Mar Vista High	McAlister Institute	South Region Teen Recovery Center	1120 Third Avenue, Suite C, Chula Vista, CA 91910	(619) 691-1045
		Sweetwater Unified School District	Mental Health Resource Center	1051 Picador Blvd., San Diego, CA 92154	(619) 662-8372
	Montgomery High	Sweetwater Unified School District	Mental Health Resource Center	1051 Picador Blvd., San Diego, CA 92154	(619) 662-8372

SOUTH REGION BEHAVIORAL HEALTH SERVICES

SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
Sweetwater Union High	Montgomery Middle (Community Resource Center)	Sweetwater Unified School District	Mental Health Resource Center	1051 Picador Blvd., San Diego, CA 92154	(619) 662-8372
	National City Middle				
	Olympian High				
	Options Secondary				
	Otay Ranch High *				
	Palomar High				
	Rancho Del Rey Middle				
	San Ysidro High	McAlister Institute	South Region Teen Recovery Center	1120 Third Avenue, Suite C, Chula Vista, CA 91910	(619) 691-1045
	San Ysidro High (feeds into FRC) *	Sweetwater Unified School District	Mental Health Resource Center	1051 Picador Blvd., San Diego, CA 92154	(619) 662-8372
	Southwest High	McAlister Institute	South Region Teen Recovery Center	1120 Third Avenue, Suite C, Chula Vista, CA 91910	(619) 691-1045
		Sweetwater Unified School District	Mental Health Resource Center	1051 Picador Blvd., San Diego, CA 92154	(619) 662-8372
	Southwest Middle	Sweetwater Unified School District	Mental Health Resource Center	1051 Picador Blvd., San Diego, CA 92154	(619) 662-8372
	Sweetwater High	McAlister Institute	South Region Teen Recovery Center	1120 Third Avenue, Suite C, Chula Vista, CA 91910	(619) 691-1045
		Sweetwater Unified School District	Mental Health Resource Center	1051 Picador Blvd., San Diego, CA 92154	(619) 662-8372

SOUTH REGION BEHAVIORAL HEALTH SERVICES

OUTPATIENT CLINIC SITES



Outpatient Clinical Services

The following outpatient clinics are located in the **South Region**. Many of these program can be accessed at a Clinic site as well as at designated school campuses. Children and youth are not limited to accessing services in their region, and can contact the Access and Crisis Line (ACL) by calling (888) 724-7240 or refer to the [CYF Services Directory](#) for a listing of programs in other regions.

Agency	Program Name	Service	Address	Phone Number
Community Research Foundation (CRF)	Nueva Vista Youth & Family Services School Based Services	Outpatient Mental Health Treatment Substance Use Disorder (SUD) Counselor	1161 Bay Blvd. Suite B Chula Vista, CA 91911	(619) 585-7686
San Ysidro Health (SYH)	Youth Enhancement Services (YES) School Based Services	Outpatient Mental Health Treatment SUD Counselor	1662 Precision Park San Diego, CA 92173	(619) 428-5533
South Bay Community Services (SBCS)	South Region School Based Services	Outpatient Mental Health Treatment	430 F Street Chula Vista, CA 91910	(619) 420-3620
Sweetwater Union High School District (SUHSD)	Mental Health Resource Center School Based Services	Outpatient Mental Health Treatment	1051 Picador Blvd. San Diego, CA 92154	(619) 662-8372
McAlister Institute for Treatment and Education (MITE)	Teen Recovery Center (TRC) - South School Based Services	Outpatient Substance Use Treatment	1180 3rd Avenue Suite C-6 Chula Vista, CA 91910	(619) 691-1045

BEHAVIORAL HEALTH SERVICES

COUNTYWIDE SPECIALTY PROGRAMS



Outpatient - Specialty Programs

The County offers an array of services which can be accessed through the Access and Crisis Line (ACL) by calling (888) 724-7240 or by referring to the [CYF Services Directory](#). The following are some of the specialty programs that serve children and youth and are available Countywide:

Service	Special Population	Agency	Program Name	Address	Phone Number
Behavioral Coaching	Ancillary Service	New Alternatives Inc (NAI)	Therapeutic Behavioral Services (TBS)	8755 Aero Drive, Suite 230 San Diego, CA 92123	(858) 256-2180
Case Management and Family Partners	Southeast San Diego	Harmonium	Southeast Family Youth Partner Svc	5275 Market Street, Suite E San Diego, CA 92114	(619) 541-0426
Outpatient Mental Health Treatment	API/Latinx	Union of Pan Asian Communities (UPAC)	Multicultural Community Counseling	5348 University Avenue, Suite 108 San Diego, CA 92105	(619) 578-2211
Outpatient Mental Health Treatment	Early Childhood (0-5 years)	Episcopal Community Services (ECS)	Para Las Familias	1424 30th Street, Suite A San Diego, CA 92154	(619) 565-2650
Outpatient Mental Health Treatment	Early Childhood (0-5 years)	Rady Children's Hospital of San Diego (Rady)	KidSTART	3665 Kearny Villa Road, Suite 500 San Diego, CA 92123 2204 El Camino Real, Suite 102 Oceanside, CA 92054 333 H Street, Suite 3010 Chula Vista, CA 91910	(858) 576-1700 (760) 967-7082 (619) 420-5611
Outpatient Mental Health Treatment	Early Childhood (0-5 years)	Palomar Family Counseling Services Inc (PFC)	ChildNET Incredible Years North Coastal & North Inland	1002 East Grand Avenue Escondido, CA 92025 945 Vale Terrace Drive Vista, CA 92084	(760) 741-2660
Outpatient Mental Health Treatment	Foster Youth	New Alternatives Inc (NAI)	Comprehensive Assessment & Stabilization Services (CASS)	3517 Camino del Rio South, Suite 407 San Diego, CA 92108	(619) 955-8905
Outpatient Mental Health Treatment	Foster Youth	New Alternatives Inc (NAI)	Incredible Families	8765 Aero Drive San Diego, CA 92123	(619) 207-0396

BEHAVIORAL HEALTH SERVICES

COUNTYWIDE SPECIALTY PROGRAMS



Outpatient - Specialty Programs

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Service	Special Population	Agency	Program Name	Address	Phone Number
Outpatient Mental Health Treatment	Homeless and Runaway Youth age 12 up to 21	North County Lifeline	Connections Community Counseling	200 Michigan Avenue Vista CA 92084 707 Oceanside Blvd. Oceanside, CA 92054 333 Via Vera Cruz, Suite 152 San Marcos, CA 92078 4180 Ruffin Road, Suite 295 San Diego, CA 92123	(760) 310-2950
Outpatient Mental Health Treatment	Justice Involved Youth	San Diego Youth Services (SDYS)	BridgeWays	7364 El Cajon Blvd. San Diego, CA 92115	(619) 221-8600
Outpatient Mental Health Treatment	Medication Clinic	New Alternatives Inc (NAI)	Center for Child and Youth Psychiatry (CCYP)	8755 Aero Drive, Suite 306 San Diego, CA 92123	(858) 634-1100
Outpatient Mental Health Treatment	Sexually Reactive Youth	Mental Health Systems Inc (MHS)	STEPS	4660 Viewridge Avenue San Diego, CA 92123	(858) 565-2510
Outpatient Mental Health Treatment	LGBTQ+	San Diego Youth Services (SDYS)	Our Safe Place	3427 4th Avenue, 2nd Floor San Diego, CA 92103	(619) 232-8126
Drop-In Centers	LGBTQ+	San Diego Youth Services (SDYS)	Our Safe Place	2220 Broadway San Diego, CA 92102 746 Ada Street Chula Vista, CA 91911 1050 N. Broadway Escondido, CA 92026 215 Barnes Street Oceanside, CA 92054	(619) 232-8126 (619) 871-8342 (619) 628-2444 (760) 271-4855
Outpatient Mental Health Treatment Drop-In Center	CSEC	San Diego Youth Services (SDYS)	I CARE (CSEC)	Confidential Location	(619) 521-2250

BEHAVIORAL HEALTH SERVICES

COUNTYWIDE SPECIALTY PROGRAMS



Outpatient - Specialty Programs

The County offers an array of services which can be accessed through the Access and Crisis Line (ACL) by calling (888) 724-7240 or by referring to the [CYF Services Directory](#). The following are some of the specialty programs that serve children and youth and are available Countywide:

Service	Special Population	Agency	Program Name	Address	Phone Number
Outpatient Mental Health Treatment Therapeutic Foster Care	Youth in Foster Family Agencies	San Diego Center for Children (SDCC)	Foster Family Agency Stabilization and Treatment (FFAST)	8225 Aero Drive, Suite 110 San Diego, CA 92123	(858) 633-4115
SUD Teen Residential 2 Homes/6 Beds Each	Residential - Substance Use Disorder (SUD)	McAlister Institute for Treatment and Education (MITE)	Teen Group Homes	Confidential Group Homes	(619) 672-3902 East (619) 337-3830 South
Wraparound	Foster Youth & Probation	Fred Finch Youth Center (FFYC)	Fred Finch Wrap Connections	8787 Complex Drive Suite 300 San Diego, CA 92123 504 W. Mission Avenue Suite 106 Escondido, CA 92023 3845 Spring Drive Spring Valley, CA 91977 637 3rd Avenue Suite I Chula Vista, CA 91910	(619) 797-1090 (619) 281-3706 (619) 797-1090 (619) 873-4075
Wraparound	Foster Youth & Probation	San Diego Center for Children (SDCC)	Wrapworks	3002 Armstrong Street San Diego, CA 92111	(858) 569-2170

Please send all resource guide corrections and updates to Yvonne.Gage@sdcounty.ca.gov.

The resources listed below are for Mental Health Plan (MHP) and Drug Medi-Cal Organized Delivery System (DMC-ODS) Providers and other County funded programs.

BHS Quality Management (QM) Leadership Team:

Administrator, QI Unit	Tabatha Lang	619-563-2741	Tabatha.Lang@sdcounty.ca.gov
MH QM Program Coordinator	Heather Parson	619-584-5016	Heather.Parson@sdcounty.ca.gov
MH QM Supervisor	Elaine Mills	619 -964-3644	Elaine.Mills@sdcounty.ca.gov
MH QM Supervisor	Danielle Rhinesmith	619-584-3089	Danielle.Rhinesmith@sdcounty.ca.gov
MH QM Supervisor	Jill Michalski	619-206-0320	Jill.Michalski@sdcounty.ca.gov
SUD QM Program Coordinator	Michael Blanchard	619-606-6535	Michael.Blanchard@sdcounty.ca.gov
SUD QM Supervisor	Aflie Valdes	619-957-3545	Alfie.valdes@sdcounty.ca.gov
SUD QM Supervisor	Diana Daitch	619-584-3083	Diana.Daitch@sdcounty.ca.gov
SUD QM Analyst Supervisor	Erin Shapira	619-584-3093	Erin.Shapira@sdcounty.ca.gov

Bookmark OPTUM SAN DIEGO webpage for the QM resources below at: <https://www.optumsandiego.com>

Mental Health Plan (MHP) Provider Resources

1. Beneficiary Materials

- a. MHP Informing Materials, MHP Quick Guides, Grievance and Appeal Posters, Grievance and Appeal Forms and Brochures, MHP Beneficiary Handbook, Notices of Adverse Benefit Determinations, Advance Directive brochure, and Provider Directory
- b. Under the “BHS Provider Resources” menu, select “MHP Provider Documents”
- c. Select the “Beneficiary” tab
 - i. NOTE: You may download the “Beneficiary Packet Materials Order Form” here to order the informing materials

2. Notices of Adverse Benefit Determination (NOABDs)

- a. Notices shall be given to the Beneficiary when there is an adverse benefit decision regarding care
- b. Under the “BHS Provider Resources” menu, select “MHP Provider Documents”
- c. Select the “NOABD” tab

3. Organizational Provider Operations Handbook (OPOH)

- a. MHP Operations handbook of standards, guidelines, policies and procedures for provider compliance
- b. Under the “BHS Provider Resources” menu, select “MHP Provider Documents”
- c. Select the “OPOH” tab

4. Uniform Clinical Record Manual (UCRM)

- a. Contains form-fill versions of all electronic health record forms that make up the medical record.
- b. May use these forms if the electronic medical record is unavailable for an extended period.
- c. Under the “BHS Provider Resources” menu, select “MHP Provider Documents”
- d. Select the “UCRM” tab

5. Communications

- a. Memos and other communications for providers of the system of care
- b. Under the “BHS Provider Resources” menu, select “MHP Provider Documents”
- c. Select the “Communications” tab

New Program Orientation - QUALITY MANAGEMENT (QM) RESOURCES

6. Up to the Minute (UTTM - MH)

- a. The monthly newsletter containing important information for MHP providers. This is one of the main tools for communicating information to providers; share with all program staff
- b. Under the “BHS Provider Resources” menu, select “MHP Provider Documents”
- c. Select the “UTTM” tab

7. Privacy Incident Reporting and other Privacy Resources:

- a. All privacy incidents are reported directly through the HHS Compliance Office online portal which may be accessed by clicking on the link below.
http://www.sdcounty.ca.gov/hhsa/programs/sd/compliance_office/compliance_bulletins.html

8. Training

- a. Training webinars for Billing and Documentation Standards, Billing and Progress Note Correction tutorials, Access to Services Journal tutorial, other training materials
- b. Under the “BHS Provider Resources” menu, select “MHP Provider Documents”
- c. Select the “Training” tab

9. There are additional resource tabs (Forms, Manuals, References, Pathways to Well Being (PWB), and BHS Reports) for MHP providers on the MHP Provider page, check them out.

10. Serious Incident Reporting & Report of Findings:

- a. See OPOH Section G for SIR criteria and procedures
- b. Under the “BHS Provider Resources” menu, select “MHP Provider Documents”
- c. Select the “Forms” tab
- d. SIR Telephone Report Line: 619-584-3022
- e. QM Confidential Fax: 619-236-1953 - for sending any Protected Health Information (PHI)

11. Medi-Cal Certification and Recertification for Adult/Older Adult (A/OA) and Children, Youth and Families (CYF) Providers, contact: QIMatters.hhsa@sdcounty.ca.gov

12. License Waiver applications, forms, and process contact: QIMatters.hhsa@sdcounty.ca.gov

13. QM Clinical Documentation and Root Cause Analysis training registration completed through the www.eventbrite.com site. Programs will receive a link to register.

14. CCBH EHR Training - Register on-line at: <https://www.regpack.com/reg/optum> or 1-800-834-3792 x3

15. Program Manager Orientation Presentation:

- a. Under the “BHS Provider Resources” menu, select “MHP Provider Documents”
- b. Select the “References” tab

16. Financial Eligibility and Billing Procedure Manual:

- a. Log in to the secure area of the Optum website (if new, register for an account and then login)
- b. Select the “CCBH (formerly Anasazi) Secure Documents” option

17. State Plan Amendment (SPA) – Targeted Case Management and Mental Health Rehabilitation:

- a. Document describing agreement between State of California and Centers for Medicare & Medicaid Services (CMS) regarding Medi-Cal specialty mental health services (SMHS) covered under the MHP.

New Program Orientation - QUALITY MANAGEMENT (QM) RESOURCES

Drug Medi-Cal Organized Delivery System (DMC-ODS) Resources

1. **Substance Use Disorders Providers Operations Handbook(SUDPOH)**
 - a. Operations handbook of standards, guidelines, policies and procedures for provider compliance
 - b. Under the “BHS Provider Resources” menu, select “Drug Medi-Cal Organized Delivery System”
 - c. Select the “SUDPOH” tab
2. **Substance Use Disorders Uniform Records Manual (SUDURM)**
 - a. Contains all form fill versions of health record forms, instructions for forms, and standardized order for the chart.
 - b. Under the “BHS Provider Resources” menu, select “Drug Medi-Cal Organized Delivery System”
 - c. Select the “SUDURM” tab
3. **Communications**
 - a. Memos and other communications for SUD providers
 - b. Under the “BHS Provider Resources” menu, select “Drug Medi-Cal Organized Delivery System”
 - c. Select the “Communications” tab
4. **Beneficiary Materials**
 - a. SUD Informing Materials, SUD Quick Guides, Grievance and Appeal Posters, Grievance and Appeal Forms and Brochures, and DMC-ODS Beneficiary Handbook
 - b. Under the “BHS Provider Resources” menu, select “Drug Medi-Cal Organized Delivery System”
 - c. Select the “Beneficiary” tab
5. **Notices of Adverse Benefit Determination (NOABD)**
 - a. Notices shall be given to the Beneficiary when there is an adverse benefit decision regarding care
 - b. Under the “BHS Provider Resources” menu, select “Drug Medi-Cal Organized Delivery System”
 - c. Select the “NOABD” tab
6. **Up to the Minute (UTTM - SUD)**
 - a. The monthly newsletter contains important information for SUD providers. This is one of the main tools for communicating information to providers Important to read and share with all program staff
 - b. Under the “BHS Provider Resources” menu, select “Drug Medi-Cal Organized Delivery System”
 - c. Select the “UTTM” tab
7. There are additional resource tabs (QM Training, Manuals, ASAM, Toolbox, SanWITS, Billing, and PC1000) for SUD providers; check them out.
8. DHCS Resources, required and optional trainings, and important contact information:
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/dmc_ods/dmc_ods_provider.html
9. For a comprehensive list of required provider trainings for DMC-ODS, visit the DMC-ODS Training website:
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/dmc_ods/dmc_ods_provider/dmc_ods_quick_reference_training_guide.html
10. For general information regarding DMC-ODS and additional resources, visit the BHS DMC-ODS website:
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/algorithm_drug_services.html.html

New Program Orientation - QUALITY MANAGEMENT (QM) RESOURCES

11. Serious Incident Reporting: (See SUDPOH for details)
 - a. Under the “BHS Provider Resources” menu, select “Drug Medi-Cal Organized Delivery System”
 - b. For SIR forms, select the “Forms” Tab
 - c. SIR Telephone Report Line: 619-584-3022
 - d. QM Confidential Fax: 619-236-1953 - for sending any Protected Health Information (PHI)
12. Privacy Incident Reporting and other Privacy Resources:
 - a. All privacy incidents are reported directly through the HHSA Compliance Office online portal which may be access by clicking on the link below.
http://www.sdcounty.ca.gov/hhsa/programs/sd/compliance_office/compliance_bulletins.html
13. SanWITS Training Registration: https://www.regpacks.com/reg/templates/build/?g_id=100901152
14. SanWITS Billing Classes: Register with the BHS Billing Unit at ADSBillingUnit.HHSA@sdcounty.ca.gov
15. Documentation Training Registration: Via Eventbrite with specific links and instructions provided in the UTTM and training announcement emails
16. Questions regarding DMC-ODS Standards and Documentation: QIMatters.HHSA@sdcounty.ca.gov
17. Questions regarding Billing: ADSBillingUnit.HHSA@sdcounty.ca.gov
18. Questions regarding SanWITS or CalOMS: SUD_MIS_Support.HHSA@sdcounty.ca.gov or 619-584-5040

Other Helpful Resources

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1. Responsive Integrated Health Solutions (RIHS) Trainings - Register online at: <https://theacademy.sdsu.edu/programs/rihs/>
 2. San Diego Network of Care – “a Virtual Community” that includes a fast, comprehensive Service Directory and link to pertinent Web sites: www.sandiego.networkofcare.org
 3. For Language and Hearing Impaired Translation services:
 - Access & Crisis Line: 1-888-724-7240
 - Interpreter’s Unlimited: 1-858-451-7490 or www.interpretersunlimited.com
 4. Technical Resource Library (TRL) – Resource documents referenced in the Statement of Work/Requests for Proposal found at: https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/technical_resource_library.html
 5. Optum Help Desk (CCBH Technical Support): 1-800-834-3792
 6. Send Quality Management questions for MHP and DMC-ODS providers to: QIMatters.hhsa@sdcounty.ca.gov
 7. Send personnel updates for QM and MIS email distribution lists to: QIMatters.hhsa@sdcounty.ca.gov and SUD_MIS_Support.HHSA@sdcounty.ca.gov
 8. Questions for MIS, i.e. ARFs contact: MH_MIS_SystemAdmin.HHSA@sdcounty.ca.gov

New Program Orientation - QUALITY MANAGEMENT (QM) RESOURCES

9. BHS Administration: 619-563-2700
10. San Diego 24hr. Access and Crisis Line: 1 - 888-724-7240



LIVE WELL
SAN DIEGO

LIVE WELL ADVANCE CONFERENCE & SCHOOL SUMMIT

Creating Healthy, Safe, and Thriving Communities Together

Building an Equitable Future



SAVE THE DATE!

Wednesday, December 7, 2022

San Diego Convention Center

8:00 am - 5:00 pm

Virtual Pre-Conference Tuesday, December 6, 2022

Connect with thousands of community partners and
attend breakout sessions on important topics, including:

- Recovery and Resilience
- Strategic Partnerships
- Environmental Action
- Student Wellbeing
- Equity and Engagement
- Workplace Wellness

And more!

Registration opens late October

LiveWellSD.org/advance

Stay up-to-date, sign-up for our monthly newsletter: LiveWellSD.org/news



Southcrest Recreation Center
4149 Newton Avenue
San Diego, CA 92113
(619) 527-3413



Dinner with Santa

Wednesday, December 21, 2022
4:30-8:00pm

Come join us at Southcrest Recreation Center for a holly jolly good time! Event includes free food for children, DJ/music, sing holiday songs, crafts, game truck and the churro truck. So bring all the good boys and girls to celebrate the holidays with us!!

IMPORTANT!: If you signed up for Toys for Tots the toys will be passed out in the meeting room.



LIVE WELL
SAN DIEGO

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGION, CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS, & AIDS-RELATED COMPLEX.) IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK & RECREATION DEPARTMENT CONTACT THE DISTRICT MANAGER AT (619) 236-7342 OR THE OFFICE OF EQUAL OPPORTUNITY, U.S. DEPARTMENT OF THE INTERIOR, WASHINGTON D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST.

BIRTH OF BRILLIANCE



B E T H E C H A N G E

ALL CHILDREN ARE BORN WITH BRILLIANCE, WHICH ACCORDING TO WEBSTERS DICTIONARY MEANS: INTENSE BRIGHTNESS OF LIGHT; VIVIDNESS OF COLOR; AND EXCEPTIONAL TALENT OR INTELLIGENCE.

Imagine a world where every child's brilliance is acknowledged and nurtured from birth. Racial inequity flies in the face of this brilliance and it is our responsibility to rewrite the narrative.

The conference is focused on children, youth and their families. Building on the success and energy of our inaugural event, the committee is excited to present the third annual virtual Birth of Brilliance Conference on Feb. 24, 2023. The focus remains on raising awareness about the effects of racial disparities and implicit bias in mental health, social services, developmental services, education, medical care and juvenile justice. Registration opens on Dec. 1.

If you would like to get involved in Birth of Brilliance 2023 as a committee member, fiscal sponsor, by being or recommending a speaker, or if you have questions, please reach out to us at birthofbrilliance@gmail.com.



For a recap of the previous two years conferences, please visit the QR codes



APPLY TODAY (JOB POSTING #22235509)

governmentjobs.com/careers/sdcounty



Behavioral Health Program Coordinator

COUNTY OF SAN DIEGO HEALTH AND HUMAN SERVICES AGENCY
BEHAVIORAL HEALTH SERVICES (BHS)

Are you looking for an exciting career in behavioral health services that involves having a key role in enhancing the quality of life for residents of all ages?

The County of San Diego Health and Human Services Agency (HHSA), Behavioral Health Services (BHS) is currently recruiting for **Behavioral Health Program Coordinators**. Behavioral Health Program Coordinators are responsible for the development and monitoring of a continuum of substance use and mental health programs throughout San Diego County.

The position requires a high level of attention to detail and the ability to navigate seamlessly between behavioral health knowledge and expertise, fiscal and budget oversight, quality management, and contract actions such as procurements, site visits and program engagement. Additionally, this position provides BHS departmental support and collaborates within BHS and across County departments providing subject matter expertise and cross threading for optimal outcomes. Ideal candidates excel in dynamic work environments and work well both independently and within teams. The Behavioral Health Program Coordinator position requires a current clinical license in the behavioral field with the State of California, and to have at least five (5) years of professional experience with one (1) year in an administrative or management capacity. The position is primarily completed via telework, with regular in-person activities and meetings. Candidates also have the option to work onsite at BHS' Mission Valley office location, if desired.

For additional information about the Behavioral Health Program Coordinator position, benefits, and how to apply, [click here](#).