

**Behavioral Health Services  
Children, Youth and Families Outpatient Clinics**

Regional clinics provide outpatient behavioral health services including individual, family and group therapy, case management, psychiatric services, and crisis intervention. Medi-Cal beneficiaries and uninsured children and youth who present with moderate to severe needs up to age 21 and their families are served. Those children and youth who present with mild needs are referred to their health plans. Insured persons are referred to their own providers.

REGION	CLINIC	HOURS	ADDRESS	PHONE NUMBER	PROGRAM MANAGER	COUNTY PROGRAM MONITOR
Central	Douglas Young Youth & Family Services	M, T, W 9:30-6:00, Th - 12:00-8:00 F - 9:00-5:00	7917 Ostrow St., Ste. A San Diego, CA 92111	(858) 277-9950	Sara Welsh	Wendy Maramba
	Rady Central Clinic	M-F 8:00-5:00 (Eves. by appointment)	3665 Kearny Villa Rd., Ste. 101 San Diego, CA 92123	(858) 966-5832	Tray Thomason	Wendy Maramba
	Union of Pan-Asian Communities (UPAC)	M-F 8:30-5:00	1031 25 <sup>th</sup> St., Ste. C San Diego, CA 92102	(619) 232-6454	Yen Du	Wendy Maramba
East	Crossroads Family Center	M, Tu, F 9:00-5:00 W 8:30-6:30 Th 10:00-6:00	1679 E. Main St., Ste. 102 El Cajon, CA 92021	(619) 441-1907	Brenda Estrada	Wendy Maramba
South	Nueva Vista Family Services	M, F 9:00-5:00 T, W, Th 9:00-7:00	1161 Bay Blvd., Ste. B Chula Vista, CA 91911	(619) 585-7686	Zugiel Torres	Wendy Maramba
	San Ysidro Health Center Youth Enhancement Services	M-F 8:00-8:00pm Sat. 8:00-2:00	3025 Beyer Blvd., Ste. E101 San Diego, CA 92154	(619) 428-5533	Roberto Suarez	Rebecca Raymond
N. Coastal	Rady North Coastal Clinic	M-F 8:00-5:00 Closed 12:00-1:00 (Eves by appointment)	3605 Vista Way, Ste. 258 Oceanside, CA 92056	(760) 758-1480	Kristy Randall	Michael Miller
N. Inland	Rady North Inland Clinic	M-F 8:00-5:00 Closed 12:00-1:00 (Eves. by appointment)	625 W. Citracado Pkwy., Ste. 102 Escondido, CA 92025	(760) 294-9270	Griselda Hernandez	Michael Miller

School-based and specialized services are offered throughout the County. For a complete listing of Behavioral Health Services Regional School lists and SchoolLink information please visit [https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental\\_health\\_services\\_children/Schools.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental_health_services_children/Schools.html). For a complete listing of available programs please visit the Behavioral Health Services Provider Directory at [https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs\\_services.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html)

Community members may contact the San Diego Access and Crisis line at (888) 724-7240 for further assistance.

