

**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	7907 Ostrow St., Ste. F 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	Fran Cooper
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	Ambar Lopez-Barnes	Fran Cooper
	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	619 428-1330	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	Michele Solomon	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 Pky., Ste. 102 Escondido, CA 92025	760 294-9270	Margaret Anello	Michael Miller

School-based and specialized services are offered throughout the County. For complete listing of available programs, please visit Network of Care for Behavioral Health Children, Youth & Families BHS Provider Resource Manual at <http://sandiego.networkofcare.org/mh/services/index.aspx>. Community members may contact the San Diego Access and Crisis line at (888) 724-7240 for further assistance.

