



Assertive Community Treatment Programs



Assertive Community Treatment (ACT) programs provide the highest level of community-based outpatient mental health care. ACT adopts a “whatever it takes” approach to care, with services provided several times a week, including weekends and holidays. All programs serve adults and have 24/7 on-call availability.



Services Offered

Depending on the need, services may include:

- Rehabilitation and recovery
- Psychiatry
- Nursing
- Intensive case management
- Linkage to substance use treatment
- Supported employment
- Peer support
- Supportive housing
- Payee services
- Transportation



Who is Eligible?

Participants must be adults living with a serious mental illness or co-occurring substance use condition, experiencing homelessness or at risk of homelessness, and in need of intensive mental health services.



Learn More

To see if Assertive Community Treatment services are right for you or a loved one, contact:

- Optum’s Single Point of Access team by calling (800) 842-2652 Monday-Friday, 8am-5pm, or
- Any of the Assertive Community Treatment programs directly



For a complete list of Assertive Community Treatment programs for adults and information on Wraparound services for children and youth, visit our website:

bit.ly/ACTservices

Updated 11/21/25

Connect to Resources

Call 888-724-7240 to connect to the **San Diego Access and Crisis Line** for free and confidential support and help navigating services, available 24/7 in over 200 languages.

Call 988 to connect to the national **Suicide & Crisis Lifeline** network of crisis call centers.

Assertive Community Treatment Programs



For more information, visit bit.ly/ACTservices, call Optum's Single Point of Access team at (800) 842-2652 during business hours, or contact any of the programs directly. Programs only available through a direct referral are noted below.

| Region & Neighborhood | Program | Address and Phone Number |
|------------------------------------|---|--|
| North Central, Linda Vista | Community Research Foundation – IMPACT | 1260 Morena Blvd, Suite 100, San Diego, CA 92110 Phone: (619) 398-0355 |
| North Central, Serra Mesa | TURN BHS City Star | 8775 Aero Dr, San Diego, CA 92123 Phone: (858) 609-8742 |
| North Central, Mission Valley | Telecare Assisted Outpatient Treatment <i>Referral needed</i> | 1660 Hotel Circle North, Ste 101, San Diego, CA 92108 Phone: (619) 481-3840 |
| North Central, Kearny Mesa | Pathways Catalyst <i>Serving transition age youth ages 16-25</i> | 3870 Murphy Canyon Rd., Stes. 320, 325, San Diego, CA 92123 Phone: (858) 300-0460 |
| North Central, Midway/Sports Arena | Telecare La Luna ACT <i>Referral needed</i> | 3491 Kurtz St, Ste 150, San Diego, CA 92110 Phone: (619) 320-2404 |
| North Central, Midway/Sports Arena | Telecare Vida ACT <i>Referral needed</i> | 3491 Kurtz St, Ste 150, San Diego, CA 92110 Phone: (619) 332-5830 |
| North Central, Midway/Sports Arena | Telecare Behavioral Health Court <i>Referral needed</i> | 3491 Kurtz St, Ste 150, San Diego, CA 92110 Phone: (619) 276-1176 |
| North Central, Old Town | Telecare Gateway to Recovery <i>Referral needed</i> | 3132 Jefferson St, San Diego, CA 92110 Phone: (619) 683-3100 |
| North Central, Old Town | Telecare Pathways to Recovery <i>Referral needed</i> | 3132 Jefferson St, San Diego, CA 92110 Phone: 683-3100 |
| North Inland, Escondido | TURN BHS North Star | 474 W. Vermont Ave, Escondido, CA 92025 Phone: (760) 432-9884 |
| North Coastal, Oceanside | TURN BHS North Coastal | 2122 El Camino Real, Ste 102, Oceanside, CA 92054 Phone: (760) 290-8170 |
| East, Santee | TURN BHS ACTION East <i>In-house substance use program</i> | 10201 Mission Gorge Rd, Ste O, Santee, CA 92071 Phone: (619) 383-6868 |
| South, Chula Vista | Community Research Foundation – South Bay IMPACT | 855 3rd Ave, Suite 1110, Chula Vista, CA 91911 Phone: (619) 934-5770 |
| Central, City Heights | TURN BHS Center Star <i>Serving ages 25-59 with justice involvement</i> | 4283 El Cajon Blvd, San Diego, CA 92105 Phone: (619) 521-1743 |
| Central, Downtown San Diego | Community Research Foundation – Downtown IMPACT <i>Serving those living in Downtown San Diego</i> | 995 Gateway Center Way, Ste 300, San Diego, CA 92102 Phone: (619) 398-2156 |
| Central, Downtown San Diego | Community Research Foundation – Senior IMPACT <i>Serving ages 60+</i> | 928 Broadway, San Diego, CA 92101 Phone: (619) 977-3716 |
| Central, Mission Valley | TURN BHS ACTION Central <i>In-house substance use program</i> | 1011 Camino Del Rio South, Ste 300, San Diego, CA 92108 Phone: (619) 287-8225 |