

East Region Crisis Stabilization Unit and Recovery Bridge Center

The County of San Diego is pleased to announce plans for the construction of a new **East Region Crisis Stabilization Unit and Recovery Bridge Center**. These services are part of an array of mental health and substance use services that are regionally distributed across San Diego County and will enable East County residents to access the care they need.

	Crisis Stabilization Unit (CSU)	Recovery Bridge Center (RBC)
Purpose	Provides immediate mental health support and treatment services in a calming setting to individuals with serious behavioral health needs.	Provides a safe, supervised, non-medical environment to stabilize individuals whose level of public intoxication puts themselves or others at risk and outpatient substance use disorder services to ensure continuity of care.
Overview of Services	Services are tailored to each person and are provided on a short-term basis, up to 24 hours, and may include: <ul style="list-style-type: none"> • Crisis intervention • Mental health assessment • Medication assistance • Therapy and peer support • Resources and connections to ongoing behavioral health services 	Services are provided on a short-term basis, and may include: <ul style="list-style-type: none"> • Screenings for substance use or mental health conditions • Counseling services • Outpatient substance use disorder services • Resources and connections to ongoing behavioral health services
Accessing Services	Accepts drop-offs by health, safety, and law enforcement agencies or via walk-in to adults ages 18 and up.	Only accepts drop-offs of adults ages 18 and up by health, safety, and law enforcement agencies, and referrals for substance use disorder services.

Location

The facility will be in El Cajon at 200 Magnolia Avenue and West Douglas Avenue. The site is close to public transit and freeways for easy access, and other East County-based behavioral health services for connection to ongoing support or treatment.



Connect with this Project

Scan the QR code to access more information, frequently asked questions, and an online feedback form. Email Engage.BHS@sdcounty.ca.gov with any questions or comments.

Connect to Resources

Dial 1-888-724-7240 to connect to the **San Diego Access and Crisis Line** for free & confidential behavioral health resources & referrals, available 24/7 in over 200 languages.

Dial 9-8-8 to connect to the **Suicide & Crisis Lifeline** network of crisis call centers.

Dial 2-1-1 for local information & connections to community, health, & disaster resources, available 24/7 in over 200 languages.