

# Adult/Older Adult Mental Health Outpatient Clinics

## Urgent Walk-in Services Schedule and Contact Information

The hours posted below are for urgent walk-in services only at regional clinics which provide psychiatric outpatient services, including medication.

The programs serve Medi-Cal beneficiaries and uninsured adults, age 18 and over. Insured persons are referred to their own providers.

This schedule, arranged by Region, provides the Clinic's addresses, contact phone numbers, and urgent walk-in days/hours.

Whenever possible, please call in advance to arrange an appointment.

| REGION        | CLINIC                                         | DAY(S)<br>AVAILABLE FOR<br>WALK-IN               | TIME(S) AVAILABLE<br>FOR<br>WALK-IN                                           | ADDRESS                                                   | PHONE / FAX<br>NUMBER                 | PROGRAM MANAGER       | COUNTY BHS PROGRAM COORDINATOR                                                          |
|---------------|------------------------------------------------|--------------------------------------------------|-------------------------------------------------------------------------------|-----------------------------------------------------------|---------------------------------------|-----------------------|-----------------------------------------------------------------------------------------|
| Central       | CRF/Jane Westin Walk-In Center                 | Operational:<br>7 days/wk<br>(holidays included) | 8am-12am<br>Walk-In: 8am-10pm                                                 | 1045 9th Avenue<br>San Diego, CA 92101                    | (619) 235-2600<br>FAX: (619) 696-9573 | Kenna Mauhili         | Cecily Thornton-Stearns, MFT<br>858-514-3289<br>Cecily.Thornton-Stearns@sdcounty.ca.gov |
|               | Neighborhood House Assn, Inc. / Project Enable | Mon - Fri                                        | 10:00 AM -2:00 PM                                                             | 286 Euclid Avenue<br>Suite 102<br>San Diego, CA 92114     | (619) 266-2111<br>FAX: (619) 266-0496 | Bernard Carrasco, MFT | David Mullen, LMFT<br>858-514-3187<br>David.Mullen@sdcounty.ca.gov                      |
|               | Alianza Wellness Center                        | Mon-Fri                                          | 8:30 AM - 5:00 PM                                                             | 5555 Reservoir Drive<br>Suite 204A<br>San Diego, CA 92120 | (619) 839-1800                        | Kristine Villanueva   | Betsy Knight, LMFT<br>858-514-3237<br>Elizabeth.Knight@sdcounty.ca.gov                  |
|               | UPAC Community Wellness Clinic                 | Mon - Fri                                        | 8:30 AM - 5:00 PM<br>Urgent Walk-In Services<br>Hours: M-F 8:30 AM - 12:30 PM | 5348 University Ave.,<br>Suite 108<br>San Diego, CA 92105 | (619) 255-7550<br>FAX: (619) 255-7838 | Joshua Zang, MFT      | Maria Morgan, LMFT<br>858-514-3250<br>Maria.Morgan@sdcounty.ca.gov                      |
|               | Southeast Mental Health Center                 | Mon, Tues, Thurs, & Fri                          | 8:30 AM - 11:30 AM<br><br>1:00 PM - 3:00 PM                                   | 3177 Ocean View Blvd.<br>San Diego, CA 92113              | (619) 595-4400<br>FAX: (619) 595-7927 | Diana Cobb            | Phuong Quach, Psy.D, LMFT<br>858-514-3244<br>Phuong.Quach@sdcounty.ca.gov               |
| North Central | CRF/Douglas Young BPSR Center                  | Mon - Wed, & Fri                                 | 9:00 AM - 11:00AM                                                             | 10717 Camino Ruiz<br>Suite 207<br>San Diego, CA 92126     | (858) 695-2211<br>FAX: (858) 695-3521 | Laura Talbott         | Betsy Knight, LMFT<br>858-514-3237<br>Elizabeth.Knight@sdcounty.ca.gov                  |
|               |                                                | Thurs                                            | 12:00 PM - 2:00 PM                                                            |                                                           |                                       |                       |                                                                                         |

# Adult/Older Adult Mental Health Outpatient Clinics

## Urgent Walk-in Services Schedule and Contact Information

The hours posted below are for urgent walk-in services only at regional clinics which provide psychiatric outpatient services, including medication.

The programs serve Medi-Cal beneficiaries and uninsured adults, age 18 and over. Insured persons are referred to their own providers.

This schedule, arranged by Region, provides the Clinic's addresses, contact phone numbers, and urgent walk-in days/hours.  
Whenever possible, please call in advance to arrange an appointment.

| REGION | CLINIC                                      | DAY(S)<br>AVAILABLE FOR<br>WALK-IN | TIME(S) AVAILABLE<br>FOR<br>WALK-IN  | ADDRESS                                                 | PHONE / FAX<br>NUMBER                 | PROGRAM MANAGER    | COUNTY BHS PROGRAM COORDINATOR                                                 |
|--------|---------------------------------------------|------------------------------------|--------------------------------------|---------------------------------------------------------|---------------------------------------|--------------------|--------------------------------------------------------------------------------|
|        | North Central Mental Health Center          | Mon - Fri                          | 8:30 AM - 3:30 PM                    | 1250 Morena Blvd.<br>1st Floor<br>San Diego, CA 92110   | (619) 692-8750<br>FAX: (619) 692-8779 | Lisa Thiel         | Phuong Quach, Psy.D, LMFT<br>858-514-3244<br>Phuong.Quach@sdcounty.ca.gov      |
| East   | CRF/Heartland BPSR Wellness Recovery Center | Mon                                | 9:00 AM -11:00 AM                    | 460 N. Magnolia Ave.<br>Suite 110<br>El Cajon, CA 92020 | (619) 440-5133<br>FAX: (619) 440-8522 | Grace Odyek        | Charity White Voth, LCSW<br>858-514-3235<br>Charity.White-Voth@sdcounty.ca.gov |
|        |                                             | Wed & Fri                          | 9:00 AM -Noon                        |                                                         |                                       |                    |                                                                                |
|        |                                             | Tues & Thurs                       | 9:00 AM - 4:00 PM                    |                                                         |                                       |                    |                                                                                |
|        | East County Mental Health Center            | Mon, Tues, Wed, Fri                | 9:00 AM - Noon,<br>1:00 PM - 4:00 PM | 1000 Broadway<br>Suite 210<br>El Cajon, CA 92021        | (619) 401-5500<br>FAX: (619) 401-5454 | Michelle Raby      | Phuong Quach, Psy.D, LMFT<br>858-514-3244<br>Phuong.Quach@sdcounty.ca.gov      |
|        |                                             | Wed & Fri                          | 1:00 PM - 4:00 PM                    |                                                         |                                       |                    |                                                                                |
| South  | CRF/Maria Sardiñas BPSR Center              | Tues & Thurs                       | 9:00 AM - 3:00 PM                    | 1465 30th Street<br>Suite K<br>San Diego, CA 92154      | (619) 428-1000<br>FAX: (619) 428-1091 | Paul Van Portfliet | Cara Evans Murray, LMFT<br>858-514-3246<br>Cara.EvansMurray@sdcounty.ca.gov    |
|        | CRF/South Bay Guidance BPSR Center          | Mon, Wed, & Fri                    | 9:00 AM - 1:00 PM                    | 1196 3rd Avenue<br>Chula Vista, CA 91911                | (619) 427-4661<br>FAX: (619) 426-7849 | Michele Buland     |                                                                                |

# Adult/Older Adult Mental Health Outpatient Clinics

## Urgent Walk-in Services Schedule and Contact Information

The hours posted below are for urgent walk-in services only at regional clinics which provide psychiatric outpatient services, including medication.

The programs serve Medi-Cal beneficiaries and uninsured adults, age 18 and over. Insured persons are referred to their own providers.

This schedule, arranged by Region, provides the Clinic's addresses, contact phone numbers, and urgent walk-in days/hours.

Whenever possible, please call in advance to arrange an appointment.

| REGION        | CLINIC                                                             | DAY(S)<br>AVAILABLE FOR<br>WALK-IN | TIME(S) AVAILABLE<br>FOR<br>WALK-IN | ADDRESS                                                      | PHONE / FAX<br>NUMBER                             | PROGRAM MANAGER | COUNTY BHS PROGRAM COORDINATOR                                                            |
|---------------|--------------------------------------------------------------------|------------------------------------|-------------------------------------|--------------------------------------------------------------|---------------------------------------------------|-----------------|-------------------------------------------------------------------------------------------|
| North Coastal | MHS, Inc.<br>BPSR – Vista                                          | Mon - Fri                          | 8:30 AM - 4:00 PM                   | 550 W. Vista Way<br>Suite 407<br>Vista, CA 92083             | (760) 758-1092<br>FAX: (760) 758-8481             | Kathy Robbins   | <b>Liane Sullivan</b><br><b>858-514-3228</b><br><b>Liane.Sullivan@sdcounty.ca.gov</b>     |
|               | MHS, Inc.<br>North Coastal Mental<br>Health Clinic                 | Mon-Fri                            | 9:00 AM - 4:00 PM                   | 1701 Mission Ave.<br>Suite 210<br>Oceanside, CA 92058        | (760) 712-3535<br>FAX: (760) 439-6901             | Myesha Barton   |                                                                                           |
|               | Exodus Recovery, Inc.<br>North County Walk-In<br>Assessment Center | Mon - Fri                          | 9:00 AM - 4:30 PM                   | 524 W. Vista Way<br>Vista, CA 92083                          | (760) 758-1150<br>FAX: (760) 758-1808             | Angela Romero   |                                                                                           |
| North Inland  | MHS, Inc.<br>Kinesis North WRC                                     | Mon - Fri                          | 8:30 AM - 4:00 PM                   | 474 W. Vermont<br>Avenue<br>Suite 101<br>Escondido, CA 92025 | (760) 480-2255<br>ext. 105<br>FAX: (760) 741-6645 | Samantha Aument | <b>Maria Morgan, LMFT</b><br><b>(619) 584-5028</b><br><b>Maria.Morgan@sdcounty.ca.gov</b> |
|               | MHS, Inc.<br>North Inland Mental<br>Health Clinic                  | Mon - Fri                          | 8:30 AM - 4:00 PM                   | 125 W. Mission<br>Avenue<br>Suite 103<br>Escondido, CA 92025 | (760) 747-3424<br>FAX: (760) 747-3435             | RanDee McLain   |                                                                                           |
|               | Exodus Recovery, Inc.<br>North County Walk-In<br>Assess. Center    | Mon - Fri                          | 8:00 AM - 4:00 PM                   | 1520 S. Escondido<br>Blvd.<br>Escondido, CA 92025            | (760) 871-2020                                    | Jasmine Jackson | <b>Liane Sullivan</b><br><b>619-584-5021</b><br><b>Liane.Sullivan@sdcounty.ca.gov</b>     |