



# Strengths-Based Case Management Programs



Strengths-Based Case Management services support participants who are managing ongoing mental health conditions by coordinating resources to help people achieve their recovery goals. In-person services are most often delivered in the community at the person's preferred location, although in-office appointments are available as needed.



## Services Offered

Depending on the need, services may include:

- Symptom management
- Care coordination with community supports and other healthcare providers
- Connection to medication management
- Life skills training
- Assistance with basic needs including food, clothing, shelter, and medical care
- Educational and vocational planning
- Connection to other resources as needed (including benefit access, legal, recreational, and social support including community-based spiritual supports)
- Assistance with housing (including board and care and transitional housing)



## Who is Eligible?

Participants must be ages 18+ with a long-term mental health or co-occurring substance use condition and currently within the San Diego County Behavioral Health System.



## Learn More

To see if Strengths-Based Case Management services are right for you or a loved one, contact:

- The **Access and Crisis Line at (888) 724-7240**, or
- Any of the programs directly



For a complete list of Strengths-Based Case Management programs, visit our website: [bit.ly/SBcasemanagement](https://bit.ly/SBcasemanagement)

Updated 4/21/25

## 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.

# Strengths-Based Case Management Programs



Region & Neighborhood	Program	Address and Phone
North Central, Bay Park	<b>North Central SBCM Program</b>  Serving ages 18+	1250 Morena Blvd, 2nd Floor, San Diego, CA 92110 Phone: (619) 692-8715
North Central, Mission Gorge/Allied Gardens	<b>Telecare AgeWise Older Adult SBCM</b>  Serving ages 60+	6160 Mission Gorge Rd, Suite 108, San Diego, CA 92120 Phone: (619) 481-5200
North Inland, Escondido	<b>TURN Behavioral Health Services</b>  Serving ages 18-59*	1955 Citracado Parkway, Suite 300, Escondido, CA 92029 Phone: (760) 294-1281
East, El Cajon	<b>East Region SBCM Program</b>  Serving ages 18+	1000 Broadway, Suite 100, 1st Floor, El Cajon, CA 92021 Phone: (619) 401-5424
South, Nestor	<b>Maria Sardiñas Wellness Recovery Center</b>  Serving ages 18+	1465 30th St, Suite K, San Diego, CA 92154 Phone: (619) 428-1000
South, Chula Vista	<b>South Bay Guidance Wellness Recovery Center</b>  Serving ages 18+	1196 Third Ave, Chula Vista, CA 91911 Phone: (619) 427-4661

*\*As clinically appropriate, clients of these programs will transition to Telecare AgeWise program upon turning 60 years of age.*

## 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.