



Organization	Services	Eligibility	Contact	Location
<a href="#">San Diego Youth Services</a>	<p><b>Juvenile Delinquency, Diversion, &amp; Intervention</b></p> <ul style="list-style-type: none"> <li>o <i>BridgeWays- Juvenile Delinquency</i> <ul style="list-style-type: none"> <li>• Mental health treatment &amp; support services</li> <li>• Youth in justice system/at risk for involvement</li> </ul> </li> <li>o <i>The Community Assessment Team</i> <ul style="list-style-type: none"> <li>• Case management</li> <li>• Resource/ service linkage for youth &amp; families dealing with behavioral, social or juvenile justice issues</li> </ul> </li> <li>o <i>The Juvenile Diversion/ Alternatives to Detention</i> <ul style="list-style-type: none"> <li>• Works with high risk youth to stay on track</li> <li>• Prevent future contact with juvenile justice system</li> </ul> </li> <li>o <i>Cool Bed</i> <ul style="list-style-type: none"> <li>• Voluntary/short term youth residential placement</li> <li>• Temporary shelter &amp; structured supervision</li> <li>• 2-week “cooling off” period from family</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <i>BridgeWays</i> Youth up to age 21</li> <li>• <i>The Juvenile Diversion/ Alternatives</i></li> <li>• High-risk youth referred by: <ul style="list-style-type: none"> <li>o Law enforcement,</li> <li>o School personnel</li> <li>o Community-based organizations</li> <li>o Families</li> </ul> </li> <li>• <i>Cool Bed</i> Youth 12-17</li> </ul>	<a href="tel:(619)221-8600">(619) 221-8600</a>	<p><b>Main Office</b> <a href="#">3255 Wing St, San Diego, CA 92110</a></p> <p><b>Golden Hill Youth Center</b> <a href="#">2220 Broadway, San Diego, CA 92102</a></p>
<a href="#">Vista Hill</a>	<p><b>Bridges Early Intervention Program</b></p> <ul style="list-style-type: none"> <li>o Alcohol/drug screening (SASSI)</li> <li>o Individual sessions with a counselor</li> <li>o Anger Management: <ul style="list-style-type: none"> <li>• Define healthy vs. unhealthy anger</li> <li>• Development of personal awareness &amp; coping</li> </ul> </li> <li>o Daytime Loitering classes <ul style="list-style-type: none"> <li>• Learn meaning &amp; consequences</li> <li>• Identify safety issues &amp; alternatives</li> </ul> </li> <li>o Walk-in drug testing: immediate results provided</li> <li>o Graffiti education &amp; teach the consequences of graffiti</li> <li>o Reckless Behaviors lessons <ul style="list-style-type: none"> <li>• Behavior/ thought processes that lead to actions</li> <li>• Taking responsibility</li> <li>• Developing skills/techniques for positive communication</li> <li>• Emotional self-regulation</li> </ul> </li> <li>o Shoplifting /anti-theft education <ul style="list-style-type: none"> <li>• Explore issues with teen theft</li> <li>• Ways to counteract peer pressure</li> <li>• Controlling impulses</li> </ul> </li> <li>o Offer tobacco education</li> </ul>	<ul style="list-style-type: none"> <li>• Youth ages of 12 to 17</li> <li>• Parent attendance &amp; participation required for some classes</li> <li>• Some classes require fee</li> </ul>	<p><i>Online registration form</i> <a href="tel:(858)514-5101">(858)514-5101</a></p> <p><i>Initial assessment</i> <a href="tel:(858)518-2192">(858)518-2192</a> <a href="mailto:callen@vistahill.org">callen@vistahill.org</a></p>	<p><b>VISTA HILL MAIN OFFICE</b> <a href="#">8910 Clairemont Mesa Blvd San Diego, CA 92123-1104</a></p> <p><b>Vista Hill Bridges Program</b> <a href="#">2851 Meadow Lark Dr, San Diego, CA 92123</a></p>
<a href="#">Vista Hill</a>	<p><b>Juvenile Court Clinic (JCC)</b></p> <ul style="list-style-type: none"> <li>o Short term psychiatric services <ul style="list-style-type: none"> <li>• Youth involved in courts, probation, or child welfare services</li> <li>• Youth unable to access psychiatric care through current services.</li> </ul> </li> <li>o Provides: <ul style="list-style-type: none"> <li>• Mental health &amp; psychiatric assessment</li> <li>• Medication evaluation, prescription &amp; monitoring</li> <li>• Short term individual family &amp; group support</li> <li>• Case management &amp; community linkage</li> <li>• Fire setter evaluation (probation referred)</li> </ul> </li> <li>o Competency restoration (probation referred)</li> </ul>	<ul style="list-style-type: none"> <li>• Probation referred youth with mental health concerns</li> <li>• <i>Insurance eligibility</i></li> <li>• Medi-cal, uninsured, underinsured</li> </ul>	<a href="tel:(858)571-1964">(858)571-1964</a>	<p><b>Juvenile Court Clinic</b> <a href="#">2851 Meadow Lark Drive, San Diego, CA 92123</a></p> <p><i>Hours</i> Monday- Friday 8:00 AM – 5:00 PM</p>

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<a href="#">SAY SAN DIEGO</a>	<p style="text-align: center;"><b><u>Breaking Cycles</u></b></p> <ul style="list-style-type: none"> <li>o Case management &amp; therapeutic interventions <ul style="list-style-type: none"> <li>• Break cycle of delinquency</li> <li>• Reduce juvenile crime &amp; reliance on incarceration</li> <li>• Ensure public safety</li> </ul> </li> <li>o Individual &amp; family counseling</li> <li>o Assessments</li> <li>o Parenting groups &amp; anger management groups</li> <li>o Crisis interventions</li> </ul>	<ul style="list-style-type: none"> <li>• Referral from Juvenile Court</li> <li>• High-risk juvenile probation population &amp; families living Central San Diego.</li> </ul>	<p><b>Andria Del Real</b>  <a href="tel:(619)283-9624">(619) 283-9624</a></p>	<p style="text-align: center;"><b><u>Main Office</u></b>  <a href="#">8755 Aero Drive, Suite 100</a>  <a href="#">San Diego, CA 92123</a></p> <p style="text-align: center;"><b><u>Mid-City Family Resource Center</u></b>  <a href="#">4275 El Cajon Blvd.</a>  <a href="#">San Diego, CA 92105</a></p>
<a href="#">SAY SAN DIEGO</a>	<p style="text-align: center;"><b><u>Community Assessment Team</u></b></p> <ul style="list-style-type: none"> <li>o Support &amp; resource coordination</li> <li>o <i>WINGS</i> (Working to Insure &amp; Nurture Girls Success) works to ensure engagement in juvenile court system</li> <li>o <i>JUVENILE DIVERSION</i> <ul style="list-style-type: none"> <li>• Work with law enforcement agencies</li> <li>• Divert first time juvenile offenders from the juvenile justice system</li> <li>• Clinical &amp; trauma-informed services</li> </ul> </li> <li>o <i>Teen Court</i> <ul style="list-style-type: none"> <li>• Utilizes restorative justice</li> <li>• Have cases reviewed by a jury of teen peers</li> <li>• Allow 90 days to successfully complete sentence program</li> <li>• Ensure charges won't be moved forward to Juvenile Court &amp; minor won't have arrest on record.</li> </ul> </li> <li>o <i>Truancy/Curfew Group</i> <ul style="list-style-type: none"> <li>• 3-week group</li> <li>• Focuses on: <ul style="list-style-type: none"> <li>o The law</li> <li>o Positive decision making /influence of peers</li> </ul> </li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Families with youth (ages 6–18)</li> <li>• <b>Eligible Zip Codes</b></li> <li>• 92101-92124</li> <li>• 92126</li> <li>• 92131-92140</li> <li>• 92142</li> <li>• 92145</li> <li>• 92147</li> <li>• 92151</li> <li>• 92152</li> <li>• 92155</li> <li>• 92158-92161</li> <li>• 92182</li> </ul>	<p><b>Elsa Torres</b>  <a href="tel:(619)283-9624x312">(619)283-9624x312</a>  <a href="mailto:vbouk@saysandiego.org">vbouk@saysandiego.org</a></p> <p style="text-align: center;"><i>Referrals</i></p> <p><b>Omar Isidoro</b>  <a href="tel:(619)283-9624x310">(619)283-9624 x310</a>  <a href="mailto:oisidoro@saysandiego.org">oisidoro@saysandiego.org</a></p> <p style="text-align: center;"><i>Teen Court</i></p> <p><b>Jessica Rathbun</b>  <a href="tel:(858)565-4148x269">(858)565-4148 x269</a>  <a href="mailto:jrathbun@saysandiego.org">jrathbun@saysandiego.org</a></p>	<p style="text-align: center;"><b><u>Main Office</u></b>  <a href="#">8755 Aero Drive, Suite 100</a>  <a href="#">San Diego, CA 92123</a></p> <p style="text-align: center;"><b><u>Mid-City Family Resource Center</u></b>  <a href="#">4275 El Cajon Blvd.</a>  <a href="#">San Diego, CA 92105</a></p>
<a href="#">SAY SAN DIEGO</a>	<p style="text-align: center;"><b><u>Alternatives to detention</u></b></p> <ul style="list-style-type: none"> <li>o For low- risk juvenile offenders</li> <li>o Risk assessment &amp; crisis intervention</li> <li>o Intensive case management</li> <li>o Family services &amp; family conflict mediation</li> <li>o Non-secure shelter (cool bed services)</li> <li>o Case advocacy</li> <li>o Drug &amp; alcohol prevention</li> <li>o Academic enhancement</li> <li>o Community service</li> <li>o Home &amp; school visitations</li> <li>o Guidance &amp; support with development of: <ul style="list-style-type: none"> <li>• Coping skills &amp; positive decision making</li> <li>• Anger control</li> <li>• Healthy relationships, &amp; communication</li> </ul> </li> <li>o Safe &amp; temporary alternative housing: <ul style="list-style-type: none"> <li>• For youth who need to disengage, deescalate, &amp;/or stabilize out of their home environment</li> <li>• Alternative to juvenile halls</li> <li>• Works toward reunification of the youth &amp; family</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Referral from: <ul style="list-style-type: none"> <li>o San Diego Police Department</li> <li>o San Diego Unified School District</li> <li>o Juvenile Probation Court.</li> </ul> </li> <li>• Youth &amp; families who reside in the Central &amp; North Central regions of San Diego.</li> </ul>	<p><b>Jessica Rathbun</b>  <a href="tel:(858)565-4148x269">(858)565-4148 x269</a>  <a href="mailto:jrathbun@saysandiego.org">jrathbun@saysandiego.org</a></p>	<p style="text-align: center;"><b><u>Main Office</u></b>  <a href="#">8755 Aero Drive, Suite 100</a>  <a href="#">San Diego, CA 92123</a></p> <p style="text-align: center;"><b><u>Mid-City Family Resource Center</u></b>  <a href="#">4275 El Cajon Blvd.</a>  <a href="#">San Diego, CA 92105</a></p>
<a href="#">SAY SAN DIEGO</a>	<p style="text-align: center;"><b><u>Cognitive Behavioral Therapy</u></b></p> <ul style="list-style-type: none"> <li>o 3-6 month program for adults on probation</li> <li>o Focuses on: <ul style="list-style-type: none"> <li>• Problem solving</li> <li>• Realistic self-talk, interpersonal skills, behaviors &amp; emotions related to trauma</li> <li>• Making new life commitments to help find new ways of thinking/decision making</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Individuals with formal probation status</li> <li>• Appointment required</li> <li>• Staff unable to see drop-ins.</li> </ul>	<p><b>Laura Soto</b>  <a href="tel:(858)565-4148">(858)565-4148</a>  <a href="mailto:lsoto@saysandiego.org">lsoto@saysandiego.org</a></p>	<p style="text-align: center;"><b><u>Mid-City Resource Center</u></b>  <a href="#">4275 El Cajon Blvd.</a>  <a href="#">San Diego, CA 92105</a></p> <p>Program schedules in:</p> <ul style="list-style-type: none"> <li>• Oceanside, Econdido, Chula Vista, San Diego &amp; El Cajon</li> </ul>

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<p><a href="#">San Diego Youth Services</a></p>	<p style="text-align: center;"><b>Mental Health Services</b></p> <ul style="list-style-type: none"> <li>o <i>Camp Mariposa</i> <ul style="list-style-type: none"> <li>• Counseling &amp; emotional support camp</li> <li>• Teaches problem solving &amp; self-care strategies</li> <li>• For youth dealing with challenges associated with an addicted or co-dependent family member</li> </ul> </li> <li>o <i>Counseling Cove</i> <ul style="list-style-type: none"> <li>• Mental health services</li> <li>• Support for runaway &amp; homeless youth who: <ul style="list-style-type: none"> <li>o Struggle with emotional behavioral, &amp; learning difficulties</li> <li>o Seek to exit street life</li> </ul> </li> </ul> </li> <li>o <i>The East County Behavioral Health Clinic:</i> <ul style="list-style-type: none"> <li>• Full service child/adolescent mental health clinic</li> <li>• Individual, group, &amp; family counseling</li> <li>• Treatment &amp; crisis intervention</li> <li>• Psychological testing &amp; medication evaluations</li> </ul> </li> <li>o <i>The East County Prevention &amp; Early Intervention Program</i> <ul style="list-style-type: none"> <li>• Prevent serious mental illness/behavioral issues</li> <li>• Work with children, parents, community, &amp; school to raise awareness &amp; prevent challenges</li> </ul> </li> <li>o <i>Our Safe Place &amp; Mental Health Services Drop-in Center</i> <ul style="list-style-type: none"> <li>• Mental health services &amp; case management</li> <li>• Support groups</li> <li>• Community building for LGBTQ+ youth/ families</li> </ul> </li> </ul>	<p><i>Counseling Cove</i></p> <ul style="list-style-type: none"> <li>• Runaway &amp; homeless youth</li> </ul> <p><i>The East County Prevention &amp; Early Intervention Program</i></p> <ul style="list-style-type: none"> <li>• Elementary school aged youth</li> </ul> <p><i>Our Safe Place</i></p> <ul style="list-style-type: none"> <li>• LGBTQ+ youth &amp; their families</li> </ul>	<p><i>Counseling Cove</i> <a href="tel:(619)221-8600">(619) 221-8600</a></p> <p><i>Tay Academy</i> <a href="tel:(619)525-9903">(619) 525-9903</a></p>	<p style="text-align: center;"><b>Main Office</b> <a href="#">3255 Wing St.</a> <a href="#">San Diego, CA 92110</a></p> <p style="text-align: center;"><b>Golden Hill Youth Center</b> <a href="#">2220 Broadway,</a> <a href="#">San Diego, CA 92102</a></p> <p style="text-align: center;"><b>Our Safe Place Mental Health Clinic</b> <a href="#">3427 4th Avenue San Diego, CA 94103</a></p> <p><i>Hours</i> Monday-Friday 9:00 am – 6: 00 pm</p> <p>Evenings &amp; weekend by appointment.</p> <p style="text-align: center;"><b>SDYS Central Drop-in Center</b> <a href="#">2220 Broadway</a> <a href="#">San Diego, CA 92102</a></p> <p>Open 7 days a week</p>
<p><a href="#">San Diego Youth Services</a></p>	<p style="text-align: center;"><b>Here Now</b></p> <ul style="list-style-type: none"> <li>o Increases suicide awareness <ul style="list-style-type: none"> <li>• Suicidal ideation &amp; self-injurious behaviors</li> <li>• Bullying &amp; effective communication</li> <li>• teen development</li> <li>• mental health &amp; stress</li> </ul> </li> <li>o HERE Now team members check in with all students: <ul style="list-style-type: none"> <li>• Students who Identified themselves as in need</li> <li>• Students with questions about presentation</li> </ul> </li> <li>o Works with schools to host a coffee talk/parenting meeting to present information on “Check Your Mood” week</li> </ul>	<p>None</p>	<p><i>HERE Now Program Manager</i> <b>Judi Park</b> <a href="tel:(619)258-6877">(619) 258-6877</a> <a href="tel:x3274">x 3274</a> <a href="mailto:jpark@sdyouthservices.org">jpark@sdyouthservices.org</a></p>	<p>Take place at RC site</p>
<p><a href="#">San Diego Youth Services</a></p>	<p style="text-align: center;"><b>STARS</b></p> <ul style="list-style-type: none"> <li>o Supportive services <ul style="list-style-type: none"> <li>• Address physical &amp; mental health</li> <li>• Provide referrals &amp; service connection</li> <li>• Offer independent living skills</li> <li>• Detention outreach &amp; court representation</li> <li>• Support with legal documents &amp; job searching</li> <li>• Support with applying for benefits &amp; housing</li> <li>• Support with enrolling in school</li> <li>• Work towards recovery from trafficking,</li> </ul> </li> <li>o Therapy &amp; mental health services: <ul style="list-style-type: none"> <li>• Individual &amp; family therapy</li> <li>• Emotional support &amp; Advocacy</li> </ul> </li> <li>o Weekly drop-in STARS SURVIVOR SUPPORT GROUP <ul style="list-style-type: none"> <li>• Counseling &amp; peer support</li> <li>• Discussions on: <ul style="list-style-type: none"> <li>o Relationships &amp; boundary setting</li> <li>o Recruitment &amp; vulnerabilities</li> <li>o Commercial sexual exploitation/ trafficking</li> <li>o Safe coping, self-esteem, health, trauma, &amp; recovery</li> </ul> </li> </ul> </li> <li>o Peer support services <ul style="list-style-type: none"> <li>• Lived experience, voice, perspective &amp; validation</li> <li>• Help to reduce substance use</li> </ul> </li> <li>o Offer community training</li> </ul>	<ul style="list-style-type: none"> <li>• Victors, survivors &amp; families of those who have been trafficked</li> <li>• Women/transgender women ages 12-24</li> <li>• Young men who are between 12-17 years old</li> </ul>	<p><b>Laura McLean</b> <a href="tel:(619)993-8050">(619) 993-8050</a> <a href="mailto:lmclean@sdyouthservices.org">lmclean@sdyouthservices.org</a></p>	<p>Confidential location.</p> <p><i>Hours</i> Monday – Friday 8:00 am – 4:30pm</p> <p style="text-align: center;"><b>Main Office</b> <a href="#">3255 Wing St.</a> <a href="#">San Diego, CA 92110</a></p> <p style="text-align: center;"><b>Golden Hill Youth Center</b> <a href="#">2220 Broadway,</a> <a href="#">San Diego, CA 92102</a></p>



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<p><a href="#">San Diego Youth Services</a></p>	<p><b>I Care Mental Health Clinic and Drop in Center</b></p> <ul style="list-style-type: none"> <li>o For individuals that have experienced sex trafficking or sexual exploitation,</li> <li>o Individual &amp; family therapy</li> <li>o Home &amp; community based services</li> <li>o 24-hour support</li> <li>o Psychiatry &amp; medication evaluation</li> <li>o Community trainings</li> <li>o Offers drop in services:             <ul style="list-style-type: none"> <li>• Skill development workshops</li> <li>• Support groups &amp; social activities</li> <li>• Leadership opportunities</li> <li>• Specialized case management</li> </ul> </li> <li>o Education services:             <ul style="list-style-type: none"> <li>• IEPs</li> <li>• Academic mentoring</li> <li>• Individual &amp; small group supports</li> <li>• College prep</li> </ul> </li> <li>o Employment services             <ul style="list-style-type: none"> <li>• Identify, obtain, &amp; retain opportunities</li> <li>• Increase capacity for economic self-sufficiency through individual &amp; small group support</li> </ul> </li> <li>o Peer support services             <ul style="list-style-type: none"> <li>• Offer voice, perspective, &amp; validation</li> <li>• Improve social functioning</li> <li>• Reduce substance use</li> </ul> </li> <li>o Family support services for caregivers             <ul style="list-style-type: none"> <li>• Individual support /parenting groups</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Youth 21 &amp; under who are at risk/ have experiences commercial sex exploitation</li> </ul>	<p><a href="tel:(619)521-2250"> (619) 521-2250</a> <a href="tel:(619)521-3816"> x3816</a></p>	<p>Confidential location.</p> <p><i>Clinic Hours</i> Monday-Friday 9:00am – 6:00pm</p> <p><i>Drop-in Center Hours</i> 7 Days a Week, 12:00pm – 8:00pm</p> <p><b>Main Office</b> <a href="#">3255 Wing St.</a> <a href="#">San Diego, CA 92110</a></p> <p><b>Golden Hill Youth Center</b> <a href="#">2220 Broadway,</a> <a href="#">San Diego, CA 92102</a></p>
<p><a href="#">San Diego Youth Services</a></p>	<p><b>Homeless Housing and Support Services</b></p> <ul style="list-style-type: none"> <li>o <i>Street Outreach</i> <ul style="list-style-type: none"> <li>• Engages homeless youth</li> <li>• Resource connection</li> <li>• Helps to meet basic needs</li> <li>• Provides transportation to shelters</li> <li>• Offers housing referrals</li> </ul> </li> <li>o <i>The TAY Academy</i> <ul style="list-style-type: none"> <li>• Hub for resources &amp; services</li> <li>• For transitional age youth:             <ul style="list-style-type: none"> <li>o Current/ former foster youth</li> <li>o Out-of-home probation youth</li> <li>o Homeless &amp; runaway youth</li> </ul> </li> <li>• Provides:             <ul style="list-style-type: none"> <li>o Job training &amp; education services</li> <li>o Case management/ mental health services</li> <li>o Youth emergency services</li> <li>o Housing services</li> <li>o Support for addressing basic needs</li> <li>o Support for alcohol &amp; drug misuse</li> <li>o Support with artistic self-expression</li> <li>o Support with healthy relationships &amp; sexual health</li> <li>o Support with life skills &amp; safe coping skills</li> </ul> </li> </ul> </li> <li>o <i>Transitional Housing Continuum</i> <ul style="list-style-type: none"> <li>• Affordable housing</li> <li>• Independent living skills training</li> <li>• Supportive services to break cycle of homelessness</li> </ul> </li> <li>o <i>The Youth Emergency Shelter</i> <ul style="list-style-type: none"> <li>• Emergency night shelter program/ drop-in center</li> <li>• Provides safe home &amp; services to help youth reunite with families/find alt. housing</li> </ul> </li> </ul>	<p><i>TAY Academy</i></p> <ul style="list-style-type: none"> <li>• Transitional aged youth ages 14-25</li> </ul> <p><i>The Transitional Housing Continuum</i></p> <ul style="list-style-type: none"> <li>• Transition aged youth 16-24</li> </ul> <p><i>Youth Emergency Shelter</i></p> <ul style="list-style-type: none"> <li>• Homeless, runaway, &amp; street youth</li> </ul>	<p><i>Street Outreach</i> <a href="tel:(619)232-8126"> (619) 232-8126</a> <a href="tel:(619)232-3512"> x3512</a></p> <p><i>TAY Academy</i> <a href="tel:(619)232-8126"> (619) 232-8126</a> <a href="tel:(619)232-3515"> x3515</a></p> <p><i>Youth Emergency Services</i> <a href="tel:(619)232-8126"> (619)232-8126</a></p> <p><i>The Transitional Housing Continuum</i> <a href="tel:(619)221-8600"> (619) 221-8600</a></p>	<p><b>Main Office</b> <a href="#">3255 Wing St.</a> <a href="#">San Diego, CA 92110</a></p> <p><b>Golden Hill Youth Center</b> <a href="#">2220 Broadway,</a> <a href="#">San Diego, CA 92102</a></p>

## Student Services – CENTRAL REGION



<a href="#">San Diego Youth Services</a>	<p style="text-align: center;"><b><u>Our Safe Place</u></b></p> <ul style="list-style-type: none"> <li>o Support Services           <ul style="list-style-type: none"> <li>• Advocacy</li> <li>• Alcohol &amp; drug abuse services</li> <li>• Support in building community &amp; support networks</li> <li>• Support for family relationships</li> <li>• Support with gender Identity, coming out, &amp; transitioning</li> <li>• Support with school &amp; work</li> </ul> </li> <li>o Lessons on sexual health &amp; safe dating</li> <li>o Mental Health Services           <ul style="list-style-type: none"> <li>• Individual &amp; family therapy for LGBTQ+ youth</li> <li>• Psychiatric &amp; mental health services</li> <li>• Medication evaluation &amp; screening</li> <li>• Clinical support barriers</li> </ul> </li> <li>o Drop-in Center Services           <ul style="list-style-type: none"> <li>• Clinical case management</li> <li>• Address basic needs, academic, &amp; employment challenges</li> </ul> </li> <li>o Provide youth partners &amp; mentors</li> </ul>	<ul style="list-style-type: none"> <li>• LGBTQ youth up to age 21 &amp; their families</li> </ul>	<p><a href="tel:(619)525-9903">(619) 525-9903</a></p>	<p><b><u>Our Safe Place Mental Health Clinic</u></b>  <a href="#">3427 4th Avenue, Second Floor</a>  <a href="#">San Diego, CA 94103</a></p> <p><i>Hours</i>  Monday-Friday  9:00 am – 6:00 pm</p> <p>Evenings and weekend by appointment.</p> <p><b><u>SDYS Central Drop-In Center</u></b>  <a href="#">2220 Broadway</a>  <a href="#">San Diego, CA 92102</a></p> <p>Open 7 days a week</p>
<a href="#">Vista Hill</a>	<p style="text-align: center;"><b><u>Support for Adolescents &amp; Families in Recovery (SAFIR)</u></b></p> <ul style="list-style-type: none"> <li>O A chemical dependency recovery based program</li> <li>O For teens &amp; parents: family participation model</li> <li>O Weekly group sessions           <ul style="list-style-type: none"> <li>• Spanish &amp; English</li> <li>• Free of charge</li> <li>• Various locations.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Youth ages 12-18</li> <li>• At least 1 parent/responsible adult involved in care of teen</li> </ul>	<p><a href="tel:(858)514-5100">(858)514-5100</a>  <a href="mailto:info@vistahill.org">info@vistahill.org</a></p>	<p><b><u>VISTA HILL MAIN OFFICE</u></b>  <a href="#">8910 Clairemont Mesa Blvd San Diego, CA 92123</a></p> <p>SAFIR throughout San Diego</p> <p>Locations subject to change</p>
<a href="#">Vista Hill</a>	<p style="text-align: center;"><b><u>Juvenile Drug Court</u></b></p> <ul style="list-style-type: none"> <li>O For teens unable to fulfill conditions of probation</li> <li>O For teens unable to abstain from substance</li> <li>o Intensive services           <ul style="list-style-type: none"> <li>• Case management, family therapy, &amp; support</li> <li>• Drug testing</li> <li>• Supervision by the probation department</li> </ul> </li> <li>o Juvenile Recovery Specialists           <ul style="list-style-type: none"> <li>• Intensive case management</li> <li>• Supportive contacts &amp; interventions</li> <li>• Drug testing to ensure compliance</li> <li>• Family therapy</li> <li>• Progress reports to superior court &amp; probation</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Teens ages 12-18</li> <li>• Supervised by San Diego county probation</li> <li>• Referral by probation office</li> <li>• Services accepted by superior court</li> <li>• Free services</li> </ul>	<p><a href="tel:(858)571-1964">(858)571-1964</a>  <a href="mailto:juvenilecourt@vistahill.org">juvenilecourt@vistahill.org</a></p>	<p><b><u>VISTA HILL MAIN OFFICE</u></b>  <a href="#">8910 Clairemont Mesa Blvd, San Diego, CA 92123-1104</a></p> <p><b><u>Juvenile Court Clinic</u></b>  <a href="#">2851 Meadow Lark Drive San Diego, CA 92123</a></p>
<a href="#">SAY SAN DIEGO</a>	<p style="text-align: center;"><b><u>Dual Diagnosis</u></b></p> <ul style="list-style-type: none"> <li>o For incarcerated &amp; in-treatment youth</li> <li>o Build skills &amp; confidences</li> <li>o Offer psychoeducation groups that discuss           <ul style="list-style-type: none"> <li>• Life skills</li> <li>• Impact of substance use</li> <li>• Dealing with anger</li> <li>• Cognitive restructuring</li> <li>• Social skills development</li> <li>• Healthy relationships &amp; dating abuse prevention</li> <li>• Gang prevention &amp; intervention</li> </ul> </li> <li>o Individual supportive services</li> </ul>	<ul style="list-style-type: none"> <li>• Youth referred by the County Probation Department residing in, or have been recently released from:           <ul style="list-style-type: none"> <li>o Kearny Mesa Juvenile Detention</li> <li>o East Mesa Detention Facility</li> <li>o Girls Rehab Facility</li> <li>o Camp Barrett</li> <li>o Reflections Day Center</li> </ul> </li> </ul>	<p><i>Senior Program Manager</i>  <b>Jennifer Johnson</b>  <a href="tel:(858)492-2340">(858)492-2340</a>  <a href="mailto:jjohnson@saysandiego.org">jjohnson@saysandiego.org</a></p>	<p><b><u>Main Office</u></b>  <a href="#">8755 Aero Drive, Suite 100</a>  <a href="#">San Diego, CA 92123</a></p> <p><b><u>Mid-City Family Resource Center</u></b>  <a href="#">4275 El Cajon Blvd, San Diego, CA 92105</a></p>



<a href="#">McAlister institute</a>	<p style="text-align: center;"><b><u>Teen Recovery Centers</u></b></p> <ul style="list-style-type: none"> <li>o Substance abuse treatment</li> <li>o Recovery &amp; education</li> <li>o Group &amp; individual counseling</li> <li>o Structured recovery activities</li> <li>o Accommodation to school schedules</li> </ul>	<ul style="list-style-type: none"> <li>• Adolescents who are using, misusing, or abusing alcohol and/or other drugs.</li> </ul>	<p><a href="tel:(858)277-4633">(858)277-4633</a></p>	<p style="text-align: center;"><b><u>North Central Teen Recovery Center (NCTRC)</u></b></p> <p><a href="#">7625 Mesa College Drive, Suite 115b San Diego CA, 92111</a></p>
<a href="#">McAlister institute</a>	<p style="text-align: center;"><b><u>Adolescent Residential Treatment</u></b></p> <ul style="list-style-type: none"> <li>o Gender-specific homes</li> <li>o 30-day substance abuse residential treatment           <ul style="list-style-type: none"> <li>• Assessments</li> <li>• Individual counseling</li> <li>• Structured recovery activities</li> <li>• Education &amp; self-help groups.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Adolescents who are using, misusing, or abusing alcohol and/or other drugs</li> </ul>	<p><a href="tel:(619)442-0277x1018">(619)442-0277 x1018</a></p>	<p>Locations kept confidential</p> <p style="text-align: center;"><b><u>North Central Teen Recovery Center (NCTRC)</u></b></p> <p><a href="#">7625 Mesa College Drive, Suite 115b San Diego, CA 92111</a></p>
<a href="#">McAlister institute</a>	<p style="text-align: center;"><b><u>Regional Recovery Centers</u></b></p> <ul style="list-style-type: none"> <li>o Substance abuse outpatient program           <ul style="list-style-type: none"> <li>• Wrap-around services</li> <li>• Assessment &amp; treatment planning</li> <li>• Individual &amp; group counseling</li> <li>• Case management &amp; care coordination</li> <li>• Mental health counseling</li> <li>• Vocational training</li> <li>• Re-entry assistance</li> <li>• Ongoing-recovery support services</li> <li>• Resource linkage</li> </ul> </li> <li>O Provides on-site co-op childcare &amp; parenting classes</li> </ul>	<ul style="list-style-type: none"> <li>• Adults struggling with substance abuse/other drug-related problems, including co-occurring mental health issues</li> <li>• Designed for women</li> </ul>	<p><a href="tel:(858)384-6284">(858)384-6284</a></p>	<p style="text-align: center;"><b><u>North Central Women's Recovery Center (NCWRC)*</u></b></p> <p><a href="#">8665 Gibbs Avenue, Suite 150 San Diego, CA 92123</a></p>
<a href="#">McAlister Institute</a>	<p style="text-align: center;"><b><u>Intervention Services</u></b></p> <ul style="list-style-type: none"> <li>o Individualized intervention plan for substance abuse</li> <li>o One on one call with licensed therapist</li> <li>o Pre-intervention counseling</li> <li>o Family consultation</li> <li>o Access to 25 programs:           <ul style="list-style-type: none"> <li>• Transportation</li> <li>• Post intervention counseling</li> <li>• On-going support</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Individuals dealing with challenges related to substance abuse</li> </ul>	<p><a href="tel:(619)440-4801x105">(619) 440-4801 x105</a></p>	<p style="text-align: center;"><b><u>North Central Women's Recovery Center (NCWRC)*</u></b></p> <p><a href="#">8665 Gibbs Avenue, Suite 150 San Diego, CA 92123</a></p>
<a href="#">McAlister Institute</a>	<p style="text-align: center;"><b><u>SAFE Housing- Supportive Housing</u></b></p> <ul style="list-style-type: none"> <li>o Small female residential home for substance abuse</li> <li>o On-site live in case manager</li> <li>o Clean safe supervised environment</li> <li>o Support steps toward living independently in community</li> </ul>	<ul style="list-style-type: none"> <li>• Women referred by Child Welfare Services</li> <li>• Women in process of reunifying with their children</li> </ul>	<p><b>Natalie Richardson</b> <a href="tel:(619)440-4801x1221">(619)440-4801 x1221</a></p>	<p style="text-align: center;"><b><u>McAllister Institute Kearney Mesa</u></b></p> <p><a href="#">7867 Convoy Ct #302, San Diego, CA 92111</a></p>
<a href="#">SAY SAN DIEGO</a>	<p style="text-align: center;"><b><u>Reflections Day Treatment</u></b></p> <ul style="list-style-type: none"> <li>o Youth mental health &amp; substance abuse needs</li> <li>o Youth seeking recovery</li> <li>o Provides support from a team of:           <ul style="list-style-type: none"> <li>• Probation officers</li> <li>• Therapists &amp; psychiatrists</li> <li>• Substance abuse counselors</li> <li>• Teachers</li> </ul> </li> <li>o Reduces juvenile crime &amp; the number of youth in residential treatment facilities</li> <li>o Therapeutic writing program</li> </ul>	<ul style="list-style-type: none"> <li>• Youth ages 12–17</li> <li>• Youth with a court order for program or referral from the San Diego Breaking Cycles program</li> <li>• Youth must meet medical necessity for day treatment level of care.</li> </ul>	<p><b>Megan Baker</b> <a href="tel:(619)463-1378">(619)463-1378</a> <a href="mailto:mbaker@saysandiego.org">mbaker@saysandiego.org</a></p>	<p><a href="#">8374 Hercules St. La Mesa, CA 91942</a></p>



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<a href="#">SAY SAN DIEGO</a>	<p><b><u>Alcohol, Tobacco, &amp; Other Drugs Prevention Program</u></b></p> <p>o Addresses increasing trend of substance use</p> <p>o Incorporates community partners &amp; science-based knowledge</p> <p>o Safe disposal of prescription medication &amp; list of drug collection box locations</p> <p>o Subprograms:</p> <ul style="list-style-type: none"> <li>• The Central Region Prevention Coalition</li> <li>• The Cinco de Mayo con Orgullo Coalition</li> <li>• The North City Prevention Coalition</li> <li>• The San Diego Smoke Free Project</li> </ul>	None	<p><b>Mary Baum</b>  <a href="tel:(619)283-9624"> (619)283-9624 x367</a>  <a href="mailto:mbaum@saysandiego.org">mbaum@saysandiego.org</a></p>	<p><b><u>Main Office</u></b>  <a href="#">8755 Aero Drive, Suite 100</a>  <a href="#">San Diego, CA 92123</a></p> <p><b><u>Mid-City Family Resource Center</u></b>  <a href="#">4275 El Cajon Blvd.</a>  <a href="#">San Diego, CA 92105</a></p>
<a href="#">SAY SAN DIEGO</a>	<p><b><u>Central Region Prevention Coalition</u></b></p> <p>o Training for community to develop strategies to reduce the impact of drug &amp; alcohol use</p> <p>o Provides activities:</p> <ul style="list-style-type: none"> <li>• Youth town halls</li> <li>• Community Assessments</li> <li>• Prevention awareness campaign</li> <li>• Monitoring on- &amp; off-sale liquor code compliance</li> <li>• Monitoring illegal marijuana dispensaries</li> <li>• Implementing Crime Free Multi-Housing Program</li> </ul> <p>o Youth groups:</p> <ul style="list-style-type: none"> <li>• Advocates for Change Today: a multicultural group of teens working in Mid City</li> <li>• Critical Voice: Queer Youth Coalition focused on outreaching to the LGBTQ community</li> </ul>	<ul style="list-style-type: none"> <li>• Individuals from the Central region of San Diego</li> </ul>	<p><b>Mary Baum</b>  <a href="tel:(619)283-9624"> (619)283-9624 x267</a>  <a href="mailto:mbaum@saysandiego.org">mbaum@saysandiego.org</a></p>	<p><b><u>Main Office</u></b>  <a href="#">8755 Aero Drive, Suite 100</a>  <a href="#">San Diego, CA 92123</a></p>
<a href="#">SAY SAN DIEGO</a>	<p><b><u>CAT Plus: Teen Pregnancy Prevention</u></b></p> <p>o Informational &amp; skill-based group</p> <p>o Provides lessons on:</p> <ul style="list-style-type: none"> <li>• Abstinence</li> <li>• Decision making &amp; resisting peer pressure</li> <li>• Vocational goals</li> <li>• Birth control &amp; STI/HIV</li> </ul> <p>o Works to prevent:</p> <ul style="list-style-type: none"> <li>• Unwanted teen pregnancy</li> <li>• STD's &amp; HIV contraction</li> <li>• Promote safe sexual activity</li> </ul>	<ul style="list-style-type: none"> <li>• Teens</li> </ul>	<p><b>Jessica Rathbun</b>  <a href="tel:(858)565-4148"> (858)565-4148 x269</a>  <a href="mailto:jrathbun@saysandiego.org">jrathbun@saysandiego.org</a></p>	<p><b><u>Main Office</u></b>  <a href="#">8755 Aero Drive, Suite 100</a>  <a href="#">San Diego, CA 92123</a></p> <p><b><u>Mid-City Family Resource Center</u></b>  <a href="#">4275 El Cajon Blvd.</a>  <a href="#">San Diego, CA 92105</a></p>
<a href="#">StarPal</a>	<p><b><u>Annual Fishing Derby</u></b></p> <p>o For children from inner city neighborhoods</p> <p>o Youth learn about fishing</p> <p>o Youth positively engage with volunteers:</p> <ul style="list-style-type: none"> <li>• The Department of Fish &amp; Game</li> <li>• Law enforcement &amp; public safety officers</li> </ul> <p>o Children learn basics of fishing etiquette &amp; safety, practice, &amp; receive a fishing pole</p>	<ul style="list-style-type: none"> <li>• Youth ages 8-14</li> <li>• Youth who live in inner city neighborhoods</li> </ul>	<p><a href="tel:(619)531-2718"> (619)531-2718</a></p>	<p><b><u>Chollas Lake Park</u></b>  <a href="#">5850 College Grove Dr</a>  <a href="#">San Diego, CA 92115</a></p>
<a href="#">StarPal</a>	<p><b><u>Annual Surf Clinic</u></b></p> <p>o 1-day summer clinic for youth</p> <p>o Youth learn about ocean safety/ surfing</p> <p>o Youth engage with law enforcement &amp; public safety agencies</p>	<ul style="list-style-type: none"> <li>• Youth ages 9 to 15</li> </ul>	<p><a href="tel:(619)531-2718"> (619)531-2718</a></p>	<p><a href="#">4110 54th Street</a>  <a href="#">San Diego CA. 92105</a></p>
<a href="#">StarPal</a>	<p><b><u>Girl-E Diversion</u></b></p> <p>o 6-week program</p> <p>o Offers girls charged with low-level, misdemeanor crimes:</p> <ul style="list-style-type: none"> <li>• Interaction with law enforcement &amp; role models</li> <li>• An outlet to discuss relevant issues <ul style="list-style-type: none"> <li>o Self-esteem</li> <li>o Healthy relationships &amp; sexual assault</li> <li>o Bullying &amp; gang &amp; violence prevention</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Young women ages 12-18</li> <li>• Mostly first time offenders: low level misdemeanor crimes</li> </ul>	<p><a href="tel:(619)531-2718"> (619)531-2718</a></p>	<p><a href="#">4110 54th Street</a>  <a href="#">San Diego CA, 92105</a></p>



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<a href="#">StarPal</a>	<p style="text-align: center;"><b><u>Holiday Programs</u></b></p> <p>o Shop with a Cop</p> <ul style="list-style-type: none"> <li>• Youth from local schools get the opportunity to shop local law enforcement &amp; public safety officers</li> <li>• A private show at Sea World</li> <li>• Encourage positives interaction with law enforcement</li> <li>• Creates a positive holiday season</li> </ul>	<ul style="list-style-type: none"> <li>• Youth selected by counselors from local elementary schools</li> </ul>	<a href="tel:(619)531-2718">(619)531-2718</a>	<a href="https://www.sandiego.gov/4110-54th-street">4110 54th Street San Diego CA , 92105</a>
<a href="#">StarPal</a>	<p style="text-align: center;"><b><u>InterAction</u></b></p> <p>o 18 Session program</p> <p>o Brings law enforcement + teaching artists from La Jolla Playhouse together</p> <p>o Address issues:</p> <ul style="list-style-type: none"> <li>• Crime &amp; gang violence</li> <li>• Challenges with self-expression</li> <li>• The dangers of drugs</li> <li>• School violence &amp; bullying</li> </ul> <p>o Assists students in learning tools to make positive life choices</p> <p>o Uses theater as a medium to communicate about everyday struggle by providing a non-threatening environment</p>	<ul style="list-style-type: none"> <li>• High school students near Lincoln High School in Southeastern San Diego &amp; Crawford High School in City Heights</li> </ul>	<a href="tel:(619)531-2718">(619)531-2718</a>	<p><b><u>Lincoln High School</u></b> <a href="https://www.lincolnhighschool.org/">4777 Imperial Ave, San Diego, CA 92113</a></p> <p><b><u>Crawford High School</u></b> <a href="https://www.crawfordhighschool.org/">4191 Colts Way, San Diego, CA 92115</a></p>
<a href="#">StarPal</a>	<p style="text-align: center;"><b><u>Making Changes</u></b></p> <p>o Year round program 40 session program</p> <p>o Provides education on the importance of making positive life decisions</p> <p>o Provide civic service engagement activities with law enforcement.</p> <p>o Youth learn about:</p> <ul style="list-style-type: none"> <li>• Public speaking &amp; community involvement</li> <li>• Financial literacy &amp; continued education</li> </ul>	<ul style="list-style-type: none"> <li>• Youth in San Diego</li> </ul>	<a href="tel:(619)531-2718">(619)531-2718</a>	<a href="https://www.sandiego.gov/4110-54th-street">4110 54th Street San Diego CA , 92105</a>
<a href="#">StarPal</a>	<p style="text-align: center;"><b><u>Man Up Diversion Program</u></b></p> <p>o A 6-week program</p> <p>o For young men who have demonstrated at-risk behavior or have had contact with law enforcement for low-level misdemeanors</p> <p>o Discussions on:</p> <ul style="list-style-type: none"> <li>• Self-esteem &amp; life choices</li> <li>• Healthy relationships &amp; sexual assault</li> <li>• Bullying, gang &amp; violence prevention</li> </ul> <p>o Guidance from law enforcement to avoid entering cycle of juvenile justice system</p>	<ul style="list-style-type: none"> <li>• Young men ages 12-18</li> <li>• Young men experiencing at risk behavior</li> <li>• Young men whom have had contact with law enforcement through low level offenses</li> </ul>	<a href="tel:(619)531-2718">(619)531-2718</a>	<a href="https://www.sandiego.gov/4110-54th-street">4110 54th Street San Diego CA , 92105</a>
<a href="#">StarPal</a>	<p style="text-align: center;"><b><u>Mentoring Youth Tomorrow</u></b></p> <p>o A mentoring program for inner-city youth</p> <p>o Led by law enforcement on Tuesdays after school</p> <p>o Offers:</p> <ul style="list-style-type: none"> <li>• Homework assistance</li> <li>• Athletic activities &amp; recreational opportunities</li> <li>• Educational field trips &amp; enrichment activities</li> </ul>	<ul style="list-style-type: none"> <li>• Inner-city youth</li> </ul>	<a href="tel:(619)531-2718">(619)531-2718</a>	<a href="https://www.sandiego.gov/4110-54th-street">4110 54th Street San Diego CA , 92105</a>
<a href="#">StarPal</a>	<p style="text-align: center;"><b><u>Padres Baseball Camps</u></b></p> <p>o A series of baseball camps for youth</p> <p>o Takes place during the spring &amp; summer months</p> <p>o Participants learn:</p> <ul style="list-style-type: none"> <li>• The basics of baseball</li> <li>• The importance of academics</li> </ul> <p>o Participants attend a Padres game with law enforcement volunteers.</p>	<ul style="list-style-type: none"> <li>• Youth ages 8-14</li> </ul>	<a href="tel:(619)531-2718">(619)531-2718</a>	<a href="https://www.sandiego.gov/4110-54th-street">4110 54th Street San Diego CA , 92105</a>



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<p><a href="#">Promises 2Kids</a></p>	<p><b><u>The A.B. &amp; Jessie Polinsky Children’s Center</u></b></p> <ul style="list-style-type: none"> <li>o A county operated, short term (about 7 days) emergency shelter</li> <li>o For the protection &amp; care of abused &amp; neglected children who are foster youth</li> <li>o 6 residential cottages             <ul style="list-style-type: none"> <li>• An infant nursery</li> <li>• A medical clinic</li> <li>• A library</li> <li>• A cafeteria, etc.</li> </ul> </li> <li>o <i>The Developmental Screening &amp; Enhancement Program(DSEP)</i> detects developmental delays in foster children birth-5 years old</li> <li>o Pet encounter therapy</li> <li>o <i>Youth2youth</i>: peer driven mentoring program</li> <li>o Recreation &amp; life skills:             <ul style="list-style-type: none"> <li>• Structured activities such as dance &amp; art, cooking classes &amp; organized sports</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Current &amp; former foster children</li> </ul>	<p><a href="tel:(858)278-4400">(858) 278-4400</a>  <a href="mailto:info@promises2kids.org">info@promises2kids.org</a></p>	<p><a href="#">9400 Ruffin Ct suite a, San Diego, CA 92123</a></p>
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