



Organization	Services	Eligibility	Contact	Location
<a href="#">Mental Health Systems</a>	<p><b><u>Community Assessment Team (CAT)</u></b></p> <ul style="list-style-type: none"> <li>o Support and Resource Connection:               <ul style="list-style-type: none"> <li>• Individual counseling and case management</li> <li>• Group and family services</li> <li>• Support in determining youths' needs in areas of mental health, academic support, and basic needs</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Youth Ages 6-18</li> </ul> <p><b>Eligible Zip Codes</b></p> <ul style="list-style-type: none"> <li>• 92003</li> <li>• 92025</li> <li>• 92026-92029</li> <li>• 92033</li> <li>• 92036</li> <li>• 92059</li> <li>• 92061</li> <li>• 92064-92066</li> <li>• 92069</li> <li>• 92070</li> <li>• 92086</li> <li>• 92127-92129</li> </ul>	<p><b>Main Office</b> <a href="tel:(858)573-2600">(858)573-2600</a></p>	<p><a href="#">9465 Farnham Street San Diego, CA 92123</a></p>
<a href="#">North County Lifeline</a>	<p><b><u>Community Assessment Team (CAT)</u></b></p> <ul style="list-style-type: none"> <li>o Support and Resource Connection:               <ul style="list-style-type: none"> <li>• Individual counseling and case management</li> <li>• Group and family services</li> <li>• Support in determining youths' needs in areas of mental health, academic support, and basic needs</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Youth Ages 6-18</li> </ul> <p><b>Eligible Zip Codes</b></p> <ul style="list-style-type: none"> <li>• 92007-92009</li> <li>• 92014</li> <li>• 92024</li> <li>• 92055-92058</li> <li>• 92067</li> <li>• 92068</li> <li>• 92075</li> <li>• 92083</li> <li>• 92084</li> <li>• 92130</li> <li>• 92150</li> </ul>	<p><b>Naly Millan</b> <a href="mailto:Hmillan@nclifeline.org">Hmillan@nclifeline.org</a></p>	<p><a href="#">3142 Vista Way, Suite 400 Oceanside CA 92056</a></p>
<a href="#">North County Lifeline</a>	<p><b><u>Project Life</u></b></p> <ul style="list-style-type: none"> <li>o Client-centered trauma-informed program</li> <li>o Utilizes a Trauma Resiliency Model (TRM) &amp; Community Resiliency Model (CRM)</li> <li>o Victim advocacy</li> <li>o Crisis management &amp; safety planning</li> <li>o Therapy</li> <li>o Basic needs &amp; a comprehensive needs assessment</li> <li>o A personalized case plan</li> <li>o Traumatic Incident Reduction (TIR) &amp; Eye Movement Desensitization Reprocessing (EMDR)</li> <li>o Connects client with services &amp; resources</li> <li>o Prevention workshops for at risk youth on:               <ul style="list-style-type: none"> <li>• Behaviors that make you vulnerable</li> <li>• How recruiters operate</li> <li>• Recognizing &amp; avoiding gender based violence</li> <li>• How to get help</li> <li>• Increasing victim identification</li> <li>• Educating professionals</li> <li>• Appropriate steps during assistance</li> <li>• Consultation services after training</li> </ul> </li> <li>o <i>The Reach Coalition</i> <ul style="list-style-type: none"> <li>• A survival lead program</li> <li>• Provides culturally competent:                   <ul style="list-style-type: none"> <li>o Recovery &amp; healing services</li> <li>o Empowerment &amp; advocacy</li> </ul> </li> <li>• Uses a victim centered approach</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Past or current victims of sex &amp; labor trafficking</li> <li>• Identified by law enforcement, self, or community</li> </ul>	<p><a href="tel:(760)842-6526">(760)842-6526</a></p>	<p><b><u>ADMINISTRATIVE OFFICE</u></b> <a href="#">3142 Vista Way, Suite 400, Oceanside, CA 92056</a></p> <p><b><u>OCEANSIDE OFFICE</u></b> <a href="#">707 Oceanside Blvd., Oceanside, CA 92054</a></p> <p><b><u>VISTA OFFICE</u></b> <a href="#">200 Michigan Avenue, Vista, CA 92084</a></p> <p><i>Helpful links:</i></p> <ul style="list-style-type: none"> <li>• <a href="#">What is human trafficking?</a></li> <li>• <a href="#">Project Life</a></li> </ul>



## Student Services – NORTH REGION

	<ul style="list-style-type: none"> <li>• Collaboration with law enforcement &amp; county subcommittees</li> <li>• Work towards recovery of physical, emotional, social, &amp; spiritual needs</li> </ul>			
<a href="#">North County Lifeline</a>	<p><b>Juvenile Delinquency Prevention &amp; Intervention</b></p> <ul style="list-style-type: none"> <li>o Intervention to keep youth from entering/ re-entering juvenile justice system</li> <li>o Family assessment</li> <li>o Support groups &amp; teen psych-educational groups</li> <li>o Counseling &amp; Case Management</li> <li>o Trauma focused intervention/prevention</li> <li>o Short-term out of home placement</li> <li>o Service &amp; mentoring linkage</li> <li>o Alternative to traditional school &amp; justice system process via W.I.N.G.S.</li> </ul>	<ul style="list-style-type: none"> <li>• Youth ages 11-18</li> <li>• Low risk juvenile offenders</li> <li>• Youth entering or re-entering the juvenile justice system</li> <li>• Youth who have been arrested &amp; adjudicated</li> <li>• Some programs require law enforcement referral</li> </ul>	<a href="tel:(760)842-6214">(760)842-6214</a>	<p><b>ADMINISTRATIVE OFFICE</b>  <a href="#">3142 Vista Way, Suite 400, Oceanside, CA 92056</a></p> <p><b>OCEANSIDE OFFICE</b>  <a href="#">707 Oceanside Blvd., Oceanside, CA 92054</a></p> <p><b>VISTA OFFICE</b>  <a href="#">200 Michigan Avenue, Vista, CA 92084</a></p>
<a href="#">SAY SAN DIEGO</a>	<p><b>Cognitive Behavioral Therapy</b></p> <ul style="list-style-type: none"> <li>o 3-6-month program</li> <li>o For adults on probation</li> <li>o Focuses on: <ul style="list-style-type: none"> <li>• Problem solving &amp; interpersonal skills</li> <li>• Realistic self-talk behaviors</li> <li>• Emotions related to trauma</li> <li>• Making new life commitments to help find new ways of thinking/decision making</li> <li>• Promoting positive lifestyle changes &amp; healthy futures</li> <li>• Meeting probation terms</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:soto@saysandiego.org">soto@saysandiego.org</a></p>	<p><b>Mid-City Family Resource Center</b>  <a href="#">4275 El Cajon Blvd. San Diego, CA 92105</a></p> <p>Program schedules in Oceanside, Escondido, Chula Vista, San Diego, and El Cajon.</p>
<a href="#">North County Lifeline</a>	<p><b>Youth Development &amp; Leadership</b></p> <ul style="list-style-type: none"> <li>o <i>Boys Mentoring Group</i> <ul style="list-style-type: none"> <li>• Takes place at Oceanside office</li> <li>• For at risk boys</li> <li>• Provides: <ul style="list-style-type: none"> <li>o Character education</li> <li>o Anger management skills</li> <li>o Self-esteem building</li> </ul> </li> </ul> </li> <li>o <i>Youth Development Clubs</i>: <ul style="list-style-type: none"> <li>• Academic &amp; enrichment programs</li> <li>• For school-aged children</li> <li>• Held during after school hours</li> </ul> </li> <li>o <i>CAT+</i>: <ul style="list-style-type: none"> <li>• Group education</li> <li>• Guidance on making good decisions for sexual behavior</li> </ul> </li> <li>o <i>Jr. Lifesavers</i> <ul style="list-style-type: none"> <li>• A youth financial literacy group</li> <li>• Teaches core standards for: <ul style="list-style-type: none"> <li>o Budgeting</li> <li>o Checking &amp; savings management</li> </ul> </li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Youth ages 11-18</li> </ul>	<a href="tel:(760)842-6214">(760)842-6214</a>	<p><b>ADMINISTRATIVE OFFICE</b>  <a href="#">3142 Vista Way, Suite 400, Oceanside, CA 92056</a></p> <p><b>OCEANSIDE OFFICE</b>  <a href="#">707 Oceanside Blvd., Oceanside, CA 92054</a></p> <p><b>VISTA OFFICE</b>  <a href="#">200 Michigan Avenue, Vista, CA 92084</a></p>

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	<ul style="list-style-type: none"> <li>o Debit &amp; credit management</li> <li>o Tax credits</li> </ul>			
<a href="#">North County Lifeline</a>	<p><b>Behavioral Health: Mental Health Counseling</b></p> <ul style="list-style-type: none"> <li>o EPSDT" Early Periodic Screening</li> <li>o Diagnosis &amp; treatment</li> <li>o Psych evaluation</li> <li>o Individual, group, &amp; family therapy</li> </ul>	<ul style="list-style-type: none"> <li>• Preschool-17</li> <li>• Medi-Cal funded</li> <li>• Youth uninsured or underinsured may utilize if child meets Seriously Emotionally Disturbed criteria.</li> </ul>	<a href="#">(760) 842-6214</a>	<p><b>ADMINISTRATIVE OFFICE</b>  <a href="#">3142 Vista Way, Suite 400, Oceanside, CA 92056</a></p> <p><b>OCEANSIDE OFFICE</b>  <a href="#">707 Oceanside Blvd., Oceanside, CA 92054</a></p> <p><b>VISTA OFFICE</b>  <a href="#">200 Michigan Avenue, Vista, CA 92084</a></p>
<a href="#">Vista Hill</a>	<p><b>Learning Assistance Center (LAC) County Services &amp; District Services</b></p> <ul style="list-style-type: none"> <li>o School based mental health service</li> <li>o Individual, group &amp; family therapy</li> <li>o Psychiatric medication management</li> <li>o Team consultation with school district staff</li> <li>o Mental health rehabilitation services: <ul style="list-style-type: none"> <li>• Teach behavioral health skills to students</li> <li>• Referrals</li> <li>• Case management support</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• No cost to families with full scope Medi-Cal &amp; without insurance</li> <li>• District services must receive referral from IEP team</li> </ul>	<p><b>Escondido Office</b>  <a href="#">(760)489-4126</a></p> <p><b>Ramona Office</b>  <a href="#">(760)788-9724</a></p>	<p><b>Escondido Office</b>  <a href="#">Lincoln Annex 1029 N. Broadway Escondido, CA 92026</a></p> <p><b>Ramona Office</b>  <a href="#">1012 Main Street, Ste. 101 Ramona, CA 92065</a></p> <p><i>Offices Hours:</i>  Monday - Friday  8:30 AM – 5:00 PM</p>
<a href="#">North County Lifeline</a>	<p><b>Here Now</b></p> <ul style="list-style-type: none"> <li>o Increases suicide awareness of: <ul style="list-style-type: none"> <li>• Suicide ideation &amp; self-injurious behaviors</li> <li>• Bullying &amp; effective communication</li> <li>• Mental health</li> <li>• Teen development &amp; stress</li> </ul> </li> <li>o HERE Now team members check in with all students who identified themselves as: <ul style="list-style-type: none"> <li>• Needing to talk</li> <li>• Having a question about the 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>	None	<p><i>HERE Now Program Manager</i></p> <p><b>Judi Park</b>  <a href="#">(619) 258-6877 x 3274</a>  <a href="mailto:jpark@sdyouthservices.org">jpark@sdyouthservices.org</a>  <a href="#">(760) 509-3334</a></p>	Take place at RC site
<a href="#">North County Lifeline</a>	<p><b>Behavioral Health</b></p> <ul style="list-style-type: none"> <li>o Teen Groups <ul style="list-style-type: none"> <li>• Conflict management</li> <li>• Anger management</li> <li>• Decision making</li> <li>• Chemical dependency</li> <li>• Gang diversion</li> <li>• Parenting skills</li> <li>• Diversity awareness</li> </ul> </li> <li>o Utilization of Seeking Safety <ul style="list-style-type: none"> <li>• Trauma focused intervention</li> <li>• Prevention for substance abuse</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Youth ages 12-17</li> </ul>	<a href="#">(760)842-6214</a>	<p><b>ADMINISTRATIVE OFFICE</b>  <a href="#">3142 Vista Way, Suite 400, Oceanside, CA 92056</a></p> <p><b>OCEANSIDE OFFICE</b>  <a href="#">707 Oceanside Blvd., Oceanside, CA 92054</a></p> <p><b>VISTA OFFICE</b>  <a href="#">200 Michigan Avenue, Vista, CA 92084</a></p>



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<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</li> <li>o Provide: <ul style="list-style-type: none"> <li>• Alcohol &amp; drug abuse services</li> <li>• Support in building Community support networks &amp; advocacy</li> <li>• Support for family relationships</li> <li>• Gender Identity support &amp; coming out</li> <li>• Lessons on sexual health &amp; safe dating,</li> <li>• Support with school &amp; work</li> <li>• Support with transitioning</li> </ul> </li> <li>o Mental Health Services: <ul style="list-style-type: none"> <li>• Individual &amp; family therapy for LGBTQ+ youth &amp; families</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 to encourage self-sufficiency</li> <li>• Assistance to address basic needs, academic challenges, &amp; employment challenges</li> </ul> </li> <li>o Provide youth partners &amp; alumni mentors</li> </ul>	<ul style="list-style-type: none"> <li>• LGBTQ youth up to age 21 &amp; their families</li> </ul>	<p style="text-align: center;"><a href="tel:(619)525-9903">(619) 525-9903</a></p>	<p style="text-align: center;"><b><u>YMCA North Inland Drop-in Center</u></b>  <a href="#">1050 N. Broadway Escondido, CA 92026</a></p> <p style="text-align: center;"><b><u>YMCA North County Drop-in Center</u></b>  <a href="#">215 Barnes Street Oceanside, CA 92054</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 <ul style="list-style-type: none"> <li>• On-site live in case manager</li> </ul> </li> <li>o Clean safe supervised environment</li> <li>o Support steps toward living independently in the community</li> </ul>	<ul style="list-style-type: none"> <li>• Women referred by Child Welfare Services while in the process of reunifying with their children</li> </ul>	<p style="text-align: center;"><b>Natalie Richardson</b>  <a href="tel:(619)440-4801x1221">(619)440-4801 x1221</a></p>	<p style="text-align: center;"><b><u>McAlister Institute North</u></b>  <a href="#">2821 Oceanside Blvd, Oceanside, CA 92054</a></p>
<a href="#">Vista Hill</a>	<p style="text-align: center;"><b><u>Incredible Families</u></b></p> <ul style="list-style-type: none"> <li>O Mental Health Treatment &amp; Support Services</li> <li>O For children &amp; families involved in CWS</li> <li>o Work to reunify children with families within 12 months of entering foster care</li> <li>O Weekly multi-family, parent-child visitation</li> <li>o A 15-week parenting group</li> <li>o A primary therapist, assessment, &amp; service referrals.</li> </ul>	<ul style="list-style-type: none"> <li>• Children ages 2-11</li> <li>• Dependents of Juvenile Dependency Court &amp; their families</li> <li>• Referred by CWS social workers</li> </ul>	<p style="text-align: center;"><a href="tel:(760)643-4097">(760) 643-4097</a></p>	<p style="text-align: center;"><b><u>VISTA HILL MAIN OFFICE</u></b>  <a href="#">8910 Clairemont Mesa Blvd San Diego, CA 92123</a></p> <p style="text-align: center;"><i>Hours:</i>  Monday- Friday  8:30 AM - 5:00 PM</p> <p>Evening sessions at convenient community locations.</p>
<a href="#">Vista Hill</a>	<p style="text-align: center;"><b><u>Support for Adolescents &amp; Families in Recovery</u></b></p> <ul style="list-style-type: none"> <li>o A chemical dependency recovery based program</li> <li>o For teens &amp; parents</li> <li>o Uses family participation model: <ul style="list-style-type: none"> <li>• Weekly group session in Spanish &amp; English</li> <li>• Free of charge &amp; in 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 style="text-align: center;"><a href="tel:(858)514-5100">(858)514-5100</a>  <a href="mailto:info@vistahill.org">info@vistahill.org</a></p>	<p style="text-align: center;"><b><u>VISTA HILL MAIN OFFICE</u></b>  <a href="#">8910 Clairemont Mesa Blvd San Diego, CA 92123</a></p> <p>SAFIR is offered in various locations. Locations subject to periodic change.</p>
<a href="#">Vista Hill</a>	<p style="text-align: center;"><b><u>Substance Abuse Services</u></b></p> <ul style="list-style-type: none"> <li>O Assistance to teens under probation supervision</li> <li>o Community-based case management</li> <li>o Supportive contacts &amp; interventions</li> <li>o Drug testing to ensure compliance</li> <li>o Progress reports to superior court</li> <li>o Probation free of charge</li> </ul>	<ul style="list-style-type: none"> <li>• Youth ages 12-18</li> <li>• Supervised by SD County probation</li> <li>• Referred by a probation officer</li> </ul>	<p style="text-align: center;"><a href="tel:(858)514-5100">(858) 514-5100</a></p>	<p style="text-align: center;"><b><u>VISTA HILL MAIN OFFICE</u></b>  <a href="#">8910 Clairemont Mesa Blvd San Diego, CA 92123</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 &amp; education</li> </ul>	<ul style="list-style-type: none"> <li>• Adolescents who are using,</li> </ul>	<p style="text-align: center;"><a href="tel:(760)726-4451">(760)726-4451</a></p>	<p style="text-align: center;"><b><u>North Coastal Teen Recovery Center</u></b></p>

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	<ul style="list-style-type: none"> <li>o Group &amp; individual counseling</li> <li>o Recovery activities</li> <li>o Accommodation to school schedules</li> </ul>	<ul style="list-style-type: none"> <li>• misusing, or abusing alcohol &amp;/or other drugs</li> </ul>		<a href="#">3923 Waring Road, Suite D</a> <a href="#">Oceanside, CA 92056</a>
<a href="#">McAlister Institute</a>	<p style="text-align: center;"><b><u>Adolescent Group Homes</u></b></p> <ul style="list-style-type: none"> <li>o Gender-specific homes <ul style="list-style-type: none"> <li>• 30-day substance abuse residential treatment</li> </ul> </li> <li>o Provides: <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 using, misusing, or abusing alcohol &amp;/or other drugs</li> </ul>	<a href="#">(619)442-0277 x1018</a>	Locations kept confidential  <p style="text-align: center;"><b><u>North Coastal Teen Recovery Center</u></b></p> <a href="#">3923 Waring Road, Suite D</a> <a href="#">Oceanside, CA 92056</a>
<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</li> <li>O Wrap-around services: <ul style="list-style-type: none"> <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 &amp; 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 &amp; other drug-related problems</li> <li>• Co-occurring mental health issues</li> <li>• Women Centers specifically designed for women</li> </ul>	<p style="text-align: center;"><b><u>North Coastal Regional Recovery Center (NCRRC)</u></b></p> <a href="#">(760)721-2781</a>  <p style="text-align: center;"><b><u>North Inland Regional Recovery Center (NIRRC)</u></b></p> <a href="#">(760)741-7708</a>  <p style="text-align: center;"><b><u>North Inland Women &amp; Adolescent Recovery Center (NIWARC)*</u></b></p> <a href="#">(760)761-0515</a>	<p style="text-align: center;"><b><u>North Coastal Regional Recovery Center (NCRRC)</u></b></p> <a href="#">2821 Oceanside Boulevard</a> <a href="#">Oceanside, CA 92054</a>  <a href="#">1701 Mission Avenue, Suite 310</a> <a href="#">Oceanside, CA 92058</a>  <p style="text-align: center;"><b><u>North Inland Regional Recovery Center (NIRRC)</u></b></p> <a href="#">200 East Washington Avenue, Suite 100</a> <a href="#">Escondido, CA 92025</a>  <p style="text-align: center;"><b><u>North Inland Women &amp; Adolescent Recovery Center (NIWARC)*</u></b></p> <a href="#">751 Rancheros Drive, Suite 5</a> <a href="#">San Marcos, CA 92069</a>
<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 including transportation</li> <li>o Post intervention counseling</li> <li>o On-going support</li> </ul>	<ul style="list-style-type: none"> <li>• Individuals dealing with challenges related to substance abuse</li> </ul>	<a href="#">(619)440-4801 x 105</a>	<p style="text-align: center;"><b><u>North Coastal Regional Recovery Center (NCRRC)</u></b></p> <a href="#">2821 Oceanside Boulevard</a> <a href="#">Oceanside, CA 92054</a>  <p style="text-align: center;"><b><u>North Inland Regional Recovery Center (NIRRC)</u></b></p> <a href="#">200 East Washington Avenue, Suite 100</a> <a href="#">Escondido, CA 92025</a>  <p style="text-align: center;"><b><u>North Inland Women &amp; Adolescent Recovery Center (NIWARC)*</u></b></p> <a href="#">751 Rancheros Drive, Suite 5</a> <a href="#">San Marcos, CA 92069</a>