<table>
<thead>
<tr>
<th>Organization</th>
<th>Services</th>
<th>Eligibility</th>
<th>Contact</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>North County Lifeline</strong></td>
<td><strong>Project Life</strong></td>
<td></td>
<td>(760)842-6526</td>
<td>ADMINISTRATIVE OFFICE</td>
</tr>
<tr>
<td></td>
<td>o Client-centered trauma-informed program</td>
<td></td>
<td></td>
<td>3142 Vista Way, Suite 400, Oceanside, CA 92056</td>
</tr>
<tr>
<td></td>
<td>o Utilizes a Trauma Resiliency Model (TRM) &amp; Community Resiliency Model (CRM)</td>
<td></td>
<td></td>
<td>OCEANSIDE OFFICE</td>
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<tr>
<td></td>
<td>o Victim advocacy</td>
<td></td>
<td></td>
<td>707 Oceanside Blvd., Oceanside, CA 92054</td>
</tr>
<tr>
<td></td>
<td>o Crisis management &amp; safety planning</td>
<td></td>
<td></td>
<td>VISTA OFFICE</td>
</tr>
<tr>
<td></td>
<td>o Therapy</td>
<td></td>
<td></td>
<td>200 Michigan Avenue, Vista, CA 92084</td>
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<tr>
<td></td>
<td>o Basic needs &amp; a comprehensive needs assessment</td>
<td></td>
<td></td>
<td><strong>Helpful links:</strong></td>
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<tr>
<td></td>
<td>o A personalized case plan</td>
<td></td>
<td></td>
<td>• What is human trafficking?</td>
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<tr>
<td></td>
<td>o Traumatic Incident Reduction (TIR) &amp; Eye Movement Desensitization Reprocessing (EMDR)</td>
<td></td>
<td></td>
<td>• Project Life</td>
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<tr>
<td></td>
<td>o Connects client with services &amp; resources</td>
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<td></td>
<td>o Prevention workshops for at risk youth on:</td>
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<tr>
<td></td>
<td>• Behaviors that make you vulnerable</td>
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<tr>
<td></td>
<td>• How recruiters operate</td>
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<tr>
<td></td>
<td>• Recognizing &amp; avoiding gender based violence</td>
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<tr>
<td></td>
<td>• How to get help</td>
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<tr>
<td></td>
<td>• Increasing victim identification</td>
<td></td>
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<tr>
<td></td>
<td>• Educating professionals</td>
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<tr>
<td></td>
<td>• Appropriate steps during assistance</td>
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<td></td>
<td>• Consultation services after training</td>
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<td></td>
<td>o The Reach Coalition</td>
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<td></td>
<td>• A survival lead program</td>
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<td></td>
<td>• Provides culturally competent:</td>
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<td></td>
<td>o Recovery &amp; healing services</td>
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<td>o Empowerment &amp; advocacy</td>
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<td></td>
<td>• Uses a victim centered approach</td>
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<td></td>
<td>• Collaboration with law enforcement &amp; county subcommittees</td>
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<tr>
<td></td>
<td>• Work towards recovery of physical, emotional, social, &amp; spiritual needs</td>
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<tr>
<td><strong>North County Lifeline</strong></td>
<td><strong>Juvenile Delinquency Prevention &amp; Intervention</strong></td>
<td></td>
<td>(760)842-6214</td>
<td>ADMINISTRATIVE OFFICE</td>
</tr>
<tr>
<td></td>
<td>o Intervention to keep youth from entering/ re-entering juvenile justice system</td>
<td></td>
<td></td>
<td>3142 Vista Way, Suite 400, Oceanside, CA 92056</td>
</tr>
<tr>
<td></td>
<td>o Family assessment</td>
<td></td>
<td></td>
<td>OCEANSIDE OFFICE</td>
</tr>
<tr>
<td></td>
<td>o Support groups &amp; teen psych-educational groups</td>
<td></td>
<td></td>
<td>707 Oceanside Blvd., Oceanside, CA 92054</td>
</tr>
<tr>
<td></td>
<td>o Counseling &amp; Case Management</td>
<td></td>
<td></td>
<td>VISTA OFFICE</td>
</tr>
<tr>
<td></td>
<td>o Trauma focused intervention/prevention</td>
<td></td>
<td></td>
<td>200 Michigan Avenue, Vista, CA 92084</td>
</tr>
<tr>
<td></td>
<td>o Short-term out of home placement</td>
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<tr>
<td></td>
<td>o Service &amp; mentoring linkage</td>
<td></td>
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<tr>
<td></td>
<td>o Alternative to traditional school &amp; justice system process via W.I.N.G.S.</td>
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<tr>
<td></td>
<td>o Youth ages 11-18</td>
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<tr>
<td></td>
<td>o Low risk juvenile offenders</td>
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<tr>
<td></td>
<td>o Youth entering or re-entering the juvenile justice system</td>
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<tr>
<td></td>
<td>o Youth who have been arrested &amp; adjudicated</td>
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<tr>
<td></td>
<td>o Some programs require law enforcement referral</td>
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</tbody>
</table>

Updated: April 1, 2019
### SAY SAN DIEGO

**Cognitive Behavioral Therapy**
- 3-6-month program
- For adults on probation
- Focuses on:
  - Problem solving & interpersonal skills
  - Realistic self-talk behaviors
  - Emotions related to trauma
  - Making new life commitments to help find new ways of thinking/decision making
  - Promoting positive lifestyle changes & healthy futures
  - Meeting probation terms
- Individuals with formal probation status
- Appointment required
- Staff unable to see drop-ins.

Laura Soto
(858)565-4148
soto@saysandiego.org

**Mid-City Family Resource Center**
4275 El Cajon Blvd.
San Diego, CA 92105
Program schedules in Oceanside, Escondido, Chula Vista, San Diego, and El Cajon.

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### North County Lifeline

#### Youth Development & Leadership
- **Boys Mentoring Group**
  - Takes place at Oceanside office
  - For at risk boys
  - Provides:
    - Character education
    - Anger management skills
    - Self-esteem building
- **Youth Development Clubs**:
  - Academic & enrichment programs
  - For school-aged children
  - Held during after school hours
- **CAT+**:
  - Group education
  - Guidance on making good decisions for sexual behavior
- **Jr. Lifesavers**
  - A youth financial literacy group
  - Teaches core standards for:
    - Budgeting
    - Checking & savings management
    - Debit & credit management
    - Tax credits
- Youth ages 11-18

#### Behavioral Health: Mental Health Counseling
- EPSDT™ Early Periodic Screening
- Diagnosis & treatment
- Psych evaluation
- Individual, group, & family therapy
- Preschool-17
- Medi-Cal funded
- Youth uninsured or underinsured may utilize if child meets Seriously Emotionally Disturbed criteria.

Escondido Office
(760)489-4126
Ramona Office
(760)788-9724

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### Vista Hill

**Learning Assistance Center (LAC) County Services & District Services**
- School based mental health service
- Individual, group & family therapy
- Psychiatric medication management
- Team consultation with school district staff
- Mental health rehabilitation services:
  - Teach behavioral health skills to students
  - Referrals
  - Case management support
- No cost to families with full scope Medi-Cal & without insurance
- District services must receive referral from IEP team

Escondido Office
(760)489-4126
Ramona Office
(760)788-9724

**Escondido Office**
Lincoln Annex
1029 N. Broadway
Escondido, CA 92026

**Ramona Office**
1012 Main Street, Ste. 101
Ramona, CA 92065

**Offices Hours:**
Monday - Friday
8:30 AM – 5:00 PM

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Updated: April 1, 2019
### North County Lifeline

**Here Now**
- Increases suicide awareness of:
  - Suicide ideation & self-injurious behaviors
  - Bullying & effective communication
  - Mental health
  - Teen development & stress
- Here Now team members check in with all students who identified themselves as:
  - Needing to talk
  - Having a question about the presentation
- Works with schools to host a coffee talk/parenting meeting to present information on “Check Your Mood” week

<table>
<thead>
<tr>
<th>None</th>
<th>HERE Now Program Manager</th>
<th>Take place at RC site</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Judi Park</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(619) 258-6877 x 3274</td>
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<tr>
<td></td>
<td><a href="mailto:jpark@sdyouthservices.org">jpark@sdyouthservices.org</a></td>
<td></td>
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<tr>
<td></td>
<td>(760) 509-3334</td>
<td></td>
</tr>
</tbody>
</table>

### North County Lifeline

**Behavioral Health**
- Teen Groups
  - Conflict management
  - Anger management
  - Decision making
  - Chemical dependency
  - Gang diversion
  - Parenting skills
  - Diversity awareness
- Utilization of Seeking Safety
  - Trauma focused intervention
  - Prevention for substance abuse

| Youth ages 12-17 | (760)842-6214 |

### San Diego Youth Services

**Our Safe Place**
- Support Services
  - Alcohol & drug abuse services
  - Support in building Community support networks & advocacy
  - Support for family relationships
  - Gender Identity support & coming out
  - Lessons on sexual health & safe dating,
  - Support with school & work
  - Support with transitioning
- Mental Health Services:
  - Individual & family therapy for LGBTQ+ youth & families
  - Psychiatric & mental health services
  - Medication evaluation & screening
  - Clinical support barriers
- Drop-in Center services:
  - Clinical case management to encourage self-sufficiency
  - Assistance to address basic needs, academic challenges, & employment challenges
- Provide youth partners & alumni mentors

| LGBTQ youth up to age 21 & their families | (619) 525-9903 |

### McAllister Institute

**SAFE Housing-Supportive Housing**
- Small female residential home for substance abuse
  - On-site live in case manager
  - Clean safe supervised environment
  - Support steps toward living independently in the community

| Women referred by Child Welfare Services while in the process of reunifying with their children | Natalie Richardson |
| (619)440-4801 x1221 | McAllister Institute North 2821 Oceanside Blvd, Oceanside, CA 92054 |
### Vista Hill

<table>
<thead>
<tr>
<th>Incredible Families</th>
<th>Support for Adolescents &amp; Families in Recovery</th>
<th>Substance Abuse Services</th>
</tr>
</thead>
</table>
| O Mental Health Treatment & Support Services  
O For children & families involved in CWS  
O Work to reunify children with families within 12 months of entering foster care  
O Weekly multi-family, parent-child visitation  
O A 15-week parenting group  
O A primary therapist, assessment, & service referrals. | O A chemical dependency recovery based program  
O For teens & parents  
O Uses family participation model:  
  - Weekly group session in Spanish & English  
  - Free of charge in various locations. | O Assistance to teens under probation supervision  
O Community-based case management  
O Supportive contacts & interventions  
O Drug testing to ensure compliance  
O Progress reports to superior court  
O Probation free of charge |
| Children ages 2-11  
Dependants of Juvenile Dependency Court & their families  
Referred by CWS social workers | Youth ages 12-18  
At least 1 parent/responsible adult involved in care of teen | Youth ages 12-18  
Supervised by SD County probation  
Referred by a probation officer |
| (760) 643-4097 | Info@vistahill.org | (858) 514-5100 |

### Vista Hill

<table>
<thead>
<tr>
<th>Teen Recovery Centers</th>
<th>Adolescent Group Homes</th>
<th>Regional Recovery Centers</th>
</tr>
</thead>
</table>
| O Substance abuse treatment & education  
O Group & individual counseling  
O Recovery activities  
O Accommodation to school schedules | O Gender-specific homes  
30-day substance abuse residential treatment  
Provides:  
  - Assessments  
  - Individual counseling  
  - Structured recovery activities  
  - Education & self-help groups | O Substance abuse outpatient program  
O Wrap-around services:  
  - Assessment & treatment planning  
  - Individual & group counseling  
  - Case management & care coordination  
  - Mental health counseling  
  - Vocational training  
  - Re-entry assistance & ongoing-recovery support services  
  - Resource linkage  
O Provides on-site co-op childcare & parenting classes |
| Adolescents who are using, misusing, or abusing alcohol &/or other drugs | Adolescents using, misusing, or abusing alcohol &/or other drugs | Adults struggling with substance abuse & other drug-related problems  
Co-occurring mental health issues  
Women Centers specifically designed for women |
| (760) 726-4451 | (619) 442-0277 x1018 | (760) 721-2781  
North Inland Regional Recovery Center (NIRRC)  
(760) 741-7708  
North Inland Women & Adolescent Recovery Center (NIWARC)* (760) 761-0515 |

### McAlister Institute

| North Coastal Teen Recovery Center | North Coastal Regional Recovery Center (NCRRC)  
281 Oceanside Boulevard  
Oceanside, CA 92054  
1701 Mission Avenue,  
Suite 310  
Oceanside, CA 92058  
North Inland Regional Recovery Center (NIRRC)  
200 East Washington Avenue,  
Suite 100  
Escondido, CA 92025  
North Inland Women & Adolescent Recovery Center (NIWARC)*  
751 Rancheros Drive,  
Suite S  
San Marcos, CA 92069 |
|-----------------------------------|-------------------------------------------------|
| Locations kept confidential | North Coastal Teen Recovery Center  
3923 Waring Road,  
Suite D  
Oceanside, CA 92056 |

*SAFIR is offered in various locations. Locations subject to periodic change.*
### Mental Health & Wellness

**Student Services – NORTH REGION**

<table>
<thead>
<tr>
<th>McAlister Institute</th>
<th><strong>Intervention Services</strong></th>
<th>Individuals dealing with challenges related to substance abuse</th>
<th><strong>(619)440-4801 x 105</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>o Individualized intervention plan for substance abuse</td>
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<td></td>
<td>o One on one call with licensed therapist</td>
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<td></td>
<td>o Pre-intervention counseling</td>
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<td></td>
<td>o Family consultation</td>
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<td></td>
<td>o Access to 25 programs including transportation</td>
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<td>o Post intervention counseling</td>
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<td></td>
<td>o On-going support</td>
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</tbody>
</table>

**North Coastal Regional Recovery Center (NCRRC)**
2821 Oceanside Boulevard
Oceanside, CA 92054

**North Inland Regional Recovery Center (NIRRC)**
200 East Washington Avenue,
Suite 100
Escondido, CA 92025

**North Inland Women & Adolescent Recovery Center (NIWARC)**
751 Rancheros Drive,
Suite 5
San Marcos, CA 92069

Updated: April 1, 2019