Behavioral Health Services
Children, Youth and Families Outpatient Clinics

Regional clinics provide outpatient behavioral health services including individual, family and group therapy, case management, psychiatric services, and crisis intervention. Medi-Cal beneficiaries and uninsured children and youth who present with moderate to severe needs up to age 21 and their families are served. Those children and youth who present with mild needs are referred to their health plans. Insured persons are referred to their own providers.

<table>
<thead>
<tr>
<th>REGION</th>
<th>CLINIC</th>
<th>HOURS</th>
<th>ADDRESS</th>
<th>PHONE NUMBER</th>
<th>PROGRAM MANAGER</th>
<th>COUNTY PROGRAM MONITOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central</td>
<td>Douglas Young Youth &amp; Family Services</td>
<td>M, T, W 9:30-6:00, Th - 12:00-8:00, F - 9:00-5:00</td>
<td>7907 Ostrow St., Ste. F San Diego, CA 92111</td>
<td>858 300-8282</td>
<td>Sara Welsh</td>
<td>Wendy Maramba</td>
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<td></td>
<td>Rady Central Clinic</td>
<td>M-F 8:00-5:00 (Eves. by appointment)</td>
<td>3665 Kearny Villa Rd., Ste. 101 San Diego, CA 92123</td>
<td>858 966-5832</td>
<td>Gary Youssef</td>
<td>Wendy Maramba</td>
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<td></td>
<td>Union of Pan-Asian Communities (UPAC)</td>
<td>M-F 8:30-5:00</td>
<td>1031 25th St., Ste. C San Diego, CA 92102</td>
<td>619 232-6454</td>
<td>Michelle Ly</td>
<td>Wendy Maramba</td>
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<tr>
<td>East</td>
<td>Crossroads Family Center</td>
<td>M, Tu, F 9:00-5:00, W 8:30-6:30, Th 10:00-6:00</td>
<td>1679 E. Main St., Ste. 102 El Cajon, CA 92021</td>
<td>619 441-1907</td>
<td>Elizabeth Garcia</td>
<td>Fran Cooper</td>
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<tr>
<td>South</td>
<td>Nueva Vista Family Services</td>
<td>M, F 9:00-5:00, T, W, Th 9:00-7:00</td>
<td>1161 Bay Blvd., Ste. B Chula Vista, CA 91911</td>
<td>619 585-7686</td>
<td>Bill Simpson</td>
<td>Fran Cooper</td>
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<td></td>
<td>San Ysidro Health Center Youth Enhancement Services</td>
<td>M-F 8:00-8:00pm Sat. 8:00-2:00</td>
<td>3025 Beyer Blvd., Ste. E101 San Diego, CA 92154</td>
<td>619 428-1330</td>
<td>Roberto Suarez</td>
<td>Rebecca Raymond</td>
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<tr>
<td>N. Coastal</td>
<td>Rady North Coastal Clinic</td>
<td>M-F 8:00-5:00 Closed 12:00-1:00 (Eves by appointment)</td>
<td>3605 Vista Way, Ste. 258 Oceanside, CA 92056</td>
<td>760 758-1480</td>
<td>Michele Solomon</td>
<td>Mike Miller</td>
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<tr>
<td>N. Inland</td>
<td>Rady North Inland Clinic</td>
<td>M-F 8:00-5:00 Closed 12:00-1:00 (Eves by appointment)</td>
<td>625 W. Citracado Pky., Ste. 102 Escondido, CA 92025</td>
<td>760 294-9270</td>
<td>Barry Hill</td>
<td>Mike Miller</td>
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School-based and specialized services are offered throughout the County. For complete listing of available programs, please visit Network of Care for Behavioral Health Children, Youth & Families BHS Provider Resource Manual at [http://sandiego.networkofcare.org/mh/services/index.aspx](http://sandiego.networkofcare.org/mh/services/index.aspx). Community members may contact the San Diego Access and Crisis line at (888) 724-7240 for further assistance.