

## Adult/Older Adult Mental Health Outpatient Clinics Urgent Walk-in Services Schedule and Contact Information

The hours posted below are for urgent walk-in services only at regional clinics which provide psychiatric outpatient services, including medication. The programs serve Medi-Cal beneficiaries and uninsured adults 18 and over. Insured persons are referred to their own providers.

This schedule, arranged by Region, provides the Clinics' addresses, contact phone numbers, and urgent Walk-In days/hours.  
Whenever possible, please call in advance to arrange appointment.

REGION	CLINIC	DAY AVAILABLE FOR WALK-IN	TIME AVAILABLE FOR WALK-IN	ADDRESS	PHONE NUMBER	COMMENT/NOTES	PROGRAM MANAGER	COUNTY MHS PROGRAM COORDINATOR
North Central	CRF/Douglas Young BPSR Center	Mon, Tues, Wed & Fri	9:00 AM - 11:00 AM	10717 Camino Ruiz Suite 207 San Diego, CA 92126	(858) 695-2211	Up to 2 admissions, per shift.	Jennifer Whelan	Virginia West, LCSW
		Thurs	12:00 PM - 2:00 PM					
	North Central Mental Health Center	Mon - Fri	9:00 AM - 4:00 PM	1250 Morena Boulevard 1st Floor San Diego, CA 92110	(619) 692-8750	Some direct assessments with MD available each week. To have rapid service capability we will not schedule those more than 1 week out.	Carter Gardner	Debbie Malcarne, LCSW
Central	CRF/Jane Westin Walk-In Center *one visit only	Mon - Fri	10:00AM - 4:00 PM	1568 6th Avenue San Diego, CA 92101	(619) 235-2600	Walk-ins triaged by clinician and then taken in for assessment or referred out, if indicated. After BHA and/or med eval, client is referred out to a BPSR clinic for follow-up.	Colette Lord	Virginia West, LCSW 619-563-2744 Virginia.West@sdcounty.ca.gov
	Neighborhood House Assn Inc / Project Enable	Mon - Fri	10:00AM - 2:00PM	286 Euclid Avenue Suite 102 San Diego, CA 92114	(619) 266-2111	Triaged and scheduled for intake accordingly. Triage Coordinator: Christina Forzani, PsyD	Evelina Jaime	
	UCSD Outpatient (Gifford) Clinic	Mon - Fri	11:00 AM - 3:00 PM	140 Arbor Drive San Diego, CA 92103	(619) 543-6250	Consumers must be prepared to be at the clinic for a few hours.	Annette Witt	Debbie Malcarne, LCSW 619-563-2764 Deborah.Malcarne@sdcounty.ca.gov

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<b>East</b>	CRF/Heartland BPSR Center	Mon, Wed & Fri	(Mon) 9:00-11:00AM (W&F) 9:00 AM-Noon	1060 Estes Street El Cajon, CA 92020	(619) 440-5133	Triage Coordinator: Danielle Barcello	Yi-Chuan (Cathy) Cheng	Debbie Malcarne, LCSW 619-563-2764 Deborah.Malcarne@sdcounty.ca.gov
		Tues & Thurs	9:00AM - 4:00PM					
	East County Mental Health Center	Mon - Thurs	9:00AM - 4:00PM	1000 Broadway Suite 210 El Cajon, CA 92021	(619) 401-5500	For questions/information, contact Frontline Clinician during walk-in times. Hours listed are for walk-in triage. MD available for meds as deemed necessary.	Luz Fernandez	
		Fri	9:00AM - 3:00PM					
<b>South</b>	CRF/Maria Sardiñas BPSR Center	Tues & Thurs	9:00AM - 3:00PM	1465 30th Street Suite K San Diego, CA 92154	(619) 428-1000	Triage Coordinator: Sandra Carranza	Juan Camarena	
	CRF/South Bay Guidance BPSR Center	Mon, Wed & Fri	9:00AM - 1:00PM	835 3rd Avenue Suite C Chula Vista, CA 91911	(619) 427-4661	Triage Coordinator: Sandra Camargo	Marylupe Flores	

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<b>North Coastal</b>	MHS, Inc. BPSR – Vista	Mon - Fri	8:30 AM - 4:00 PM	550 W. Vista Way Suite 407 Vista, CA 92083	(760) 758-1092	The walk-in hours for BPSR Vista Clinic have not changed. They are open, as we have few walk-ins so we triage on the spot.	Kathy Robbins	Virginia West, LCSW 619-563-2744 Virginia.West@sdcounty.ca.gov
	Exodus Recovery, Inc. North County Walk-In Assess. Center	Mon - Fri	11:00 AM - 6:30 PM	524 W. Vista Way Vista, CA 92083	(760) 758-1150	Hours listed are walk-in assessment. Telepsychiatry also available daily noon to 7pm. Average number of clients seen is 14.	Cynthia Halpin Brown	
	MHS, Inc./North Coastal Mental Health Clinic	Mon - Fri	8:30 AM - 4:00 PM	1701 Mission Avenue Suite A Oceanside, CA 92054	(760) 967-4475	Hours listed are for immediate triage at walk-in. Assessment scheduled as needed.	Payal Beam	
<b>North Inland</b>	MHS, Inc. Kinesis North WRC	Mon - Fri	8:00 AM - 4:00 PM	474 W. Vermont Avenue Suite 101 Escondido, CA 92025	(760) 480-2255	We have 4 hours at Kinesis Escondido location and 2 hours at each satellite clinics. We are establishing days which, as of yet, have not been set in stone.  Hours listed are for walk-in triage. M.D. available for med refill as deemed necessary. Assessment scheduled as needed.	Scott Elizondo	Virginia West, LCSW 619-563-2744 Virginia.West@sdcounty.ca.gov
	Exodus Recovery, Inc. North County Walk-In Assess. Center	Mon - Fri	11:00 AM - 6:30 PM	660 East Grand Avenue Escondido, CA 92025	(760) 796-7760	Hours listed are for walk-in assessment. Telepsychiatry also available daily, Noon to 7:00 pm. Average number of clients seen is 6.	Cynthia Halpin	
	MHS, Inc. North Inland Mental Health Clinic	Mon - Fri	8:30 AM - 4:00 PM	125 W. Mission Avenue Suite 103 Escondido, CA 92025	(760) 747-3424	Walk-in triage. Assessment scheduled as needed.	Linda Richardson	