

# Stepping Higher Faith – Based and Behavioral Health Academy

## RESOURCE GUIDE

A Training and  
Certification Program  
for Faith-Based  
Leaders and  
Behavioral Health  
Providers



Leadership, Innovation, and Full Implementation by Stepping Higher, Inc.  
With Curriculum design and support by SDSU Social Policy Institute

FUNDED BY THE COUNTY OF SAN DIEGO HEALTH AND HUMAN SERVICES AGENCY

Resources listed are primarily located in Central region

## Resource Guide Content Disclaimer

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The resources listed are not exhaustive. Information is updated every January and July. Some information may change.

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## TELEPHONIC AND ONLINE SUPPORT

### *Mobile Crisis Response Team (MCRT)*

Phone: (888) 724-7240 (English and Spanish)

<https://www.sandiegocounty.gov/MCRT/>

The County of San Diego Behavioral Health Services (BHS) department launched a Mobile Crisis Response Team (MCRT) program designed to help people who are experiencing a mental health or substance use crisis by dispatching behavioral health experts to emergency calls instead of law enforcement, when appropriate. MCRT services are available countywide serving individuals of all ages.

### *2-1-1 San Diego:*

Phone: 2-1-1

<https://211sandiego.org/>

This hotline connects people with community, health and disaster services through a free, 24/7 stigma-free phone service and searchable online database. 2-1-1 serves the entire population of San Diego County as the only free, confidential, dialing code service in San Diego.

### *San Diego Access and Crisis Line:*

Phone: (888) 724-7240

Hours of Operation: 24 hours a day/ 7 days a week

The San Diego Access and Crisis Line serves as a suicide prevention/intervention hotline. It provides mental health crisis intervention, information and referral to mental health services in San Diego County, including referrals to mental health care professionals who accept Medi-Cal and those who do not have health insurance. It also provides information and referrals to County Drug and Alcohol treatment and recovery services for adults, adolescents and pregnant and parenting women who are receiving Medi-Cal or who do not have health insurance. Calls are FREE, confidential and answered by trained professionals. Service is available in multiple languages.

### *NAMI San Diego Helpline:*

Phone: (800) 523-5933 or (619) 543-1434

Hours of Operation: 10 a.m. – 5 p.m. M-F

County-wide, confidential, family and peer-staffed support phone line for individuals with mental illness and their loved ones. Provides non-crisis phone support and referrals and increases knowledge of mental illness, resources and related issues.

### *NAMI San Diego:*

Phone: (858) 634-6580

Hours of Operation: 10 a.m. – 4 p.m. M-F

Messages left on voicemail will be returned by trained volunteers that provide information, referrals and support to all who have questions about or are affected by serious mental illness.

*NAMI's Sharing Hope Program:*

<https://www.nami.org/Support-Education/Mental-Health-Education/NAMI-Sharing-Hope-Mental-Wellness-in-the-Black-Community>

Lack of information and misconceptions surrounding mental health issues prevent many members of the African American community from getting the help and support they need. NAMI Sharing Hope is an hour-long presentation that can help increase mental health awareness in African American communities by addressing a number of important topics.

*Sharing Hope: An African American Guide to Mental Health*

[https://www.nami.org/getattachment/Get-Involved/Raise-Awareness/Engage-Your-Community/Sharing-Hope-African-American-Mental-Health/Sharing-Hope-2014\\_FINAL.pdf](https://www.nami.org/getattachment/Get-Involved/Raise-Awareness/Engage-Your-Community/Sharing-Hope-African-American-Mental-Health/Sharing-Hope-2014_FINAL.pdf)

The participant booklet for the Sharing Hope program that provides mental health information in a sensitive manner through personal stories and highlights how and where to find help.

Commented [LA1]: Was there a problem with this link? It opened to the PDF for me.

Commented [JS2R1]: I think whoever brought the link originally meant it to open to the PDF, instead of NAMI website. Is that okay?

*Domestic Violence Hotline & Resources:*

Phone: (888) DV-LINKS/ (888) 385-4657

This 24/7 countywide domestic violence hotline provides confidential support, safety planning and referrals. Call 2-1-1 for referrals to local domestic violence shelters. Contact the San Diego Domestic Violence Council at [www.sddvc.org](http://www.sddvc.org).

## FREE ONLINE MEETINGS AND VIRTUAL PLATFORMS

*12 Steps.org:*

<https://12step.org/>

Listing of online 12-step meetings on various platforms. They strive to provide information, tools and resources that make working a 12 Step program (or any program using 12 step principles for recovery) as simple and straightforward as possible.

*Alcoholics Anonymous San Diego:*

<https://aasandiego.org/meetings/>

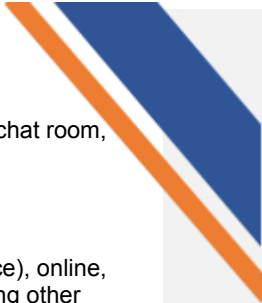
Extensive listing of online and in person meetings from AA San Diego. Any online AA group or meeting may be listed in the directory provided that it subscribes to the traditions of Alcoholics Anonymous.

*Smart Recovery:*

<https://www.smartrecovery.org/community/calendar.php>

<https://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/>

Online community where participants interact and help one another recover from addictive behaviors. Features include daily online meetings, message board, and 24/7 live chat.



Registration is required to access the SMART Recovery Online message board, chat room, and online meetings.

*Adult Children of Alcoholics:*

<https://adultchildren.org/>

Online listing and schedule of ACA meetings, which include in-person (face to face), online, telephone, and audio/online. Each group is autonomous except in matters affecting other groups or ACA as a whole. They cooperate with all other Twelve-Step programs.

*In the Rooms (Online Meetings):*

<https://www.intherooms.com/home/>

A free online recovery tool that offers 130 weekly online meetings for those recovering from addiction and related issues. They embrace multiple pathways to recovery, including all 12 Step, Non-12 Step, Wellness and Mental Health modalities. The meetings require only an internet connection and a device and provide support from those in recovery from around the world.

*Refuge Recovery Online Meetings:*

<https://refugerecoverymeetings.org/meetings>

Refuge Recovery is grounded in the belief that Buddhist principles and practices create a strong foundation for a path to freedom from addiction. They aim to support all those seeking recovery from addiction by building an extensive and comprehensive network of Refuge Recovery communities. Website includes listing of daily online meetings. Search for San Diego.

*Families Anonymous Virtual Meetings:*

<https://familiesanonymous.org/about-fa/#:~:text=Families%20Anonymous%20is%20a%2012,alcohol%2C%20or%20related%20behavioral%20problems.>

Families Anonymous is a 12 Step fellowship. Online meetings are for parents, grandparents, siblings, spouses, significant others, other family members and friends of those with a current, suspected or former drug problem. Website includes listing of virtual meeting options, such as email group chat or video/audio meetings.


*Life Ring Recovery:*

<https://www.lifering.org/online-meetings>

Life Ring Recovery meetings consist of addicts using their Sober Self to connect with the Sober Self of other addicts. The emphasis is on how the positive, practical present-day can turn anger and despair into hope and resolve. Website includes listing of online meetings and communication platforms that will be used.

*The Temper:*

<https://www.thetemper.com/online-recovery-meetings-groups/>



An online publication/site that explores life through the lens of sobriety, addiction, and recovery. Website includes links to resources, such as online meetings, to help individuals stay focused on their recovery.

*My Recovery:*

<https://www.myrecovery.com/online-meeting/>

My Recovery offers a comprehensive Resource Center as well as short-term and long-term online Recovery Programs. Website includes listing of daily online 12-step meetings, discussion forums, blogs, and audio/video resources.

*Sober Grid:*

<https://www.sobergrid.com>

An online social networking/peer support platform for people in recovery. It is a free iOS/Android app and offers affordable 24/7 Certified Peer Coaches to assist individuals in their recovery.

### **CLUBHOUSE PROGRAMS**

Clubhouse Programs: Member-run Clubhouse centers are part of Outpatient/ Rehabilitation Services networks in regionally organized care systems, offering healthy living skills, vocational, educational, and social support programs. Clubhouse programs are offered for adults/older adults as well as Transitional Age Youth (TAY).

*East Wind Clubhouse (Union of Pan Asian Communities)*

<https://www.upacsd.com/programs/east-wind/>

8745 Aero Drive, Suite 101, San Diego, CA 92123  
(858) 268-4933

*Friendship Clubhouse (Neighborhood House Association)*

<http://www.neighborhoodhouse.org/nha-programs/friendship-clubhouse/>

286 Euclid Avenue, Suite 104, San Diego, CA 92114  
(619) 263-6269 Ext. 205

*Connection to Community Clubhouse (NAMI)*

<https://namisandiego.org/c2c/>

101 16<sup>th</sup> Street, San Diego, CA 92101

*Oasis Clubhouse (Pathways Community Services)*

<https://www.kickstartsd.org/oasis-clubhouse-program>

3330 Market Street, Suite C, San Diego, CA 92102  
(858) 300-0470

*The Meeting Place Clubhouse, Inc.*

<https://www.themeetingplaceinc.org/>

2553 State St., San Diego, CA 92101  
(619) 294-9582



## MENTAL HEALTH – LOCAL SAN DIEGO

Help is available! Find easy access to mental health and suicide prevention resources by using the links provided here. If you or someone you care about is experiencing a suicidal or mental health crisis, please call the Access and Crisis Line at (888) 724-7240. Trained and experienced counselors are available 7 days a week, 24 hours a day to provide support, referrals, and crisis intervention. You can also call the Access and Crisis Line if you are concerned about someone, just need to talk, have questions about how to offer support, or if you are looking for information about community resources, mental health referrals, and alcohol and drug support services. If emergency medical care is needed, call 9-1-1 or go to the emergency room of the nearest hospital.

For a listing of local resources see

<https://up2sd.org/resources/mental-health-local/>

For information on intake see

<https://sandiego.networkofcare.org/mh/services/subcategory.aspx?cid=44&k=Central+Intake%2fAssessment+for+Mental+Health+Services&tax=RP-5000.1400>

## FEE FOR SERVICE NETWORK (FFS)

The San Diego Behavioral Health Services administers Children, Youth and Families Behavioral Health Services. This provider directory describes the services currently funded by the County of San Diego through the Fee for Service (FFS) Network. Optum Public Sector San Diego is the Administrative Services Organization that manages the FFS Network.

For a listing of providers and more information see

<https://www.optumsandiego.com/content/SanDiego/sandiego/en/community-resources/providerdirectory1.html>

## OUTPATIENT MENTAL HEALTH TREATMENT SERVICES

Outpatient Treatment Services: Services include walk-in mental health assessment, triage and urgent psychiatric services, medication education and management, group and individual therapy, peer support, case management linkage, outreach and referral services. Geriatric specialists provide home visits to seniors at risk due to a mental health disorder. Short-term case management services are available for those needing linkage to resources.

*Adult Mental Health Counseling & Treatment Center* (Union of Pan Asian Communities)

<https://www.upacsd.com/>

5348 University Ave., Ste. 101, San Diego, CA 92105  
(619) 229-2999

*Areta Crowell BPSR Center* (Community Research Foundation, Inc.)

<https://sandiego.networkofcare.org/mh/services/agency.aspx?pid=CommunityResearchFound>

[ationAdultOutpatientMentalHealthServicesAretaCrowellWellnessRecoveryCenter 61 2 0](#)

1963 Fourth Ave. San Diego, CA 92101  
(619) 233-3422

*Behavioral Health Services for Deaf & Hard of Hearing* (Deaf Community Services of San Diego, Inc.)

<https://deafcommunityservices.org/>

1545 Hotel Circle South, Suite #300, San Diego, CA 92108  
(619) 398-2441

*Community Wellness Clinic* (Union of Pan Asian Communities)

<https://npino.com/behavioral-health/1154851327-upac-community-wellness-clinic/>

5348 University Avenue, Suite 108, San Diego, CA 92105  
(619) 255-7550

*Jane Westin* (Community Research Foundation, Inc.) Walk-in/Urgent Clinic Only

<http://www.comresearch.org/serviceDetails.php?id=MTc=>

1045 9th Avenue, San Diego, CA 92101  
(619) 235-2600

*Logan Heights Family Counseling Center* (Family Health Centers of San Diego)

<https://www.fhcsd.org/logan-heights-family-counseling-center/>

2204 National Avenue, San Diego, CA 92113  
(619) 515-2355

*North Central Mental Health Center* (County of San Diego)

[https://www.sandiegocounty.gov/content/sdc/hhsa/facilities/north\\_central/north\\_central\\_mental\\_health\\_center.html](https://www.sandiegocounty.gov/content/sdc/hhsa/facilities/north_central/north_central_mental_health_center.html)

1250 Morena Blvd. San Diego, CA 92110  
(619) 692-8750

*Project Enable* (Neighborhood House Association)

<http://www.neighborhoodhouse.org/nha-programs/project-enable/>

286 Euclid Ave., Ste. 102, San Diego, CA 92114  
(619) 266-2111 Ext. 113

*Southeast Mental Health Center* (County of San Diego)

[https://www.sandiegocounty.gov/content/sdc/hhsa/facilities/central/southeast\\_mental\\_health\\_center.html](https://www.sandiegocounty.gov/content/sdc/hhsa/facilities/central/southeast_mental_health_center.html)

3177 Ocean View Blvd., San Diego, CA 92113  
(619)-595-4400

## **YOUTH ADVOCACY & SUPPORT SERVICES**

*Breaking Down Barriers Mental Health America of SD County* (no online link)

4069 30th Street, San Diego, CA 92104  
(619) 543-0412



*Family/Youth Partner Program*

[https://sandiego.networkofcare.org/mh/services/agency.aspx?pid=HarmoniumIncFamilyYouthPartnerProgram\\_61\\_2\\_0](https://sandiego.networkofcare.org/mh/services/agency.aspx?pid=HarmoniumIncFamilyYouthPartnerProgram_61_2_0)

5275 Market Street Suite E, San Diego, CA 92114  
(858) 684-3080

*Pathways to Well-Being (no online link)*

3255 Camino del Rio South, San Diego, CA 92108  
(619) 563-2723

*Social Advocates for Youth (SAY)*

<https://www.saysandiego.org/>

4275 El Cajon Blvd, Suite 101, San Diego, CA 92105  
(619) 283-9624

*Emergency Screening Unit (ESU)*

[https://www.sandiegocounty.gov/hhsa/programs/bhs/mental\\_health\\_services\\_children/emergency\\_and\\_crisis\\_mental\\_health\\_services.html](https://www.sandiegocounty.gov/hhsa/programs/bhs/mental_health_services_children/emergency_and_crisis_mental_health_services.html)

4309 Third Ave., San Diego, CA 92103  
(619) 876-4502

*Child and Adolescent Psychiatry Service (CAPS)*

<https://www.rchsd.org/programs-services/caps-2/>

3020 Children's Way, San Diego, CA 92123  
(858) 576-1700

*Sharp Mesa Vista Hospital*

<https://www.sharp.com/hospitals/Mesa-Vista/>

7850 Vista Hill Avenue, San Diego, CA 92123  
(858) 836-8434

*Children's Residential Treatment San Diego Center for Children*

<https://www.centerforchildren.org/our-services/residential/>

Level 12 & 14, 3002 Armstrong Street, San Diego, CA 92111  
(858) 277-9550

*Clark Adolescent Treatment Center*

<https://www.centerforchildren.org/resources/san-diego-center-for-children-clark-adolescent-program/>


3002 Armstrong Street, San Diego, CA 92111  
(858) 277-9550

*Breaking Cycles*

<https://nationalgangcenter.ojp.gov/spt/Programs/111>

4271 Cajon Boulevard, Suite 101, San Diego, CA 92105  
283-9624

*WrapWorks*



<https://www.centerforchildren.org/resources/san-diego-center-for-children-wrapworks/>  
3002 Armstrong Street, San Diego, CA 92111  
(858) 633-4107

*Bridges Teen Recovery Center*  
<http://www.vistahill.org/programs-services/bridges-teen-recovery-center/>  
220 South Euclid Avenue, Suite 40, San Diego, CA 92114  
(619) 795-7232

*EFCC / Euclid Family Counseling Center*  
<https://www.syhc.org/services/behavioral-health/>  
286 Euclid Avenue, Suite 302, San Diego, CA 92114  
619-662-4100

*YES / Youth Enhancement Services*  
<https://npino.com/mental-health/1013119569-san-ysidro-health-youth-enhancement-services/>  
3025 Beyer Boulevard, Ste E-101; San Diego, CA 92154  
619-428-5533

*King-Chavez Health Center*  
<https://opa-fpclinicdb.hhs.gov/service-site/san-ysidro-health-center-king-chavez-health-center>  
950 S. Euclid Avenue, San Diego, CA 92114  
619-662-4100

For more information on other options see  
<https://sandiego.networkofcare.org/mh/support/index.aspx?tab=local>  
Behavioral Health Advisory Board

The purpose of the County of San Diego Behavioral Health Advisory Board (BHAB) is to review and evaluate the community's behavioral health needs, services, programs, facilities, and procedures used to ensure citizen and professional involvement in the planning process.

For more information, see BHAB's strategic goals here:

[https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental\\_health\\_services\\_act/bhab.html#:~:text=The%20Behavioral%20Health%20Advisory%20Board,%2C%20Third%20floor%2C%20Room%20302.](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental_health_services_act/bhab.html#:~:text=The%20Behavioral%20Health%20Advisory%20Board,%2C%20Third%20floor%2C%20Room%20302.)

Youth Mental Health and Well-being in Faith and Community Settings Toolkit

<https://www.hhs.gov/sites/default/files/youth-mental-health-and-well-being-in-faith-and-community-settings.pdf>

Through the toolkit, faith and community leaders learn about the increase of mental health challenges by youth and ensures these leaders know how to connect youth in crisis to care and support.

#### Information on Adverse Childhood Experiences (ACEs)

1. <https://www.traumainformedcare.chcs.org/what-is-trauma-informed-care/#:~:text=A%20trauma%2Dinformed%20approach%20to,services%20with%20a%20healing%20orientation.>
2. <https://www.pacesconnection.com/blog/aces-101-faqs>
3. <https://www.ymcasd.org/community-support/ymca-youth-and-family-services/youth-and-young-adult-development/caave/adverse-childhood-experiences>
4. [https://www.ted.com/talks/nadine\\_burke\\_harris\\_how\\_childhood\\_trauma\\_affects\\_health\\_across\\_a\\_lifetime?language=en](https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?language=en)

#### **FULL-SERVICE PARTNERSHIPS (FSP)/ASSERTIVE COMMUNITY TREATMENT (ACT) PROGRAMS**

Full-Service Partnerships (FSP)/Assertive Community Treatment (ACT) Programs: Programs provide behavioral health and case management services to over 1,100 persons with serious mental illness who have been homeless, and/or are high utilizers, and/or have criminal justice involvement. In addition, FSP programs provide integrated supportive housing which provides housing options for mentally ill individuals who are in need of housing options. By combining a “housing-first” approach with Assertive Community Treatment, (ACT) homeless mentally ill individuals can begin the process of healing.

***ACTION Central*** (Mental Health Systems, Inc.)

<https://tumbhs.org/location/action-central/>

For Homeless Adults 18+ with SMI and/or Substance Use Disorders  
6244 El Cajon Boulevard, Suites 15-18, San Diego, CA 92115  
(619) 287-8225

***City Star ACT*** (Mental Health Systems, Inc.)

<https://tumbhs.org/location/city-star-act/>

For Homeless Adults 18+  
8775 Aero Dr., Suite 132, San Diego, CA 92123  
(858) 609-8742

***Catalyst*** (Pathways Community Services)


<https://www.kickstartsd.org/catalyst-program>

Transition Age Youth (TAY) Ages 18-25  
7986 Dagget Street, San Diego, CA 92111  
(858) 300-0460

***Center Star - ACT*** (Mental Health Systems, Inc.)

<https://tumbhs.org/location/center-star-act/>

For Homeless or At-Risk for Homeless Persons Released from Jail  
4283 El Cajon Blvd., Ste. 115, San Diego, CA 92105  
(619) 521-1743



*Central IMPACT* (Community Research Foundation, Inc.)  
<http://www.comresearch.org/serviceDetails.php?id=NA==>  
For Adults Ages 25-59  
1260 Morena Blvd., Ste. 100, San Diego, CA 92110  
(619) 398-0355

*Downtown IMPACT* (Community Research Foundation, Inc.)  
<http://www.comresearch.org/serviceDetails.php?id=Mw==>  
For Adults Ages 25-59  
995 Gateway Center Way, Ste. 300, San Diego, CA 92102  
(619) 398-2156

*Cornerstone* (Pathways Community Services)  
<https://www.kickstartsd.org/cornersote-program>  
Children and Families  
6244 El Cajon Blvd, Suite 14, San Diego, CA 92115  
(619) 640-3266

*Senior IMPACT* (Community Research Foundation, Inc.)  
<http://www.comresearch.org/serviceDetails.php?id=MzI=>  
For Older Adults Over 60 who are Homeless or At Risk of Homelessness  
928 Broadway, San Diego, CA 92101  
(619) 977-3716

## **SUBSTANCE USE DISORDER TREATMENT & RECOVERY SERVICES**

If an individual has a primary diagnosis of Substance Use Disorder (SUD) they may be referred to: Outpatient SUD Services - For individuals with SUD problems there are providers regionally throughout the county. Programs may specialize in treatment for specific target populations such as justice system referred clients, culturally specific programs, homeless, individuals with co- occurring disorders, etc. Programs may offer individual, family and/or group counseling, vocational counseling, and other supervised activities.

*Alcohol and Drug Treatment and Recovery Services for LGBT* (Family Health Centers of San Diego)  
<https://www.fhcsd.org/hillcrest-family-health-center/>  
4094 4th Ave, San Diego, CA 92103  
Phone (619) 876-4462

*Central East Regional Recovery Center* (Episcopal Community Services)  
<https://www.ecscalifornia.org/central-east-regional-recovery-center>  
4660 El Cajon Blvd, Ste. 210, San Diego, CA 92115  
(619) 597-7335

*New Leaf Recovery Center* (Union of Pan Asian Communities) (Co-occurring disorders)  
<https://www.upacsd.com/programs/new-leaf/>  
3539 College Avenue, San Diego, CA 92115

(619) 818-3788

*\*Harmony Women's Recovery Center* (Mental Health Systems, Inc.)  
<https://yourfirststep.org/treatment-center/mental-health-systems-inc-harmony-womens-recovery-center-san-diego-ca/>  
3645 Ruffin Rd, Suite 100, San Diego, CA 92129  
(858) 384-6284

*Serial Inebriate Program and SD Center for Change* (Mental Health Systems, Inc.)  
[https://sandiego.networkofcare.org/mh/services/agency.aspx?pid=MentalHealthSystemsIncSerialInebriateProgram\\_61\\_2\\_0](https://sandiego.networkofcare.org/mh/services/agency.aspx?pid=MentalHealthSystemsIncSerialInebriateProgram_61_2_0)  
3340 Kemper Street, Suite 105, San Diego, CA 92110  
(619) 523-8121

*Rachel's Women's Center* (Catholic Charities, Inc.)  
<http://ccdsd.org/homeless-womens-services/>  
759 Eighth Avenue, San Diego, CA, 92101  
(619) 696-0873

*UPAC Adult Alcohol and Other Drug Treatment & Recovery*  
(Union of Pan Asian Communities)  
<https://www.upacsd.com/programs/atr/>  
3288 El Cajon Blvd. Suite 13, San Diego, CA 92104  
(619) 521-5720

*\*Parent Care Family Recovery Center* (Vista Hill Foundation)  
<https://www.vistahill.org/programs-services/don-allen-parentcare-family-recovery-center-east-parentcare-family-recovery-center-central/>  
4125 Alpha St., Ste. G., San Diego, CA 92113  
(619) 266-0166

\*These programs specialize in pregnant or parenting women.

#### **SUBSTANCE USE DISORDER TREATMENT & RECOVERY SERVICES *(Continued)***

Residential SUD Drug Treatment Programs: Programs provide intensive treatment, including individual and group counseling, housing, food, case management, and peer support for adults with SUD problems. Services are typically four to six months in length, although short-term residential treatment is also available for up to three months. Residential treatment programs are also available for specific populations such as persons on probation, veterans, specific cultural groups, and pregnant or parenting women.

*CRASH – Short Term I* (Community Resources and Self Help, Inc.) (Men)  
<https://crashinc.org/short-term-1/>  
4161 Marlborough Ave., San Diego, CA 92105  
(619) 282-7274

*CRASH – Short Term II* (Community Resources and Self Help, Inc.) (Women)  
<https://crashinc.org/golden-hill-house/>

2410 E Street, San Diego, CA 92102  
(619) 234-3346

*CRASH Residential Treatment Services* (Community Resources and Self Help, Inc.)  
(Men/Women)

<https://sobernation.com/listing/crash-bill-dawson-residential-recovery-prog-san-diego-ca/>  
726 "F" St., 2nd Floor, San Diego, CA 92101  
(619) 239-9691

*Heartland House* (Twelfth Step House, Inc.) (Men)

<https://heartlandhouse.org/>  
5855 Streamview Drive, San Diego, CA 92105  
(619) 287-5460

*House of Metamorphosis, Inc.* (Men/Women)

<https://houseofmetamorphosis.org/>2970 Market St., San Diego, CA 92102  
(619) 236-9217

*Pathfinders of San Diego, Inc.* (Men)

<https://pathfindersofsd.org/>  
2980 Cedar St., San Diego, CA 92102  
(619) 239-7370

*Residential SUD Treatment Services* (Crossroads Foundation) (Women)

<https://crossroads4recovery.org/>  
3594 Fourth Ave., San Diego, CA 92103  
(619) 296-1151

*Stepping Stone of San Diego, Inc.* (Gay/Lesbian emphasis)

<https://steppingstonesd.org/who-we-are/>  
3767 Central Ave., San Diego, CA 92105  
(619) 278-0777

*Tradition One, Inc.* (Men)

<https://www.traditionone.com/>  
4104 Delta St., San Diego, CA 92113  
(619) 264-0141

*Turning Point Home of San Diego* (Women)

<https://turningpointhome.org/>  
1315 25th St., San Diego, CA 92102  
(619) 233-0067

*Veterans Village of San Diego* (Men/Women)

<https://vvsd.net/>  
4141 Pacific Highway, San Diego, CA 92110  
(619) 393-2000

*Way Back, San Diego.* (Men)

<https://thewaybacksd.org/>  
2516 "A" St., San Diego, CA 92102  
(619) 235-0592

### **SUBSTANCE USE DISORDER TREATMENT & RECOVERY SERVICES (Continued)**

*\*North County Serenity House (HR 360)* (Pregnant or Parenting Women)  
<https://www.healthright360.org/agency/north-county-serenity-house>  
1341 N. Escondido Blvd., Escondido, CA 92026  
(760) 747-1015

*McAlister Institute \*KIVA Learning Center for Women and Children*  
<https://www.mcalisterinc.org/>  
2049 Skyline Dr., Lemon Grove, CA 91945  
(619) 465-7303

*\*Family Recovery Center [FRC] (MHS, Inc.)* (Pregnant or Parenting Women)  
<https://turnbhs.org/location/family-recovery-center/>  
1100 Sportfisher Dr., Oceanside, CA 92054  
(760) 439-6702

\*These programs are not located in the Central Region but do accept clients who live in the Central Region.

\*These programs specialize in pregnant or parenting women.

Addiction Policy Forum: Opioid Prevention Campaign  
<https://www.addictionpolicy.org/post/opioid-prevention-campaign-toolkit>  
The Opioid Prevention Campaign is a public health media campaign to help prevent adolescent substance use. The stress and uncertainty that surrounds COVID-19 has resulted in a rise in drug and alcohol use. Take action today to prevent opioid use disorder among teens and adolescents.

### **OPIOID TREATMENT CENTERS**

There are many treatment options for people living with addiction to prescription pain killers or heroin, also called opioid use disorder. The most effective treatments include both medication and counseling to support people who use opioids through their recovery.

*Family Health Centers of San Diego*  
<https://www.fncsd.org/>  
(619) 515-2300 for all sites and information.

*Hillcrest Family Health Center*  
<https://www.fncsd.org/hillcrest-family-health-center/>  
4094 Fourth Avenue, San Diego, CA 92103

*Hillcrest Family Health Center on Third*

<https://www.fncsd.org/hillcrest-family-health-center-on-third-avenue/>

4065 Third Avenue, San Diego, CA 92103

*Logan Heights Family Counseling Center*

<https://www.fncsd.org/logan-heights-family-counseling-center/>

2204 National Avenue, San Diego, CA 92113

*Downtown Family Health Center at Connections*

<https://www.fncsd.org/downtown-family-health-center-at-connections/>

1250 Sixth Avenue, Suite 100, San Diego, CA 92101

*San Diego Comprehensive Treatment Centers*

[https://www.sandiegocountycs.com/location/san-diego/?utm\\_source=Yext&utm\\_medium=organic&utm\\_campaign=listing&utm\\_term=brand](https://www.sandiegocountycs.com/location/san-diego/?utm_source=Yext&utm_medium=organic&utm_campaign=listing&utm_term=brand)

(866) 944-9756 for all sites and information.

Seven locations in San Diego County:

San Marcos, El Cajon, San Diego (2), Chula Vista, Escondido, Oceanside

*Behavioral Health Services*

<https://www.sandiegocounty.gov/hhsa/programs/bhs/>

Access and Crisis Line

888-724-7240 (TTY: 711)

## **PRE/POST INCARCERATION MENTAL HEALTH SERVICES**

*Project In-Reach* (Neighborhood House Association)

<http://www.neighborhoodhouse.org/project-in-reach/>

286 Euclid Ave., Suite 207, San Diego, CA 92114

(619) 766-5994

*Center Star – ACT for Homeless or At-Risk Homeless Persons Released from Jail*

<https://turnbhs.org/location/center-star-act/>

4283 El Cajon Blvd, Ste 115, San Diego, CA 92105

(619) 521-1743

## **FAITH-BASED RESOURCES**

The following clergy/faith leaders and/or organizations can be contacted for assistance in connecting community members and/or behavioral health providers with spiritual guidance or other faith-based services and support:

*Bayview Baptist Church* - Terry Brook, Senior Pastor

6134 Pastor Timothy J. Winters

Street, San Diego, CA 92114



(619) 262-8384 | [www.bayviewbc.org](http://www.bayviewbc.org)

*Ministerios Elohim Fraternidad Pentecostes - Pastor Martin Vera*  
656 Marsat Court, Suite B, Chula Vista, CA. 91911  
(707) 300-9537 | [www.ministerioselohimfp.com](http://www.ministerioselohimfp.com)

*Rescue Church - Yesenia Oros, Minister*  
4579 Mission Gorge Place, San Diego, CA 92120  
(619) 535-1739 | [www.rescuechurchsd.org](http://www.rescuechurchsd.org)

The Rock Church  
2277 Rosecrans Street  
San Diego, Ca 92106  
619-226-7625 | [Rock Church Online \(sdrock.online\)](http://Rock Church Online (sdrock.online))

*Stepping Higher, Inc. - Dr. William Benson, CEO*  
7373 University Avenue, La Mesa, CA 91941  
(619) 825-3930 | [www.stepsinghigher.org](http://www.stepsinghigher.org)

*Total Deliverance Worship Center - Pastor William A. Benson*  
138 28th Street. San Diego, CA. 92102  
(619) 633-7990 | [www.totaldeliverance.org](http://www.totaldeliverance.org)

#### OTHER LOCAL

<http://www.mentalhealthministries.net/>

Mental Health Ministries is an interfaith web-based ministry to provide educational resources to help erase the stigma of mental illness in our faith communities.

#### STATEWIDE RESOURCES

<https://www.mentalhealthca.org/resources>

California statewide mental health resources.



## Mission

We strive to...

- To offer assistance to the areas of the community where mainstream support is so often neglected.
- To alleviate the barriers that continue to hamper communities by providing viable alternatives that will move them into new echelons of ethical, social and cultural development.
- To foster a deeper resolve for individualized accomplishments and pro-social values (i.e. self-discipline, personal responsibility, community-wide vision).

7373 University Ave. Suite 201  
La Mesa, CA 91942 Phone (619) 825-8388  
<http://steppinghigher.org/>