

## EAST REGION BEHAVIORAL HEALTH SERVICES FOR CHILDREN AND YOUTH



The County of San Diego's Behavioral Health Services (BHS) offers a multitude of programming to support children and youth who would benefit from mental health or substance use treatment. The programs are predominantly focused on serving youth up to age 21 who are Medi-Cal members or have no medical insurance.

This **East Region School Directory** highlights BHS services in the region, including school-based support.

Scan the QR code below to access the current  
Regional School Directories

[https://bit.ly/cyf\\_directories](https://bit.ly/cyf_directories)



**SCAN HERE**

# REGIONAL SERVICES DIRECTORY

## EAST REGION BEHAVIORAL HEALTH SERVICES

### FOR CHILDREN AND YOUTH



### Behavioral Health Services (BHS)

#### East Region

District 2 Supervisor: Joel Anderson

In addition to contacting the programs directly, the following resources are available to assist with access to care or to obtain information:

**Access & Crisis Line: (888) 724-7240** [TDD: (619) 641-6992] offers information about behavioral health resources, including support for a mental health and substance use crisis

**9-8-8 Suicide & Crisis Lifeline:** Dial “9-8-8”

**County of San Diego Behavioral Health Services:**

[Behavioral Health Services \(sandiegocounty.gov\)](http://sandiegocounty.gov)

**County of San Diego Behavioral Health Provider Directory:**

[Provider Directory \(sdcountybhs.com\)](http://sdcountybhs.com)

**Behavioral Health Service Directories for Children, Youth, and Families inclusive of all Regional School Directories:**

[Service Directories](#)

**2-1-1 San Diego** (List of services and referrals for health and social service programs): Dial “2-1-1”

**General school related information can be found at:**

[School-based Services/SchoolLink](#)

**County BHS Primary Contacts in the East Region**

Autumn Gabin, Behavioral Health Program Coordinator

[Autumn.Gabin@sdcounty.ca.gov](mailto:Autumn.Gabin@sdcounty.ca.gov) or (619) 228-4911

Yael Koenig, Deputy Director

[Yael.Koenig@sdcounty.ca.gov](mailto:Yael.Koenig@sdcounty.ca.gov) or (619) 563-2773

### Crisis & Acute Services

The following Crisis & Acute Care services are available Countywide for children and youth who are experiencing a psychiatric crisis and may be a danger to self or other, or are gravely disabled.

Service	Agency	Program Name	Address & Phone Number
Inpatient	Aurora Behavioral Health Care San Diego	Aurora Behavioral Health Care/Inpatient	11878 Ave of Industry San Diego, CA 92128 (858) 487-3200
Inpatient	Rady Children's Hospital of San Diego	Acute Psychiatric Inpatient Services for Children and Adolescents (CAPS)	8001 Frost St San Diego, CA 92123 (858) 966-8337
Inpatient	Sharp Mesa Vista Hospital	Sharp Mesa Vista	7850 Vista Hill Ave San Diego, CA 92123 (858) 836-8434
Crisis Stabilization	New Alternatives Inc (NAI)	Emergency Screening Unit (ESU)	4309 Third Ave San Diego, CA 92103 (619) 876-4502
Crisis Response	Exodus Recovery	Mobile Crisis Response Team (MCRT) North Pilot	Access through ACL: (888) 724-7240
Crisis Response	Telecare	Mobile Crisis Response Team (MCRT)	Access through ACL: (888) 724-7240
Psychiatric Emergency Resource	Community Research Foundation (CRF)	Psychiatric Emergency Response Team (PERT)	Through 911
Outpatient Mental Health Treatment	New Alternatives Inc (NAI)	Crisis Action & Connection (CAC)	Community Based: (619) 591-5740
State Hotline Local Mobile Response Placement Stabilization	Mental Health America	Family Urgent Response System (FURS)	4069 30th Street San Diego, CA 92104 (833) 939-3877

# EAST REGION BEHAVIORAL HEALTH SERVICES

## SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
Alpine Union	Boulder Oaks Elementary	Community Research Foundation	Crossroads Family Center	1679 E. Main Street, Suite 102 El Cajon, CA 92021	(619) 441-1907
	Joan MacQueen Middle				
Cajon Valley Union	Cajon Valley Middle	Community Research Foundation	Crossroads Family Center	1679 E. Main Street, Suite 102 El Cajon, CA 92021	(619) 441-1907
	Emerald Middle				
	Greenfield Middle				
	Montgomery Middle				
Grossmont Union High	El Cajon Valley High	McAlister Institute for Treatment and Education	East Region Teen Recovery Center	550 Fesler Street, Suite G1-2 El Cajon, CA 92020	(619) 588-5361
		San Diego Youth Services	East County Behavioral Health Clinic	1870 Cordell Ct., Suite 101 El Cajon, CA 92020	(619) 448-9700
	El Capitan High	San Diego Youth Services	East County Behavioral Health Clinic	1870 Cordell Ct., Suite 101 El Cajon, CA 92020	(619) 448-9700
	Granite Hills High	Rady Children's Hospital San Diego	Central, East, South Clinic	3665 Kearny Villa Rd., Ste. 101 San Diego, CA 92123	(858) 576-1700

# EAST REGION BEHAVIORAL HEALTH SERVICES

## SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
Grossmont Union High	Grossmont High	San Diego Center for Children	East County Outpatient Program	6386 Alvarado Ct., Ste. 310 San Diego, CA 92120	(619) 668-6200
	Helix Charter High				
	Monte Vista High	McAlister Institute for Treatment and Education	East Region Teen Recovery Center	550 Fesler Street, Suite G1-2 El Cajon, CA 92020	(619) 588-5361
		San Diego Youth Services	East County Behavioral Health Clinic	1870 Cordell Ct., Suite 101 El Cajon, CA 92020	(619) 448-9700
	Mount Miguel High	San Diego Center for Children	East County Outpatient Program	6386 Alvarado Ct., Ste. 310 San Diego, CA 92120	(619) 668-6200
	Santana High	Rady Children's Hospital San Diego	Central, East, South Clinic	3665 Kearny Villa Rd., Ste. 101 San Diego, CA 92123	(858) 576-1700
	Steele Canyon High	San Diego Center for Children	East County Outpatient Program	6386 Alvarado Ct., Ste. 310 San Diego, CA 92120	(619) 668-6200
	Chaparral High	Vista Hill Foundation	Chap-IDEA-MERIT Wellness Center	1600 N. Cuyamaca Street El Cajon, CA 92020	(619) 956-0615
	IDEA Center High				
	MERIT Academy				
	West Hills High	Rady Children's Hospital San Diego	Central, East, South Clinic	3665 Kearny Villa Rd., Ste. 101 San Diego, CA 92123	(858) 576-1700
Jamul-Dulzura Union	Jamul Intermediate	Community Research Foundation	Crossroads Family Center	1679 E. Main Street, Suite 102 El Cajon, CA 92021	(619) 441-1907
	Jamul Primary				
	Oak Grove Middle				

# EAST REGION BEHAVIORAL HEALTH SERVICES

## SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
La Mesa-Spring Valley	Avondale Elementary	Family Health Centers of San Diego Inc.	Community Circle East Region	3845 Spring Drive Spring Valley, CA 91977	(619) 255-7520
		San Diego Youth Services	School Based Incredible Years (IY) - East		(619) 258-6877
	Bancroft Elementary	Family Health Centers of San Diego Inc.	Community Circle East Region	3845 Spring Drive Spring Valley, CA 91977	(619) 255-7520
		San Diego Youth Services	School Based Incredible Years (IY) - East		(619) 258-6877
	Casa De Oro Elementary	Family Health Centers of San Diego Inc.	Community Circle East Region		(619) 255-7520
	Fletcher Hills Elementary	San Diego Center for Children	East County Outpatient Program	6386 Alvarado Ct., Ste. 310 San Diego, CA 92120	(619) 668-6200
	Glenn Murdock Elementary				
	Highlands Elementary	Family Health Centers of San Diego Inc.	Community Circle East Region	3845 Spring Drive Spring Valley, CA 91977	(619) 255-7520
		San Diego Youth Services	School Based Incredible Years (IY) - East		(619) 258-6877
	Kempton Elementary	Family Health Centers of San Diego Inc.	Community Circle East Region	3845 Spring Drive Spring Valley, CA 91977	(619) 255-7520
		San Diego Youth Services	School Based Incredible Years (IY) - East		(619) 258-6877
	La Mesa Arts Academy	San Diego Center for Children	East County Outpatient Program	6386 Alvarado Ct., Ste. 310 San Diego, CA 92120	(619) 668-6200
	La Mesa Dale Elementary	San Diego Center for Children	East County Outpatient Program	6386 Alvarado Ct., Ste. 310 San Diego, CA 92120	
			San Diego Youth Services	School Based Incredible Years (IY) - East	3845 Spring Drive Spring Valley, CA 91977
La Presa Elementary	San Diego Youth Services	School Based Incredible Years (IY) - East	3845 Spring Drive Spring Valley, CA 91977	(619) 258-6877	
	Family Health Centers of San Diego Inc.	Community Circle East Region		(619) 255-7520	

# EAST REGION BEHAVIORAL HEALTH SERVICES

## SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
La Mesa-Spring Valley	Lemon Avenue Elementary	San Diego Center for Children	East County Outpatient Program	6386 Alvarado Ct., Ste. 310 San Diego, CA 92120	(619) 668-6200
		San Diego Youth Services	School Based Incredible Years (IY) - East	3845 Spring Drive Spring Valley, CA 91977	(619) 258-6877
	Loma Elementary	Family Health Centers of San Diego Inc.	Community Circle East Region	3845 Spring Drive Spring Valley, CA 91977	(619) 255-7520
	Maryland Avenue Elementary	San Diego Center for Children	East County Outpatient Program	6386 Alvarado Ct., Ste. 310 San Diego, CA 92120	(619) 668-6200
	Murray Manor Elementary				
	Northmont Elementary				
	Parkway Middle				
	Quest Academy	Family Health Centers of San Diego Inc.	Community Circle East Region	3845 Spring Drive Spring Valley, CA 91977	(619) 255-7520
	Rancho Elementary	Family Health Centers of San Diego Inc.	Community Circle East Region	3845 Spring Drive Spring Valley, CA 91977	(619) 255-7520
		San Diego Youth Services	School Based Incredible Years (IY) - East	3845 Spring Drive Spring Valley, CA 91977	(619) 258-6877
	Rolando Elementary	San Diego Center for Children	East County Outpatient Program	6386 Alvarado Ct., Ste. 310 San Diego, CA 92120	(619) 668-6200
	Spring Valley Academy	Family Health Centers of San Diego Inc.	Community Circle East Region	3845 Spring Drive Spring Valley, CA 91977	(619) 255-7520
	STEAM Academy at La Presa				
	Sweetwater Springs Community School	Family Health Centers of San Diego Inc.	Community Circle East Region	3845 Spring Drive Spring Valley, CA 91977	(619) 255-7520
San Diego Youth Services		School Based Incredible Years (IY) - East	3845 Spring Drive Spring Valley, CA 91977	(619) 258-6877	

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District	School Name	Provider	Program Name	Provider Address	Provider Phone
Lakeside Union	Lakeside Farms Elementary	San Diego Center for Children	East County Outpatient Program	6386 Alvarado Ct., Ste. 310 San Diego, CA 92120	(619) 668-6200
	Lakeside Middle	San Diego Youth Services	East County Behavioral Health Clinic	1870 Cordell Ct., Suite 101 El Cajon, CA 92020	(619) 448-9700
	Lakeview Elementary	San Diego Center for Children	East County Outpatient Program	6386 Alvarado Ct., Ste. 310 San Diego, CA 92120	(619) 668-6200
	Lemon Crest Elementary				
	Lindo Park Elementary				
	Riverview Elementary				
	Tierra Del Sol Middle	San Diego Youth Services	East County Behavioral Health Clinic	1870 Cordell Ct., Suite 101 El Cajon, CA 92020	(619) 448-9700
	Winter Gardens Elementary	San Diego Center for Children	East County Outpatient Program	6386 Alvarado Ct., Ste. 310 San Diego, CA 92120	(619) 668-6200
Lemon Grove	Lemon Grove Academy Elementary	San Diego Center for Children	East County Outpatient Program	6386 Alvarado Ct., Ste. 310 San Diego, CA 92120	(619) 668-6200
	Lemon Grove Academy Middle				
	Monterey Heights Elementary				
	Mount Vernon Elementary				
	San Altos Elementary				
	San Miguel Elementary				
	Vista La Mesa Academy PK-8				

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## SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
Mountain Empire Unified	Campo Elementary	Community Research Foundation	Crossroads Family Center	1679 E. Main Street, Suite 102 El Cajon, CA 92021	(619) 441-1907
	Clover Flat Elementary				
	Descanso Elementary				
	Mountain Empire Alternative Education				
	Mountain Empire Junior High				
	Mountain Empire High				
	Potrero Elementary				
Santee	Cajon Park Elementary	Fred Finch Youth Center	Screening to Care	3845 Spring Drive Spring Valley, CA 91977	(619) 797-1090
	Carlton Hills Elementary	Fred Finch Youth Center	Screening to Care	3845 Spring Drive Spring Valley, CA 91977	(619) 797-1090
		San Diego Youth Services	East County Behavioral Health Clinic	1870 Cordell Ct., Suite 101 El Cajon, CA 92020	(619) 448-9700
	Carlton Oaks Elementary	Fred Finch Youth Center	Screening to Care	3845 Spring Drive Spring Valley, CA 91977	(619) 797-1090
		San Diego Youth Services	East County Behavioral Health Clinic	1870 Cordell Ct., Suite 101 El Cajon, CA 92020	(619) 448-9700
	Chet Harritt Elementary	Fred Finch Youth Center	Screening to Care	3845 Spring Drive Spring Valley, CA 91977	(619) 797-1090
		San Diego Youth Services	East County Behavioral Health Clinic	1870 Cordell Ct., Suite 101 El Cajon, CA 92020	(619) 448-9700



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## SCHOOLS WITH ON-SITE SERVICES



District	School Name	Provider	Program Name	Provider Address	Provider Phone
<b>Santee</b>	Hill Creek Elementary	Fred Finch Youth Center	Screening to Care	3845 Spring Drive Spring Valley, CA 91977	(619) 797-1090
		Rady Children's Hospital San Diego	Central, East, South Clinic	3665 Kearny Villa Rd., Ste. 101 San Diego, CA 92123	(858) 576-1700
	Pepper Drive Elementary	Fred Finch Youth Center	Screening to Care	3845 Spring Drive Spring Valley, CA 91977	(619) 797-1090
		Rady Children's Hospital San Diego	Central, East, South Clinic	3665 Kearny Villa Rd., Ste. 101 San Diego, CA 92123	(858) 576-1700
	Pride Academy at Prospect Avenue	Fred Finch Youth Center	Screening to Care	3845 Spring Drive Spring Valley, CA 91977	(619) 797-1090
		Rady Children's Hospital San Diego	Central, East, South Clinic	3665 Kearny Villa Rd., Ste. 101 San Diego, CA 92123	(858) 576-1700
	Rio Seco Elementary	Fred Finch Youth Center	Screening to Care	3845 Spring Drive Spring Valley, CA 91977	(619) 797-1090
		Rady Children's Hospital San Diego	Central, East, South Clinic	3665 Kearny Villa Rd., Ste. 101 San Diego, CA 92123	(858) 576-1700
<b>SDCOE JCC Schools</b>	Cuyamaca Prep Blended Community	Community Research Foundation	Mobile Adolescent Services Team (MAST)	1260 Morena Blvd., Suite 200 San Diego, CA 92110	(619) 398-3261
	East County Blended Community School				
	Reflections Central				

# EAST REGION BEHAVIORAL HEALTH SERVICES

## OUTPATIENT CLINIC SITES



### Outpatient Clinical Services

The following outpatient clinics are located in the East Region. Many of these program can be accessed at a Clinic site as well as at designated school campuses. Children and youth are not limited to accessing services in their region, and can contact the Access and Crisis Line (ACL) by calling (888) 724-7240 or refer to the [Service Directories](#) for a listing of programs in other regions.

Agency	Program Name	Service	Address	Phone Number
Family Health Centers of San Diego Inc.	Community Circle East	Outpatient Mental Health Treatment	3845 Spring Drive Spring Valley, CA 91977	(619) 255-7520
Community Research Foundation (CRF)	Crossroads Family Services	Outpatient Mental Health Treatment	700 N. Johnson Ave., Ste. P El Cajon, CA 92020	(619) 441-1907
San Diego Youth Services (SDYS)	East County Behavioral Health Clinic (ECBHC)	Outpatient Mental Health Treatment	1870 Cordell Ct., Ste. 101 El Cajon, CA 92020	(619) 448-9700
San Diego Center for Children (SDCC)	Family Wellness Center - East County Outpatient Program (ECOP)	Outpatient Mental Health Treatment	6386 Alvarado Court Suite 310 San Diego, CA 92120  2655 Camino Del Rio N Suite 450 San Diego, CA 92108	(619) 668-6200
McAlister Institute for Treatment and Education (MITE)	Teen Recovery Center (TRC) - East School Based Services	Outpatient Substance Use Treatment	550 Fesler Street Suites G-1 & G-2 El Cajon, CA 92020	(619) 588-5361

# BEHAVIORAL HEALTH SERVICES COUNTYWIDE SPECIALTY PROGRAMS



## Outpatient - Specialty Programs

The County offers an array of services which can be accessed through the Access and Crisis Line (ACL) by calling (888) 724-7240 or by referring to the [Service Directories](#). The following are some of the specialty programs that serve children and youth and are available Countywide:

Service	Special Population	Agency	Program Name	Address	Phone Number
Behavioral Coaching	Ancillary Service	New Alternatives Inc (NAI)	Therapeutic Behavioral Services (TBS)	8755 Aero Drive, Suite 230 San Diego, CA 92123	(858) 256-2180
Case Management and Family Partners	Southeast San Diego	Harmonium	Southeast Family Youth Partner Svcs.	5275 Market Street, Suite E San Diego, CA 92114	(619) 541-0426
Outpatient Mental Health Treatment	API/Middle Eastern including Chaldean/Latino	Union of Pan Asian Communities (UPAC)	Multicultural Community Counseling	8745 Aero Drive, Suite 330 San Diego, CA 92123	(619) 578-2211
Outpatient Mental Health Treatment	Early Childhood (0-5 years)	Episcopal Community Services (ECS)	Para Las Familias	1424 30th Street, Suite A San Diego, CA 92154	(619) 565-2650
Outpatient Mental Health Treatment	Early Childhood (0-5 years)	Rady Children's Hospital of San Diego (Rady)	KidSTART	3665 Kearny Villa Road, Suite 500 San Diego, CA 92123	(858) 576-1700
				2204 El Camino Real, Suite 102 Oceanside, CA 92054	(760) 967-7082
				333 H Street, Suite 3010 Chula Vista, CA 91910	(619) 420-5611
Outpatient Mental Health Treatment	Early Childhood (0-5 years)	Palomar Family Counseling Services Inc. (PFCS)	ChildNET Incredible Years North Coastal & North Inland	1002 East Grand Avenue Escondido, CA 92025  945 Vale Terrace Drive Vista, CA 92084	(760) 741-2660
Outpatient Mental Health Treatment	Foster Youth	New Alternatives Inc. (NAI)	Comprehensive Assessment & Stabilization Services (CASS)	3517 Camino del Rio S, Ste. 407 San Diego, CA 92108	(619) 955-8905

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Service	Special Population	Agency	Program Name	Address	Phone Number
Outpatient Mental Health Treatment	Foster Youth	New Alternatives Inc. (NAI)	Incredible Families	8765 Aero Drive Ste 310A San Diego, CA 92123	(619) 207-0396
				730 Medical Center Ct. Chula Vista, CA 91911	
				1020 S. Santa Fe Ave. Suite D-1 Vista, CA 92064	
Outpatient Mental Health Treatment	Homeless and Runaway Youth age 12 up to 21	North County Lifeline Inc. (NCL)	Connections Community Counseling	3890 Murphy Canyon Rd. Ste. 250 San Diego, CA 92123	(760) 842-6202
				200 Michigan Avenue Vista CA 92084	
				707 Oceanside Blvd. Oceanside, CA 92054	
				334 Via Vera Cruz, Ste. 152 San Marcos, CA 92078	
Outpatient Mental Health Treatment	Justice Involved Youth	North County Lifeline Inc. (NCL)	BridgeWays	8324 Allison Ave. La Mesa, CA 91942	(760) 509-3444
				3890 Murphy Canyon Rd., Ste. 250 San Diego, CA 92123	

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Service	Special Population	Agency	Program Name	Address	Phone Number
Outpatient Mental Health Treatment	Medication Clinic	Vista Hill Foundation (VHF)	Center for Child and Youth Psychiatry (CCYP)	8910 Clairemont Mesa Blvd. San Diego, CA 92123	(858) 571-1964
Outpatient Mental Health Treatment	Sexually Reactive Youth	Mental Health Systems Inc. (MHS)	STEPS	4660 Viewridge Avenue, Suite 100 San Diego, CA 92123  311 E Washington Ave. Suite 103 & 104 Escondido, CA 92025  637 Third Ave., Suite F Chula Vista, CA 91910	(858) 565-2510
Outpatient Mental Health Treatment	LGBTQ+	San Diego Youth Services (SDYS)	Our Safe Place	3427 4th Avenue, 2nd Floor San Diego, CA 92103	(619) 525-9903
Drop-In Centers	LGBTQ+	San Diego Youth Services (SDYS)	Our Safe Place	2220 Broadway San Diego, CA 92102  746 Ada Street Chula Vista, CA 91911  3845 Spring Dr. Rm 13 Spring Valley, CA 91977  150 La Terraza Blvd. Escondido, CA 92025  215 Barnes Street Oceanside, CA 92054	(619) 972-8983 (619) 628-2444 (619) 525-9903 (760) 908-9373 (760) 908-9647

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Service	Special Population	Agency	Program Name	Address	Phone Number
Outpatient Mental Health Treatment Drop-In Center	CSEC	San Diego Youth Services (SDYS)	I CARE (CSEC)	Central San Diego	(619) 521-2250
Outpatient Mental Health Treatment Therapeutic Foster Care	Youth in Foster Family Agencies	San Diego Center for Children (SDCC)	Foster Family Agency Stabilization and Treatment (FFAST)	2655 Camino del Rio N, Ste. 450 San Diego, CA 92108	(858) 633-4115
Outpatient Mental Health Treatment	Adolescent & TAY	San Diego Center for Children (SDCC)	Intensive Outpatient Program (IOP)	3002 Armstrong Street San Diego, CA 92111	(858) 634-8367
Outpatient Mental Health Treatment	Children & adolescents up to age 21	San Diego Center for Children (SDCC)	Partial Hospitalization Program (PHP)	3002 Armstrong Street San Diego, CA 92111	(858) 634-8367
SUD Teen Residential 2 Homes/6 Beds Each	Residential - Substance Use Disorder (SUD)	McAlister Institute for Treatment and Education (MITE)	Teen Group Homes	Confidential Group Homes	(619) 672-3902 East (619) 337-3830 South
Wraparound	Foster Youth & Probation	Fred Finch Youth Center (FFYC)	Fred Finch Wrap Connections	8787 Complex Drive Suite 300 San Diego, CA 92123  504 W. Mission Avenue Suite 106 Escondido, CA 92023  3845 Spring Drive Spring Valley, CA 91977  637 3rd Avenue Suite I Chula Vista, CA 91910	(619) 797-1090  (619) 281-3706  (619) 797-1090  (619) 873-4075

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Service	Special Population	Agency	Program Name	Address	Phone Number
Wraparound	Foster Youth & Probation	San Diego Center for Children (SDCC)	Wrapworks	3002 Armstrong Street San Diego, CA 92111  235 W. 5th Ave., Ste 130 Escondido, CA 92025  3322 Sweetwater Spring Blvd. Ste. 104 & 106 Spring Valley, CA 91977	(858) 277-9550



The County Behavioral Health Services Department is interested in your input on how the directory can be improved. Are there any features and elements that would make it easier to use?

Please provide input to [Janette.Magsanoc@sdcounty.ca.gov](mailto:Janette.Magsanoc@sdcounty.ca.gov)