

What is the East County Behavioral Health Clinic?

The East County Behavioral Health Clinic provides trauma informed, outpatient mental health services, and case management to youth (4-21 years old) and their families who are low-income or uninsured, full scope Medi-Cal beneficiaries, or eligible for services through the Mental Health Service Act. As a Full Service Partnership program, we provide comprehensive, culturally responsive services to assist youth and families in achieving their goals. These behavioral health services are part of SchoolLink, a partnership between school districts and the County of San Diego.

We provide services at our clinic, over the phone, in a youth's school or home, or in a community setting.

Clinic and Tele-Health Services

We can serve youth from any part of the East County Region at our clinic site, as well as over the phone or video.

School-Based Services

On-site, school-based services are provided during the school day to select schools in the following districts:

Santee School District:

Carlton Hills Elementary School, Carlton Oaks Elementary School, Chet F. Harritt Elementary School

Lakeside Union School District:

Lakeside Middle School, Tierra del Sol Middle School

Grossmont Union High School District:

El Cajon Valley High School, El Capitan High School, Monte Vista High School



Celebrating 50 Years



San Diego Youth Services (SDYS)

has improved the lives of more than 770,000 homeless, runaway and other vulnerable youth since 1970. We provide safe places to live and long-term solutions through shelter, foster homes, community centers and housing. Through prevention, early intervention and treatment, we also help youth before they need higher levels of care or become homeless. SDYS serves youth at more than 100 community and school locations.

Our mission is to empower youth to reach their highest potential.

sdyouthservices.org

For more information or to schedule a presentation about our programs contact:

Phone: (619) 448-9700

A program for Medi-Cal beneficiaries and serving the uninsured youth

Empowering youth and families, who are uninsured or have Medi-Cal, improve their mental, relational, and emotional health by providing culturally sensitive therapeutic services



East County Behavioral Health Clinic

Building futures for 50 years



therapy services for youth and their families

**1870 Cordell Court
Suite 101
El Cajon, CA 92020
(619) 448-9700
Monday-Friday
9 a.m.-5 p.m.
Evenings by appointment**

Funded by:





A Family Therapy Approach

The clinic uses a family therapy, strengths-based approach to empower youth and their families to improve their overall wellbeing. This approach emphasizes the interconnection between all family members and uses those connections to assist families in successfully overcoming various difficulties. This approach recognizes the inherent strengths and important role that family members have in each other's lives and supports the uniqueness of the family system.



Experienced Teams

Our staff consists of a multidisciplinary team of multicultural and bilingual (Spanish/English and Arabic/English) mental health professionals including family therapists, social workers, psychologists, psychiatrists, and case managers. We collaborate as a team to ensure that all of the youth's needs are considered during treatment.



What Services does East County Behavioral Health Clinic offer?

- Individual and Family Therapy
- Group Therapy
- Case Management
- Psychiatric Services/Psychiatric evaluation (Medication is only provided in conjunction with psychotherapy)

