



Alzheimer's Disease and Related Disorders Resource
Packet

Compiled by the UCSD Shiley-Marcos Alzheimer's Disease Research
Center
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Adult Day Centers Central

Name	Address	Telephone	Website
The George G. Glenner Memory Care Centers, Hillcrest	3686 Fourth Avenue, San Diego, CA 92103	619-543-4704	www.glenner.org
Loving Care Adult Day Health Care Center	2565 Camino Del Rio South, #201, San Diego, CA 92108	619-718-9777	www.thecarecenters.com/show/loving-care-adult-day-health-center-san-diego-ca
Neighborhood House Association Adult Day Health Care Center	851 S. 35 th Street, San Diego, CA 92113	619-233-6691	www.neighborhoodhouse.org/hha-programs/adult-day-health-care-center/#sthash.hlvxNBSK.dpbs
St. Paul's Senior Day Program	328 Maple Street, San Diego, CA 92103	619-239-6900	www.stpaulseniors.org/services/senior-day-program/
Jewish Family Services	8788 Balboa Avenue, San Diego, CA 92123 6299 Capri Drive, San Diego, CA 92120	858-637-3388 858-367-3270	www.jfssd.org/our-services/older-adults/social-wellness-centers/

East County

Name	Address	Telephone	Website
Golden Life Adult Health Care	7373 University Avenue, Suite 10,1 San Diego, CA 91942	619-433-3398	
Rebecca's Retreat	9307 Tropico Drive, La Mesa, CA 91941	619-206-0590	www.rebeccaretreat4seniors.com
Western Adult Day Health Care Center	240 South Magnolia, El Cajon, CA 92020	619-631-7222	www.sites.google.com/site/westernadhcec/

North Coast

Name	Address	Telephone	Website
The George G. Glenner Memory Care Centers, Encinitas	335 Saxony Road, Encinitas, CA 92024	760-635-1895	www.glenner.org
Silverado Encinitas Memory Care Center	335 Saxony Road, Encinitas, CA 92024	760-753-1245	www.silverado.com
Somerford Place	1350 S. El Camino Real, Encinitas, CA 92024	760-479-1818	www.somerfordplaceencinitas.com
Stein Center at Seacrest Village	304 Seacrest Way, Encinitas, CA 92024	760-632-0081	www.seacrestvillage.org

North County Inland

Name	Address	Telephone	Website
Hope Adult Day Health Care	11239-A Camino Ruiz, Mira Mesa, CA 92126	858-653-5916	www.hopeadhc.com
Americare Adult Day Health Care	340 Rancheros Drive, #196, San Marcos, CA 92069	760-682-2424	www.americareadhc.com
Poway Adult Day Health Care	12250 Crosthwaite Circle,	858-748-5044	www.powayadhc.org

Center	<i>Poway, CA 92064</i>		
Foundation for Senior Care	<i>1355 Mission Road, Fallbrook, CA 92088</i>	760-723-7570	www.foundationforseniorcare.org

South Bay, South East

Name	Address	Telephone	Website
Open Arms Day Care	<i>301 E J Street, Chula Vista, CA 91910</i>	619-420-1404	www.openarmsadhc.com
Casa Pacifica Adult Day Healthcare	<i>1424 30th Street, Suite C, San Diego, CA 92154</i>	619-424-8181	www.casa-pacifica.com
The George G. Glenner Town Square	<i>2765 Main Street, Suite A, Chula Vista, CA 91911</i>	619-420-1703	www.glenner.org/Town-square/
Elm Adult Day Health Care	<i>1340 Broadway, El Cajon, San Diego, CA 92021</i>	619-827-0573	
Horizons Adult Day Health Care	<i>1035 South Harbison Avenue, National City, CA 91950</i>	619-474-1822	www.horizonsadhc.com
Beyer Senior Health Services (PACE)	<i>3364 Beyer Boulevard, San Ysidro, CA 92173</i>	619-662-4100	www.syhc.org/sdpace/

Caregiving Classes

Name	Description	Telephone	Website
Alzheimer's San Diego	<i>An extensive roster of dementia-related classes, workshops, lectures, and events that are available.</i>	858-492-4400	www.alzsd.org
Alzheimer Association	<i>Workshops, classes, lectures, resources.</i>	800-272-3900	www.alz.org
Southern Caregiver Resource Center	<i>Classes and workshops for families, featuring topics related to Alzheimer's and other dementias.</i>	858-268-4432	www.caregivercenter.org
The George G. Glenner Alzheimer's Family Centers	<i>Caregiver classes are offered throughout the year at various times/locations.</i>	800-736-6674 619-543-4700	www.glenner.org
Sharp Hospital Senior Resource Center	<i>Sharp Hospital and its clinics offer a range of caregiving classes.</i>	619-740-4214 858-939-4790	www.sharp.com/services/seniors/resource-centers.cfm

Crisis/Problem Resolution/Counseling/Legal

Name	Description	Telephone	Website
Suicide Prevention Lifeline-Crisis Hotline (911)		800-273-8255	www.suicidepreventionlifeline.org
American Foundation for Suicide Prevention San Diego Chapter		760-459-9959	www.afsp.org/chapter/afsp-san-diego/
Adult Emergency & Crisis	<i>San Diego County Psychiatric Hospital</i>	619-692-8200	www.sandiegocounty.gov/hhsa/

Services			programs/bhs/mental health services adult older adult/adult emergency and crisis.html
Southern Caregiver Resource Center	<i>Information & referral, family consultation/case management, respite care, short-term counseling, legal/financial consultation, support groups, education and training for family caregivers.</i>	858-268-4432	www.caregivercenter.org
Adult Protective Services	<i>24 hours elder abuse hotline and senior crisis team.</i>	800-339-4661	www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/adult_protective_services.html
Aging and Independence Services	Clearinghouse for services to older adults, people with disabilities and their families preserving safety and well-being, promote healthy living and provide advocacy.	800-339-4661	www.sandiegocounty.gov/content/sdc/hhsa/programs/ais.html
Nursing Home Ombudsman	Advocacy for long-term care facility residents.	800-640-4661 858-560-2507	www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/ombudsman_long_term_care/
Public Administrator, Guardian and Conservator's Office	The Office of the Public Conservator investigates referrals for LPS conservatorships to arrange placement and mental health treatment for adults who are gravely disabled (unable or unwilling to provide for basic food, shelter, and clothing) as the result of a mental disorder and are incapable of accepting voluntary treatment and family or others are not able and willing to meet these personal needs.	858-694-3500	www.sandiegocounty.gov/content/sdc/hhsa/programs/papg/public_conservator.html
Elder Law and Advocacy	Free legal referrals and consultation.	858-565-1392	www.seniorlaw-sd.org
The Well Spouse Association	A national non-profit organization that gives emotional support to families of the chronically ill. Support groups and newsletter.	800-838-0879	www.wellspouse.org
HICAP – California Health Advocates	Medicare beneficiary advocacy and education.	800-434-0222	www.aging.ca.gov/programs_and_services/medicare_counseling
Help Therapist	Provides in-home, in-facility, in-office and telemental health counseling services.	858-481-8827	www.helptherapist.com
Psychology Today	Find a therapist.		www.psychologytoday.com/us
Legal Aid Society of San Diego	Help with housing, debt collection, repossession, sales contracts, housing discrimination, family law, immigration, federal tax problems, CalWorks/CalFresh/General Relief, conservatorships, restraining orders,	877-534-2524	www.lasdsd.org

or SSI.

Disability Rights California

Rights to basic support, personal care, therapy and health care such as In-Home Supportive Services (IHSS) and Medi-Cal-discrimination in housing, transportation, employment and access to public and private programs and services; Abuse, neglect and rights violations in an institution; Services and supports in the least restrictive environment, dignity, privacy, choice and other basic rights; Special education rights; Mental Health and support services that provide individualized treatment; Voting registration, vote casting and accessible polling places; Access to technology – like communication devices and power wheelchairs.

www.disabilityrightsca.org

Glenner Center Memory Café's

(Meet up/Social Group/Brain Health) www.glenner.org/services/memory-cafes/ 619-405-0768

Name	Address	Date	Time
Carmel Valley Grace Point Church	13340 Hayford Way, San Diego, CA 92130	Every 2 nd and 4 th Friday	10:00-11:30am
Chula Vista Silvercrest Residences	636 Third Avenue, San Diego, CA 91910	Every 1 st and 3 rd Thursday Every 2 nd and 4 th Thursday	11:00-12:30pm (Spanish) 10:00-11:30am (English)
Mission Hills-Hillcrest/Knox Library Community Room	215 West Washington Street, San Diego, CA 92103	Every 4 th Tuesday	1:00-2:30pm
La Jolla Community Center	6811 La Jolla Boulevard, La Jolla, CA 92037	Every 1 st and 3 rd Wednesday	11:00-12:30pm
Poway Library	13137 Poway Road, Poway, CA 92064	Every 2 nd and 4 th Wednesday	10:00-11:30am
El Cajon Library	201 East Douglas, El Cajon, CA 92020	Every 1 st and 3 rd Friday	1:00-2:30pm

Information and Referral Numbers

Name	Description	Telephone	Website
Call 211 for County Resources		211	
Alzheimer's San Diego	<i>Education, advocacy, and patient and family services.</i>	858-492-4400	www.alzsd.org
Alzheimer's Association of San Diego Toll Free/24-hour Helpline	<i>Education, advocacy, and patient and family services.</i>	800-272-3900	www.alz.org/sandiego
Alzheimer's Foundation of America	<i>Education, caregiver counseling, advocacy, care Advantage magazine.</i>	866-232-8484	www.alzfdn.org

ADEAR – Alzheimer’s Disease Education and Referral	<i>A national clearinghouse for resources and literature pertaining to Alzheimer’s disease.</i>	800-438-4380	www.nia.nih.gov/health/about-adear-center
Aging and Independence Services	<i>A clearinghouse for programs and services for seniors.</i>	800-339-4661	www.sandiegocounty.gov/content/sdc/hhsa/programs/ais.html
Association for Frontotemporal Dementias	<i>Information and support services for those with frontotemporal and atypical dementias. E-mail network for caregivers.</i>	866-507-7222	www.theaftd.org
National Institute of Neurological Disorders and Stroke		800-352-9424	www.ninds.nih.gov
California Association of Nursing Home Reform (CANHR)	<i>Fighting for the rights of long-term care residents and elders; many resources about MediCAL.</i>	800-474-1116	www.canhr.org
National Eldercare Locator	<i>A public service of the Administration on Aging to connect families with services to older adults in their community.</i>	800-677-1116	www.eldercare.acl.gov/public/index.aspx
Lewy Body Dementia Association		800-539-9767 404-934-6444	www.lbda.org
Parkinson’s Disease Information & Referral		980-245-2786	www.parkinsonsassociation.org
San Diego Eldercare Directory		619-293-1680	www.sandiegouniontribune.com/eldercare-directory/housing
Southern Caregiver Resource Center	<i>For families and caregivers of adults with chronic illnesses and brain impairments. Information and referral, direct family services and support, community education and outreach.</i>	858-268-4432	www.caregivercenter.org

Other Caregiver Support Groups

Name	Description	Website
Alzheimer’s San Diego	<i>Provides an extensive list of caregiver support groups on their website.</i>	www.alzsd.org

Central

Name	Description	Telephone
The George G. Glenner Alzheimer’s Family Centers	<i>Call for more information on support groups.</i>	619-543-4704
UC San Diego Alzheimer’s Disease Research Center	<i>Call Tracey Truscott LCSW for more information on support groups and location.</i>	858-822-4800
Coronado Dementia Support Group	<i>Call Tracey Truscott LCSW for more information.</i>	858-822-4800

North Coast

Name	Description	Telephone
The George G. Glenner Alzheimer's Family Centers, Encinitas	<i>Call for dates and times of groups.</i>	760-635-1895
Sandy Braff, LMFT	<i>Conducts free support groups in Vista (Vista Village Senior Living).</i>	858-792-4610

North County Inland

Name	Description	Telephone
Fallbrook Health Care Foundation, Fallbrook	<i>Call for more information on support groups.</i>	800-827-1008
Remington Club, Rancho Bernardo	<i>Call for more information on support groups.</i>	800-827-1008

South Bay

Name	Description	Telephone
The George G. Alzheimer's Family Centers Chula Vista	<i>Call for more information on support groups.</i>	619-420-1703

Adult Children Caregivers

Name	Description	Telephone
Southern Caregiver Resource Center, Kearny Mesa	<i>Call for list of support groups in the county.</i>	800-827-1008
Alzheimer's San Diego	<i>Call for a list of support groups in the county.</i>	858-492-4400
Alzheimer's Association	<i>Call for a list of support groups in the county.</i>	619-678-8322
Caregiver Support Group for Men	<i>Alzheimer's San Diego.</i>	858-492-4400

Lewy Body & Frontotemporal Dementia Caregiver Group

Name	Description	Telephone
UC San Diego Shiley-Marcos Alzheimer's Disease Research Center	<i>Contact Tracey Truscott LCSW ttruscott@health.ucsd.edu</i>	858-822-4800

Parkinson's Support Groups

Name	Description	Telephone
	<i>Contact for a list of support groups.</i>	760-940-4097

Respite Care

Name	Description	Telephone	Website
Southern Caregiver Resource Center	Referrals for in-home help and respite.	858-268-4432	www.caregivercenter.org
Alzheimer's San Diego	Respite Services 2-4 hours a week by trained volunteers.	858-492-4400	www.alzsd.org/services/alz-companions/
Adult Day Programs	Provide primary respite care in that they offer caregivers "time off" while the person with memory loss attends a supervised, stimulating day program.	See page 3	
Out and About Jewish Family Services	Weekly outings-based program for people with dementia that provides caregiver respite.	858-637-3388	www.jfssd.org/our-services/older-adults/balboa-avenue-older-adult-center/

Safety

GPS Trackers

1. www.pocketfinder.com
2. www.safewander.com
3. www.adiantmobile.com
4. www.endlessid.com
5. www.greatcall.com

Emergency Response Systems

Name	Description	Telephone	Website
Senior Emergency Alert System	<i>Offers a countywide emergency response system installed in the homes of elderly, disabled, or those who are chronically ill.</i>	858-560-0989	
Go Safe Emergency Response		855-681-5451 855-332-7799	www.phillipslifeline.com www.palomarhealth.org/lifeline/lifeline-home

MedicAlert Foundation and Safe Return

Name	Description	Telephone	Website
MedicAlert	<i>A medicalert & membership with wandering support provides an extra level of safety and security for persons living with dementia, their families and caregivers.</i>	800-432-5378	www.medicalert.org/alz
Take Me Home Program	The "Take Me Home" is a regional photo-based information system hosted by the Sheriff's Department accessible by all law enforcement in San Diego.		www.sdsheriff.net/tmh

Selected Reading List

For Caregivers

There are numerous valuable resources on Alzheimer's disease that may not be included in this listing. These specific resources are arranged alphabetically.

Title	Author	Publication
A Caregiver's Guide to Lewy Body Dementia	Helen Buell Whitworth and James Whitworth	DemosHealth 2011
A Dignified Life – The Best Friends Approach to Alzheimer's Care	Virginia Bell and David Troxel	Health Communications Inc., 2012
Alzheimer's Disease – A Guide for Families and Caregivers	Lenore Powell and Katie Courtice	Perseus Publishing. Revised and updated, 2002
Alzheimer's Early Stages: First Steps in Caring and Treatment	Dan Kuhn, MSW	Hunter House, 2003
Coach Broyles' Playbook for Alzheimer's Caregivers – A Practical Tips Guide		2006. Available at www.broylesfoundation.org/product/the-playbook/
Coping with Alzheimer's – A Caregiver's Emotional Survival Guide	Rose Oliver and Frances Bock	Dodd, Mead and Co., 1987
Learning to Speak Alzheimer's	Joanne Koenig Coste	Houghton Mifflin, 2003

Living with Mild Cognitive Impairment	N. Anderson et. al.	Oxford University Press, 2012
Living Your Best with Early-Stage Alzheimer’s – An Essential Guide	Lisa Synder, MSW	Sunrise River Press, 2010
Speaking Our Minds – What It’s Like to Have Alzheimer’s – Revised Edition	Lisa Synder, MSW	Health Professions Press, 2009
Staying Connected While Letting Go – The Paradox of Alzheimer’s Caregiving	Sandy Braff and Mary Rose Olenik	M. Evans and Co., 2003
The Alzheimer’s Action Plan	P. Murali Doraiswamy, MD and Lisa Gwyther, MSW	St. Martin’s Press, 2008
The Comfort of Home – A Guide for Caregivers	Meyer, Mittleman, and Epstein	Care Trust Publications, 2008
The 36 Hour Day: A Family Guide to Cargin for Persons with Alzheimer’s, Related Dementing Illnesses and Memory Losses in Late Life	Nancy Mace and Peter Rabins	Johns Hopkins Press, revised 2006
What If It’s Not Alzheimer’s?	Edited by Lisa Radin and Gary Radin	Prometheus Books, 2008

For The Person with Alzheimer’s or a Related Disorders

Title	Author	Publication
Living Your Best with Early-Stage Alzheimer’s – An Essential Guide	Lisa Synder, MSW	Sunrise River Press, 2010
What to do When the Doctor Say It’s Early-Stage Alzheimer’s	T. Feinberg and W. Yu	Fair Winds Press, 2005
Perspectives – A Newsletter for Individuals with Alzheimer’s or a Related Disorder	Tracey Truscott	
Taking Action: Living with Alzheimer’s For People with Alzheimer’s	www.alz.org/media/documents/taking-action-workbook.pdf	
By Us For Us Guides	Published in Canada, these guides are written by and for persons with dementia and cover: Memory Workouts; Managing Triggers; Enhancing Wellness; Tips and Strategies; and Communication. Download for free or order at: www.the-ria.ca/resources/by-us-for-us-guides/	
Living with Mild Cognitive Impairment By N. Anderson, K. Murphy, A. Troyer. 2012 Oxford University Press	A thorough investigation into the definition, diagnosis, and management of MCI written for both a professional and lay audience with practical advice for those diagnosed. www.amazon.com/Living-Mild-cognitive-Impairment-Maximizing/dp/0199764824	
Alzheimer’s Early Stages; First Steps for Family, Friends, and Caregivers By Daniel Kuhn, MSW. Second edition, 2003. Hunter House Inc.	A guide for care partners that addresses issues relevant to the early-stages and provides much helpful caregiver testimony.	

Resources for Children and Teens

Title	Description	Website
National Institution on Aging: ADEAR	This website is directly for children and teens, explaining Alzheimer’s disease. This site provides books and stories that children can read to learn more about the disease (books intended for children 5-11).	www.nia.nih.gov/health/resources-children-and-teens-about-alzheimers-disease
Alzheimer’s Association	Dedicated to getting kids and teens	www.alz.org/help-

	involved in helping and coping with the dementia process.	support/resources/kids-teens
Alzheimer's Society of Canada	A website to provide information about Alzheimer's disease for kids and children.	www.asmt.org/edu_teensandchildren.htm

For Further Information

Title	Description	Website
Young Dementia UK (Formerly Called the Clive Project)	Serves people with young-onset dementia in a region of the UK. Helpful website with information and newsletters for families living with young-onset dementia including Frontotemporal dementias, Huntington's disease, and Alzheimer's disease.	www.youngdementiauk.org
The Association for Frontotemporal Degeneration	Provides a wealth of information for families living with FTD.	www.theaftd.org 800-507-7222
Lewy Body Dementia Association	Provides much helpful information for families with LBD.	www.lbda.org 800-539-9767
Alzheimer's Disease Education for Referral (ADEAR)	Provides valuable updates on AD information, research and news through the national organization. The publications section has a booklet called "What Happens Next" written by and for people with dementia.	www.nia.nih.gov/alzheimers 800-438-4380
Alzheimer's Association (National)	Information on Alzheimer's disease, advocacy, research, treatments, care and support.	www.alz.org 800-272-3900
Family Caregiver Alliance	Resources and services for families and caregivers of adults with chronic, disabling health conditions.	www.caregiver.org 800-445-8106

Transportation

Name	Description	Telephone	Website
Jewish Family Services, On the Go	Group and individual transportation for adults over the age of 60 to medical and personal appointments, community events, Social and Wellness Centers, shopping centers, organized excursions and more.	858-637-3210	www.jfssd.org
MTS Paratransit Access Program	Low cost, curb-to-curb paratransit for individuals whose disabilities prevent them from using fixed route bus or Trolley services. MTS Access operates wheelchair lift-equipped buses. Riders must be certified to receive rides and once certified; ride must be requested two days in advance.	877-232-7433	
Go Go Grandparent	Similar to Uber or Lift, Go Go Grandparent allows for individuals to use a landline phone to request	858-464-6872	www.gogograndparent.com

	<p>a ride for door to door services, meal delivery, or running errands. Family members can be notified on their smart phone when the driver is on their way, when they arrive and when the rider has reached their destination. Riders will be called on the land line when the drive is in route and when they have arrived.</p>		
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UC San Diego Health

Name	Description	Telephone	Website
<p>UC San Diego Shiley-Marcos Alzheimer’s Disease Research Center (ADRC)</p>	<p>Clinical Trails, Observational study, Caregiver study, Young Onset Program</p>	<p>858-822-4800</p>	<p>www.adrc.ucsd.edu</p>
<p>Quality of Life Programs</p>	<p>Providing emotional support, education and coping strategies for people with Alzheimer’s or a related disorder and their families.</p> <ul style="list-style-type: none"> • Memories at the Museums • Early stage support group • Caregiver support Group • Lewy Body & Frontotemporal Dementia caregiver support group • Young onset support group • MOPA-My Life Through the Lens • Villa Musica Musical Biographies and book making • Four Four support group <p>Contact for more information or to register for any of these programs.</p>	<p>858-822-4800</p>	<p>www.adrc.ucsd.edu/ADgr_Resources.html</p>
<p>The Memory Disorder’s Clinic at UC San Diego Neurological Institute</p>	<p>The Memory disorder’s clinic specializes in diagnosis and management of conditions impacting memory and thinking, such as Alzheimer’s disease. Bringing together patient care with clinical research and drug development.</p>	<p>858-657-8540</p>	<p>www.health.ucsd.edu/specialties/neurp/specialty-programs/memory-disorders-clinic/Pages/appointment.aspx</p>
<p>UC San Diego Memory, Aging and Resilience Clinic (MARC)</p>	<p>MARC is specifically designed to target early diagnosis and intervention, and to go beyond testing and evaluations, offering treatment recommendations and referrals to specialists and specialty services.</p>	<p>858-534-7792</p>	<p>www.health.ucsd.edu/specialties/psych/senior/general/memory-aging-resilience/Pages/default.aspx</p>
<p>UC San Diego Medical Center, Hillcrest Senior Behavioral Health (SBH) – Geriatric Inpatient Unit</p>	<p>Provides inpatient care in a comfortable, safe setting. Specially Designed for the needs of older adults with acute mental health disorders. Care teams include nurses, psychologists, psychiatrists, social workers, and pharmacists, with expertise in geriatric care.</p>	<p>619-543-3772</p>	<p>www.health.ucsd.edu/specialties/psych/Pages/adult-inpatient.aspx</p>

Walk-in Crisis Clinics-Adult & Older Adult Behavioral Health Services

Urgent walk-in services only at regional clinics. They provide psychiatric outpatient services, including medication.

www.sandiegocounty.gov/hhsa/programs/bhs/mental_health_services_adult_older_adult/adult_emergency_and_crisis.html

Central Region

Name	Hours	Address	Telephone	Zip Codes
CRF Jane Westin (Walk in center)	<i>Operational 7 days/weeks (holidays included): 8am-12am Walk-In 8:00am-10:00pm</i>	1045 9 th Avenue, San Diego, CA 92101	619-235-2600	92101 92102 92104 92132
Southeast Mental Health Center	<i>Monday/Tuesday/Thursday /Friday: 8:30am-11:30am & 1:00pm-3:00pm</i>	3177 Ocean View Boulevard, San Diego, CA 92113	619-595-4400	
NHA Project Enable (Neighborhood House Assn, Inc.)	<i>Monday-Friday: 10am-2:00pm</i>	286 Euclid Avenue, Suite 102, San Diego, CA 92114	619-266-2111	92112 92114 92139
UPAC Community Wellness Clinic	<i>Monday-Friday: 8:30am-5:00pm; Urgent Walk-in Services: Monday-Friday 8:30am-12:30pm</i>	5348 University Avenue, Suite 108, San Diego, CA 92115	619-255-7550	92103 92105 92115

East Region

Name	Hours	Address	Telephone	Zip Codes
East County Mental Health Center	<i>Monday/Tuesday/Thursday /Friday: 9:00am-12:00pm & 1:00pm-4:00pm; Wednesday: 1:00pm-4:00pm</i>	1000 Broadway, Suite 210, El Cajon, CA 92021	619-401-5500	91901 91945 91905 91948 91906 91962 91916 91963 91917 91977 91931 91978 91934 91980 91935 92021 91941 92040 91942 92071
CRF Heartland BPSR Wellness Recovery Center	<i>Mondays: 9:00am-11am; Tuesday/Thursday: 9:00am-4:00pm; Wednesday/Friday: 9:00am-12:00pm</i>	460 North Magnolia Avenue, Suite 110, El Cajon, CA 92020	619-440-5133	92019 92020 92022

North Central Region

Name	Hours	Address	Telephone	Zip Codes
North Central Mental Health Center	<i>Monday-Friday: 8:30am-3:30pm</i>	1250 Moreno Boulevard, 1 st floor, San Diego, CA 92110	619-692-8750	92037 92110 92038 92111 92093 92116 92106 92117 92107 92119

				92108	92120
				92109	92121
CRF Douglas Young BPSR Center	<i>Monday/Tuesday/Wednesday/Friday: 9:00am-11:00am; Thursday: 12:00pm-2:00pm</i>	10717 Camino Ruiz, Suite 207, San Diego, CA 92126	858-695-2211	92122	92130
				92123	92131
				92124	92140
				92126	92161

North Coastal Region

Name	Hours	Address	Telephone	Zip Codes	
Exodus Recovery, Inc North County Walk-In Assessment Center	<i>Monday-Friday: 9:00am-4:30pm</i>	524 West Vista Way, Vista, CA 92083	760-758-1150	All North Coastal Zip Codes	
MHS, Inc Vista Wellness Recovery Center	<i>Monday-Friday: 8:30am-4:00pm</i>	550 West Vista Way Suite 407, Vista, CA 92083	760-758-1092	92068	92083
				92069	92084
				92078	92091
				92081	92672
MHS, Inc. North Coastal Mental Health Center	<i>Monday-Friday: 9:00am-4:00pm</i>	1702 Mission Avenue, Suite 210, Oceanside, CA 92058	760-712-3535	92007	92024
				92008	92054
				92019	92055
				92010	92056
				92011	92057
				92013	92058
				92014	92067
				92018	92075
				92023	92091

North Inland Region

Name	Hours	Address	Telephone	Zip Codes	
Exodus Recovery, Inc North County Walk-In Assessment Center	<i>Monday-Friday: 8:00am-4:00pm</i>	1520 South Escondido Boulevard, Escondido, CA 92025	760-871-2020	All North Coastal Zip Codes	
MHS, Inc North Inland Mental Health Clinic	<i>Monday-Friday: 8:30am-4:00pm</i>	125 West Mission Avenue, Suite 103, Escondido, CA 92025	760-747-3424	92025	92064
				92026	92066
				92027	92069
				92029	92070
				92060	92390
				92061	
MHS, Inc. Kinesis North WRC	<i>Monday-Friday: 8:30am-4:00pm</i>	474 West Vermont Avenue, Suite 101, Escondido, CA 92025	760-480-2255 Ext. 105	92003	92096
				92004	92127
				92028	92128
				92036	92129
				92059	92259
				92065	92536
				92082	92592
				92086	

South Region

Name	Hours	Address	Telephone	Zip Codes	
CRF South Bay Guidance Wellness Recovery Center	<i>Monday/Wednesday/Friday: 9:00am-1:00pm</i>	1196 3 rd Avenue, Chula Vista, CA 91911	619-427-4661	91902 91908 91909 91910 91911 91912 91913 91914	91915 91921 91950 91951 92118 92135 92155
CRF Maria Sardiñas Wellness Recovery Center	<i>Tuesday/Thursday: 9:00am-3:00pm</i>	1465 30 th Street, Suite K, San Diego, CA 92154	619-428-1000	91932 91933 92143 92153	92154 92155 92173