



UC San Diego
SCHOOL OF MEDICINE
**Shiley-Marcos Alzheimer's Disease
Research Center**

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
San Diego Family Circle ADHC	4428 Convoy St Kearney Mesa	858-244-4555	https://sandiegofamilycircle.com/
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/
San Diego PACE	1601 Precision Park Lane San Diego CA 92173	619-205-4585	SDPACE@syhealth.org
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

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 Center	12250 Crosthwaite Circle, Poway, CA 92064	858-748-5044	www.powayadhc.org
Foundation for Senior Care	1355 Mission Road, Fallbrook, CA 92088	760-723-7570	www.foundationforseniorcare.org

South Bay, South East

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

Caregiving Classes

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

Name	Description	Telephone	Website
Adult Emergency & Crisis Services	<i>San Diego County Psychiatric Hospital</i>	619-692-8200	www.sandiegocounty.gov/hhsa/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/contents/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/contents/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. Insurance accepted	858-481-8827	https://www.helptherapy.com/services
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,	877-534-2524	www.lasdsd.org

Name	Description	Telephone	Website
	CalWorks/CalFresh/General Relief, conservatorships, restraining orders, 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/

Name	Address	Date	Time
Solana Beach Presbyterian Church	120 Stevens Ave Solana Beach CA 92075 spatel@glenner.org 619-616-7988	Every 2 nd and 4 th Thursday	10:00-11:30am
Grossmont Healthcare District's Health and Wellness Library	636 Third Avenue, San Diego, CA 91910 library@grossmonthealthcare.org 619-825-5010	Every 1 st and 3 rd Thursday	10:30-12:00)
FOR MORE INFORMATION & TO REGISTER.	The George G. Glenner Alzheimer's Family Centers, Inc. ® is not responsible for Memory Café attendees. Attendees must be accompanied by a caregiver or loved one for the duration of the Memory Café if care assistance or supervision is required.	www.glenner.org	

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	<i>Call for more information on support groups.</i>	619-543-4704

Family Centers		
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 Support Group & Frontotemporal Degeneration Caregiver Groups

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

- <https://www.alzstore.com/gps-tracker-watch-elderly-p/0950.htm>
- www.adiantmobile.com
- [AngelSense: \\$100](#)
- [Apple AirTag: \\$30](#)
- [Bay Alarm Medical: \\$100](#)
- www.endlessid.com
- www.greatcall.com
- www.safewander.com
- www.pocketfinder.com
- [iTraQ: \\$129](#)
- [SmartSole: \\$300](#)
- [AngelSense: \\$100](#)

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.sdsheiff.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	DemosHealth 2011

	Whitworth	
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 Snyder MSW, LCSW	Sunrise River Press, 2010
Speaking Our Minds – What It’s Like to Have Alzheimer’s – Revised Edition	Lisa Snyder, MSW, LCSW	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 Caring 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 Snyder, MSW, LCSW	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	Lisa Snyder, MSW, LCSW	Suspended at this time.
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,		A guide for care partners that addresses issues relevant to the early-

Friends, and Caregivers By Daniel Kuhn, MSW. Second edition, 2003. Hunter House Inc.	stages and provides much helpful caregiver testimony.
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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 involved in helping and coping with the dementia process.	www.alz.org/help-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
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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 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.	858-464-6872	www.gogograndparent.com

UC San Diego Health

Name	Description	Telephone	Website
UC San Diego Shiley-Marcos Alzheimer's Disease Research Center (ADRC)	Clinical Trails, Observational studies	858-822-4800	www.adrc.ucsd.edu
Quality of Life Programs	<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 Caregiver Support group • Frontotemporal Dementia caregiver support group • Villa Musica Musical Biographies and book making <p>Contact for more information or to register for any of these programs.</p>	858-822-4800	www.adrc.ucsd.edu/ADgr_Resources.html
The Brain Health and Memory Disorder's Clinic at UC San Diego	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.	858-657-8540	www.health.ucsd.edu/specialties/neurp/specialty-programs/memory-disorders-clinic/Pages/appointment.aspx
UC San Diego	Provides inpatient care in a comfortable, safe	619-543-3772	www.health.ucsd.edu/speci

Medical Center, Hillcrest Senior Behavioral Health (SBH) – Geriatric Inpatient Unit	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.		alties/psych/Pages/adult-inpatient.aspx
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Behavioral Health Services /Walk-in Crisis Clinics-Adult & Older Adult Behavioral Health Services

- Crisis Stabilization Units**
<https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/csu.html>
- The San Diego Access and Crisis Line 1-888-724-7240** Calls are answered by experienced counselors who provide immediate help for the support you need. Language interpreter services enable the ACL to assist in over 200 languages within seconds. [Live chat](#) is also available Monday through Friday, 4pm-10pm, through the [ACL website](#) or [up2sd.org](#). The ACL is part of the national 988 network of crisis call centers. Those living in or visiting San Diego County can call the ACL at 1-888-724-7240, or 988, for support and help navigating services. and connections to 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	760-871-2020	All North Coastal Zip Codes	

		92025			
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 92026 92027 92029 92060 92061	92064 92066 92069 92070 92390
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 92004 92028 92036 92059 92065 92082 92086	92096 92127 92128 92129 92259 92536 92592

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