

Community and School Based Counseling Program

mhs MENTAL HEALTH SYSTEMS

Do you know of a youth who is struggling with:

- Challenges or concerns with their behavior or their emotions, including symptoms of depression, anxiety, oppositional and defiant behaviors, Attention Deficit and Hyperactivity Disorder, etc.
- Academic success
- Alcohol or other drug use
- Emotional hardships, like family problems
- Social problems/poor peer relationships
- Other issues impeding their academic success

The goal of the MHS Community and School Based Counseling Program is to help children and adolescents succeed at school, home, and in the community. The program uses a strengths based, collaborative, and culturally sensitive approach to working with students and their family.

Services:

Offered at school, in home and in the community

- Individual and Family Therapy
- Case Management
- Referrals to community programs
- Medication evaluation and monitoring
- Bilingual services and interpreters available

Eligibility Requirements:

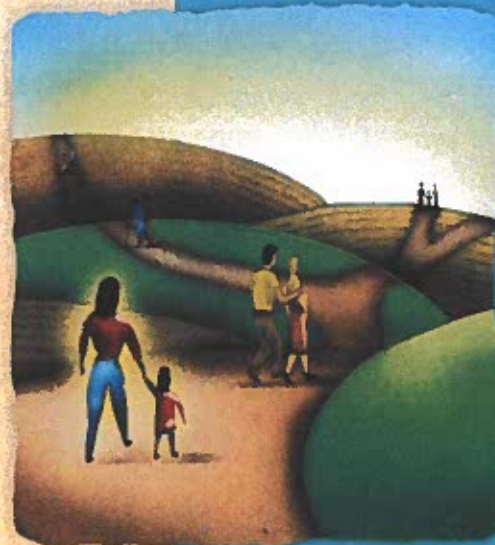
- Students age 5 – 21 years old
- Medi-Cal Eligible, *or*
- MHSA Eligible (without insurance or under-insured)

Referrals:

Parents/guardians can make referrals by directly contacting the MHS School Based Program office. School counselors and teachers are asked to complete a one page referral form (with parent consent) to be faxed to the program. Additional referral forms may be obtained by calling the office phone number.

Questions?

Please contact MHS Community and School Based Counseling
4660 Viewridge Avenue, San Diego, CA 92123
Phone: (858)278-3292 • Fax: (858)278-3294



*Mental Health Systems
is a non-profit agency
founded in 1978
to improve the lives of
individuals, families and
communities facing
substance abuse and
behavioral health challenges.*



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