

MAC Program Approved  
Practicum Sites  
San Diego/Carlsbad

Update November 2018

APPROVED SITE

Alvarado Parkway Institute  
7050 Parkway Dr.  
La Mesa, CA 91942  
619-465-4411

Contact: Andrew Noorollah, PhD  
Director of Psychology  
(619) 667-6093 (phone); (619) 667-6172 (fax)  
anoorollah@apibhs.com

**Program Description:** Trainees will get experience and extensive training with adults 18 years and up on the inpatient unit providing individual, couples, family, and group therapy, intervention plans for suicidal/homicidal individuals and domestic violence, behavioral plans, and psycho-education. There is an opportunity to work on the forensics unit. Trainees are required to make a one-year commitment with 16-20 hours a week. Shifts are from 8-4:30 and group supervision is from 7-10am on Friday mornings. Students will also receive one hour of individual supervision a week and work with a multi-disciplinary treatment team.

APPROVED SITE

## APEX Recovery

Contact: Mallory Serbin, Clinical Director  
mserbin@apex.rehab

Inpatient/rehabilitation residence: 4251 Nabal Dr.  
La Mesa, CA 91941

**Program Description:** APEX recovery offers a residential program for treatment of addictions in a holistic, evidence based treatment environment. Three distinct medical approaches are options to treat addictions: internal/addiction medicine, psychiatry, and integrative/holistic therapies. The outpatient program consists of group, individual, and couples psychotherapy, drug and alcohol counseling, psychiatry, and dual diagnosis treatment. Day and evening scheduling offered.

APPROVED SITE

CAPE  
(Community Allies for Psychological Empowerment)  
Various locations in Linda Vista, City Heights, and El Cajon

Contact: Dr. Eric Marcus  
ehmarcus@yahoo.com  
(858) 531-6959 (cell)

**Program Description:** CAPE encompasses the following sites: El Ninto Domestic Violence Center, Bayside Community Center serving a geriatric population, Bridge of Hope meeting needs of East African refugee population, and a sober living facility in El Cajon. Trainees are expected to commit to one year and will receive 10 hours of face to face counseling a week and four hours of group supervision. Clinical experiences will include individual, group, bio-psycho-social interviewing, training in DSM5 diagnosis, and possibility for family counseling.

## APPROVED SITE

Casa de Amparo  
325 Buena Creek Rd.  
San Marcos, CA 92069

Contact: Celeste Leichliter  
Volunteer Coordinator  
cleichliter@casadeamparo.org

**Program Description:** Casa de Amparo annually serves 1,300 Casa Kids, from prenatal to 24 years old, as well as 700 families, through six programs that promote healing, growth, and healthy relationships. These programs include Residential Services, Counseling Services, Family Visitation, Hayward Child Development Center, New Directions, and Young Parent Network. Casa de Amparo is the San Diego Chargers Courage House, part of a national network of NFL teams and local charities dedicated to the prevention of child abuse.

**Experience Provided:** The Counseling Center staff at Casa de Amparo guides, advocates for and supports children and families participating in Casa's programs to help treat the effects of child abuse and neglect and stop the cycle. Casa de Amparo's Outpatient Counseling Services are designed to support children and families facing a variety of individual or family stressors and/or mental health issues.

## APPROVED SITE

## Center for Community Solutions

**San Diego:** 4508 Mission Bay Drive, San Diego, CA 92109

**El Cajon:** 460 N. Magnolia Ave., El Cajon, CA

(619) 697-7477

**Escondido:** 240 S. Hickory St., Ste. 110, Escondido, CA

(760) 747-6282

**Contact:** Allison Johnson, Counseling Services Manager

(619) 697-7477 (phone)

ajohnson@ccssd.org

**Program Description:** Outpatient facilities providing multidisciplinary services specializing in treatment and services for survivors of sexual assault and domestic violence. Opportunities for work with clients on general issues are also available.

**Experience Provided:** Clinical opportunities with families, adults, and children who have experienced domestic violence or sexual assault. Most clinical hours are on-site at La Mesa or Pacific Beach offices. The specialty is in working with children exposed to DV. 56 hours of training for certification by the State of California as a Crisis Counselor in Domestic Violence and Sexual Assault required before seeing clinical clients. This is offered three times a year-February, June, September. Specialized play therapy rooms for children, videotaping capabilities, individual and group supervision required.

**Requirements:** Previous experience with trauma desired. Students must successfully complete application, interview, and be fingerprinted.

APPROVED SITE

Center for Mindful Relationships  
2333 First Avenue, Suite 204  
San Diego, CA 92101

Contact: Mary Edwards  
Executive Director  
(619) 685-0041 (phone); (619) 685-0042 (fax)  
maryalex@msn.com

Daniel Carr, LMFT  
Clinical Supervisor  
(619) 685-8638 (phone); (619) 685-0040 (fax)

**Program Description:** Center for Mindfulness Relationships is a social service agency providing family therapy to members of the San Diego community. Trainees are provided with experience in all aspects of working in family systems including: individuals, couples, families, schools, custody cases, and parenting skills.

## APPROVED SITE

## Community Research Foundation

**Program Description:** Community Research Foundation is a San Diego-based not-for-profit corporation providing behavioral health services to adults, children and families. They operate 32 programs offering a wide range of services including: Outpatient programs serving adults, children, youth and families; Assertive Community Treatment (ACT) programs targeting homeless individuals with psychiatric disabilities, often including co-occurring substance-related problems; short-term acute residential treatment (START) programs which provide an alternative to voluntary acute psychiatric hospitalization; a transitional residential program; and a supported housing program.

Community Research Foundation has a memorandum of understanding with the MAC Program at National University that includes 26 of their programs. MAC students have completed practicum hours in a number of the facilities operated by CRF. The Community Research Foundation programs are listed below. National University MAC students should contact the individual programs directly if interested in pursuing a practicum at one of the sites.

Assertive Community Treatment (ACT)**Downtown IMPACT (Assertive Community Treatment)**

995 Gateway Center Way, Suite 300

San Diego, CA 92102

(619) 398-2156

Director: Kindra Moore

KMoore@comresearch.org

Integrative services are provided to high risk mentally ill homeless individuals in San Diego's downtown area utilizing a bio-psycho-social model of rehabilitation and recovery.

**IMPACT (Assertive Community Treatment)**

1260 Morena Blvd., Suite 100

San Diego, CA 92110

(619) 398-0355

Director: Melissa Beals, MFT

MBeals@comresearch.org

**Senior IMPACT**

995 Gateway Center Way, Ste. 302

San Diego, CA 92102

(619) 977-3716

Director: Nicole Loebach, LCSW

NLoebach@comresearch.org



## APPROVED SITE

Outpatient Programs – Adult**Areta Crowell Center Wellness and Recovery Center**

1963 Fourth Avenue

San Diego, CA 92101

(619) 233-3432

Director: Nicole Wilson

NWilson@comresearch.org

**Douglas Young Wellness and Recovery Center**

10717 Camino Ruiz, Suite 207

San Diego, Ca. 92126

(858) 695-2211

Director: Laura Talbott

LTalbott@comresearch.org

**Heartland Wellness and Recovery Center**

1060 Estes Street

El Cajon, CA 92020

(619) 440-5133

Director: James McMahon, LMFT

JMcMahon@comresearch.org

**Jane Westin Center**1568 6<sup>th</sup> Avenue

San Diego, CA 92101

(619) 235-2600

Director: Kenna Mauhili, PsyD

KMauhili@comresearch.org.

**Maria Sardinias Wellness & Recovery Center**1465 30<sup>th</sup> St., Ste. K

San Diego, CA 92154

(619) 428-1000

Director: Paul VanPortfliet, Psy.D.

PVanPortfliet@comresearch.org

**South Bay Wellness and Recovery Center**835 3<sup>rd</sup> Avenue, Suite C

Chula Vista, CA 91911

(619) 427-4661

Director: Mary Wheeler, LMFT

MWheeler@comresearch.org

## APPROVED SITE

**StepForward (CalWORKs)**2772 4<sup>th</sup> Avenue

San Diego CA 92103

(619) 295-6067

Director: Vanessa Martinez, LMFT

VMartinez@comresearch.org

**StepForward North Central (CalWORKs)**

8745 Aero Drive, Unit 107

San Diego CA 92123

(858) 384-7035

Program Manager: Trena Ensign, LMFT

TEnsign@comresearch.org

**StepForward North Coastal (CalWorks)**

1919 Apple St. Suite A &amp; B

Oceanside, Ca. 92054

Director: Victoria Hernandez

vhernandez@comresearch.org

**StepForward South (CalWORKS)**

1105 Broadway, Suite 207

Chula Vista, CA 91911

(619) 425-5609

Director: Elizabeth Alcaraz

EAlcaraz@comresearch.org**StepForward North Inland (CalWorks)**

500 La Terraza Blvd. #117

Escondido, CA 92025

(760) 745-0281

Director: Pamela Jacobs, IMF

PJacobs@comresearch.org

**Outpatient Programs – Children****Crossroads Family Center (Child, Youth & Family Services)**

1679 E. Main St., Ste. 102

El Cajon, CA 92021

(619) 441-1907

Director: Brenda Estrada, LMFT

BEstrada@comresearch.org

## APPROVED SITE

**Douglas Young Youth & Family Services (Child, Youth & Family Services)**

7907 Ostrow Street, Suite F

San Diego, CA 92111

(858) 300-8282

Director: Sara Welsh, LMFT

SWelsh@comresearch.org

**Mobile Adolescent Service Team (Child, Youth & Family Services)**

1202 Morena Blvd., Suite 203

San Diego, CA 92110

(619) 398-3261

Director: Agustin Valadez, LMF

AValadez@comresearch.org

Provides mental health services to adolescents enrolled in the Juvenile Court and Community Schools. Services are provided in school settings and in client's homes.

**Nueva Vista Family Services (Child, Youth & Family Services)**

1161 Bay Blvd., Suite B

Chula Vista, CA 91911

(619) 585-7686

Director: Bill Simpson, LMFT

BSimpson@comresearch.org

NVFS is a county contracted program that provides mental health services to low-income and medical children and adolescents in the South Bay area of San Diego County. Most clients reside in Chula Vista and National City. 50% are Latino. The Program has therapists in an outpatient clinic and also a therapist that provides school-based counseling in about 15 schools in the area."

**Residential Programs**

The residential START programs are a treatment facility for adults with chronic mental illness. The facilities are open 24 hours a day/seven days a week.

**Esperanza Crisis Center ( Short Term Residential Treatment Crisis Centers-START)**

490 N. Grape St.

Escondido, CA. 92025

(760) 975-9939

Director: Lisa Bertelle

LBertelle@comresearch.org

## APPROVED SITE

**Halcyon Center (START)**

1664 Broadway  
 El Cajon, CA 92021  
 (619) 579-8685  
 Director: Priscilla Grossman, MFTI  
 PGrossman@comresearch.org

**Del Sur (START)**

892 27<sup>th</sup> Street  
 San Diego, CA 92154  
 (619) 575-4687  
 Director: Stacey Kneeshaw  
 SKneeshaw@comresearch.org

**Jary Barreto Crisis Center (START)**

2865 Logan Avenue  
 San Diego, CA 92113  
 (619) 232-4357  
 Director: Martha Noderer, MA  
 MNoderer@comresearch.org

**New Vistas (Short Term Acute Residential Treatment (START) Crisis Centers)**

734 10<sup>th</sup> Avenue  
 San Diego, CA 92101  
 (619) 239-4663  
 Director: Natanya Gleyzer, PsyD  
 NGleyzer@comresearch.org

**Turning Point Crisis Center (Short Term Acute Residential Treatment (START) Crisis Centers)**

1738 South Tremont Street  
 Oceanside, CA 92054  
 (760) 439-2800  
 Director: Holly McNerney  
 HMcNerney@comresearch.org

**Casa Pacifica (Transitional Residential)**

321 Cassidy Street  
 Oceanside, CA 92054  
 (760) 721-2171  
 Director: Suzanne Gothard  
 SGothard@comresearch.org  
 Clinical Supervisor: Peggy Widener  
 PWidener@comresearch.org

**Vista Balboa Crisis Center**

## APPROVED SITE

545 Laurel Street  
San Diego, CA 92101  
(619) 233-4399  
Director: Debon McGill, Psy.D.  
DMcGill@comresearch.org

APPROVED SITE

County of San Diego – Memorandum of Agreement  
3255 Camino Del Rio South  
San Diego, CA 92108

Contact: Tim Nou  
Tim.Nou@sdcounty.ca.gov

**Program Description:** The Memorandum of Agreement is for the Behavioral Health Services clinics (BHS) run by the County of San Diego. The county provides mental health services to its clients through alcohol and drug treatment, domestic violence treatment, and therapeutic behavioral services.

For a full listing of available sites, see <http://www.sdcounty.ca.gov/hhsa/programs/bhs/>

Please send a cover letter and resume to Tim Nou and he will send it to County providers.

APPROVED SITE

**Crittenton Services for Children and Families**  
Various locations in Southern California

**Contact:** Audrey Fisher Price  
afisherprice@crittentosocal.org

Crittenton Services for Children and Families practicum focuses on the Unaccompanied Children's Program. They are contracted through the Federal government and work with Homeland Security and Immigration Customs Enforcement (ICE). When children cross our borders without their parents or adults, ICE is responsible to find shelters for them while Crittenton works on finding sponsors for them to live with in our country.

Practicum students need to speak Spanish as our children come predominantly Central America. They are a shelter and students would be conducting individual and group therapy.

“We have a strong practicum program and welcome students.”

APPROVED SITE

Deaf Community Services of San Diego  
1545 Hotel Circle South, Suite 300  
San Diego, CA 92108

Contact: Trisha Patel  
Program Manager for Counseling  
tpatel@dcssd.org

**Program Description:** DCS provides counseling services, drug and alcohol recovery services, and a country operated Clubhouse for the Deaf. DCS also provides employment services and literacy program. You can look at the website for more information at [www.deafcommunityservices.org](http://www.deafcommunityservices.org). Trainees are accepted based on availability in the behavioral health program and must know ASL.

Desert Mountain Children's Center



**APPROVED SITE**

The address of this agency is in Apple Valley, Ca but students are placed in schools in San Diego.

**Contact:** Michelle Feldman  
michelle.fehlman@CAhelp.org

**Program Description:** Desert Mountain Children's Center provides school based counseling for grades k-12. In San Diego, DMCC is contracted to provide services to students at the 13 High Tech High charter school campuses in Point Loma, Chula Vista and San Marcos, as well as Health Science High and Middle College in City Heights. The majority of the students served are enrolled in Special Education and are receiving counseling services as part of their IEP (Individualized Education Program). Trainees at this site will carry a caseload of 10-15 students and will provide individual counseling and group counseling, and will have opportunities to also work with families of students. Trainees will be required to create and implement client treatments plans and keep current with notes/charting. In addition to counseling, students will work collaboratively with school staff to support treatment goals system wide. They will also attend student IEPs and be an active participant in creating and monitoring IEP goals related to mental health. Both individual and group supervision are provided and required to meet BBS client/supervision ratio. It is helpful if trainees have some experience with working with primary and/or high school students, but it is not required.

**Generate Hope**

## APPROVED SITE

4025 Camino Del Rio South #300  
San Diego, CA 92108

Contact: Susan Munsey, LCSW  
Executive Director  
(619) 818-4026 (phone); (619) 342-7508 (fax)  
susan@generatehope.org

**Program Description:** At Generate Hope they work with women who have been sex trafficked to rehabilitate them from the traumas of the sex trade. Students would have the opportunity to co-lead 5 psychotherapy groups weekly, plus work one on one with women in individual therapy. Generate Hope is an opportunity for students to obtain experience with a variety of diagnoses & issues beyond sex trafficking as well. They typically deal with such things as homelessness, histories of child abuse & neglect, PTSD, depression, bipolar disorder & much more. Contact the Director/Supervisor, Susan Munsey, if you are interested in this site.

## APPROVED SITE

Monte Vista High School Guidance Center  
 3230 Sweetwater Springs Blvd.  
 Spring Valley, CA 91977

Contact: Mayumi Y. Douglas  
 mdouglas@guhdsd.net

**Traineeship Opportunity:**

MONTE VISTA HIGH SCHOOL

Guidance Center

Volunteer Clinical Placement Opportunity for National University students

Meets requirements for clinical field work experience with NU Master of Arts in Counseling Psychology program.

Site: MONTE VISTA HIGH SCHOOL

3230 Sweetwater Springs Blvd., Spring Valley, CA 91977

Starting date: Between July 30th to August 14th 2018

Interviews: As soon as possible

This volunteer position offers:

- Direct experience providing individual and family school-based counseling services
- Co-facilitate support groups to High School students (English, Spanish available).
- Participate in training events offered to district volunteers.
- Weekly individual and group clinical supervision
- Training in clinical documentation  Participation in school activities such as: Unity days, staff development training events, Rachelle's challenge, camp LEAD, among others.  \$100 Amazon or bookstore gift card

Expectations:

- Academic year-long commitment: No later than August 14th 2018 to June 5th 2019
- 20 hours per week on site, 10 hours per week of direct clinical services
- Weekly participation in individual and group clinical supervision

APPROVED SITE

Hospice of the North Coast  
2525 Pio Pico Dr., Ste. 301  
Carlsbad, CA 92008

Contact: Jim Reiser  
Bereavement Services Coordinator  
jreiser@hospicenorthcoast.org  
(760) 431-4100 (phone); (760) 431-4133 (fax)

**Program Description:** Hospice of North Coast is a small, stand alone hospice serving terminally ill patients and their families from Del Mar north through Camp Pendleton and east to Escondido. Bereavement counseling is provided to the hospice families as well as work with play therapy, sand tray, expressive arts, music, and energy work. Trainees receive a comprehensive orientation and training to hospice an the grief and mourning process.

APPROVED SITE

**Interfaith Community Services**  
Multiple locations

Contact: Megan Hawker, LMFT  
mhawker@interfaithservices.org

**Program Description:** Services offered include: couples and family therapy, child and adolescent therapy, crisis intervention, PTSD, veterans service related trauma, anger management, and a senior program.

Facilities include:

**Betty and Melvin Cohn Center**

550 W. Washington Ave.

Escondido, CA 92025

(760) 489-6380

**Coastal Service Center**

4700 North River Rd., Suite A & C

Oceanside, CA 92057

(760) 721-2177

**Coastal Veteran's Center**

1617 Mission Avenue

Oceanside, CA 92058

(760) 529-9979

## APPROVED SITE

Job Corps  
1325 Iris Ave.  
Imperial Beach, CA 91932

Contact: Marisa Zens, PsyD  
(619) 429-2345  
Zens.Marisa@jobcorps.org

“Job Corps is a free, federally funded residential education and job training program overseen by the Department of Labor. Job Corps enables youth ages 16 to 24 to finish high school or equivalency and become proficient in a trade. Job Corps provides school programs and 18 trade choices. While students live and work on center at Job Corps, they are provided support services (dental; medical; mental health; career counseling, and social development) to ensure the greatest chance of success in the program and into adulthood. The **Mental health** department, led by Dr. Zens, makes available to all Job Corps students: **crisis intervention; case management; individual and group psychotherapy; and outreach services.** In addition, the department provides screenings, psychiatric referrals, and chronic care management for students with pervasive and severe mental health disabilities. Practicum students will have the opportunity to provide all of the above services to a diverse population of young people. In addition to the weekly supervision, the training curriculum will include the following: **diagnosis and mental health assessment; DBT; CBT; mindfulness based practices; multicultural counseling; motivational interviewing; and case conceptualization.**

Practicum students will be integrated into the Job Corps culture, having the opportunity to work with support staff such as the drug and alcohol counselor, residential advisors, counseling staff, center physician, nurses, trade instructors, and management. Depending on their days and hours on center, they will have the opportunity to attend Center wide events, and department and interdepartmental team meetings. Students will have the opportunity to research and develop new curriculum for psychotherapy groups as well as create materials for student outreach projects. Additionally, if interested, they will have the opportunity to make psycho-educational presentations to Job Corps staff.”

APPROVED SITE

License to Freedom  
131 Avocado Ave.  
El Cajon, CA 92021

Contact: Dilkwaz Ahmed  
(619) 401-2800  
Dilkhwaz@licensetofreedom.org

**Program Description:** License to Freedom offers culturally and linguistically appropriate services to diverse populations such as Iraqi, Iranian, Burmese, Afghani, African, Turkish, and Kurdish. This non-profit community based organization promotes nonviolence through community education, self-sufficiency, and advocacy.

APPROVED SITE

McAlister Institute  
1400 North Johnson, Suite 101  
El Cajon, CA 92020

Contact: Susan Ritter

Susan.Ritter@mcalisterinc.org  
(619) 442-0277 (phone); (619) 442-1101 (fax)

**Program Description:** "McAlister Institute offers 26 programs that represent a complete continuum of care for the prevention and treatment of alcoholism and drug addiction. From pregnant women and troubled teens to ex-offenders, homeless men, monolingual Spanish speakers, and co-occurring individuals, each program is built on more than 35 years of experience in alcohol and other drug services and has been tailored to meet the needs of individuals, families, and communities that have been affected by substance abuse. Specific services include prevention, intervention, social model detoxification, individual and group counseling, treatment planning and case management, outpatient treatment and education, drug testing, co-occurring mental health treatment, vocational rehabilitation, re-entry assistance, long-term and short-term residential treatment, sober living, relapse prevention and aftercare, as well as referrals."

Description from website



APPROVED SITE

Mental Health Systems: Families Forward Wraparound

9445 Farnham Street  
San Diego, Ca. 92123  
Phone: 858 380-4676

**Contact:** Seth Williams, LMFT  
Swilliams@mhs.org

Families Forward Wraparound provides mental health and supportive services with programs to help children remain in their homes with family. Various mental health services include case management, crisis intervention and planning, substance abuse treatment.

APPROVED SITE

Mental Health Systems: North Coastal  
Mental Health Center  
1701 Mission Ave.  
Oceanside, CA 92058

Contact: Leslie Thayer, Ph.D.  
Leslie.Thayer@sdcountry.ca.gov

**Program Description:** North Coastal Mental Health Center is a county-contracted outpatient mental health center for adults diagnosed with serious mental illness. Our main function is to provide medication management services. In addition, we offer group therapy, brief case management, crisis intervention, brief individual therapy, homeless case management, and referrals to community resources.

"We have 3-4 slots available for interns and they must be able to provide 16-20 internship hours/week. The internship must be at least 9 months long. The intern would be required to attend a three day electronic health record training provided by the county and pre-employment screening (TB test and drug screen) provided by MHS. Individual and group supervision is provided (\* group supervision is offered on Wednesday only)."

APPROVED SITE

**Mental Health Systems:**  
**North County Community Assessment Team (CAT)**  
940 East Valley Parkway  
Escondido, CA 92025

**Contact:** Shannon Nosenzo  
Program Manager  
(760) 747-0205  
snosenzo@mhsinc.org

**Program Description:** The Community Assessment Team (CAT) is a voluntary program that provides services for the entire family. We offer assessment, as well as providing strength-based groups for youth, and parenting classes for parents. We serve school aged youth who are at risk of entering the justice system; struggling in school; associating with gangs; and/or experiencing anger management issues. We also serve families struggling with how to help their children make the right decisions. Our family centered outpatient services include: Strength based assessment; Individual, family and group counseling; Case management; Crisis intervention; Medication evaluation and monitoring.

Trainees primarily conduct individual therapy and possibly a group, with case management. Individual and group supervision is offered weekly. Students can obtain 12-20 hours per week.

## APPROVED SITE

Mental Health Systems: North County  
Strength-Based Case Management  
474 W. Vermont Ave #104  
Escondido, CA 92025

Contact: Eycleisha Stephens  
Program Manager  
estephens@mhsinc.org

**Program Description:** Strengths-Based Case Management North provides a wide range of services to assist individuals who suffer from a major mental illness or co-occurring disorders. They provide assistance and care coordination from evaluation to discharge planning. Their recovery centered services provide ongoing interventions, which focus on resolving problems through psychosocial rehabilitation and resource management. Their services are focused on each client's strengths, which we help them build on to achieve their goals.

They offer the following outpatient services:

Evaluation, Placement assistance, Psycho-educational counseling, Treatment planning, Housing assistance, Medication monitoring, Care coordination, Family support, Medical linkage and referral, Resource referrals and linkage, Advocacy, Assistance with daily living skills and money management

The hours are flexible as long as they are consistent each week. They request a commitment to the program for an agreed upon time with the trainee as turnover affects their clients mental health. The office is open 8am-4:30pm. Group supervision is provided and individual supervision may be provided but not guaranteed.

## APPROVED SITE

Mental Health Systems: North Inland Regional Recovery Center  
200 East Washington Ave., Suite 100  
Escondido, CA. 92025  
Phone: 760 741-7708

**Contact:** Coral Walsh  
Program Manager  
cwalsh@mhsinc.org

NIRRC is an outpatient and substance abuse program for adults that include group and individual counseling, substance abuse counseling, and community services.

APPROVED SITE

Mental Health Systems School Based Program

4660 Viewridge Avenue

San Diego, CA 92123

Contact: Jessica Holzer  
jholzer@mhsinc.org

Students may be placed with at least two schools ranging from elementary to high school. All schools are within the San Diego Unified School District and are located mostly in central San Diego.

APPROVED SITE

Mira Costa College Student Health Services  
1 Barnard Drive, Bldg 3300  
Oceanside, Ca. 92056

**Contact:** Nick Mortaloni, LCSW  
Mental Health Counselor  
nmortaloni@miracosta.edu  
(760) 795-6675 (phone); (760) 795-6606 (fax)

**Program Description:** Mira Costa Community College's Student Health Services provides medical and psychological counseling to Mira Costa students, ages 17 through 60's. Population of the college is 12,000.

**Experiences Provided:** Mostly individual counseling but the opportunity for couples work, crisis intervention, and community referrals. Modalities are cognitive therapy, narrative therapy, and family systems.

APPROVED SITE

**Murrieta Valley Unified School District**

41870 McAlby Court

Murrieta, Ca. 92562

Contact: Linda Diaz

[ldiaz@murrieta.k12.ca.us](mailto:ldiaz@murrieta.k12.ca.us)

951-696-1600 x 1013

Program Description: Trainees work within the school district with children k-12.



APPROVED SITE

Neighborhood House Association/ Project Enable  
286 Euclid Ave., Suite 102  
San Diego, CA. 92114

Contact: Enrique Mereles  
Care Coordinator  
619 266-2111 x124  
[emereles@neighborhoodhouse.org](mailto:emereles@neighborhoodhouse.org)

**Program Description:** The Project Enable TAY (Transitional Age Youth) Program provides specialized mental health services to young adults between 18-25 suffering from severe and persistent mental health illness and co-occurring disorders that may be interfering with their ability to function in various areas of their life. The program goals are to reduce the psychiatric symptoms and need for hospitalization and improve level of functioning. Services include individual and group counseling, case management, and medication management. A multi-disciplinary team works together to individualize treatment with a focus on recovery from a bio-psychosocial rehabilitative perspective.

## APPROVED SITE

New Haven Youth and Family Services  
216 W. Los Angeles Dr.  
Vista, CA 92083

Contact: Rowena Versoa  
TBS Lead Coach  
rversoa@newhavenfs.org  
(760) 630-4065 \* 105 (phone); (760) 630-4030 (fax)

**Program Description:** The site provides residential treatment, special education, vocational training, and clinical intervention, responding to troubled adolescent males and their families.

**Experience Provided:** The site uses a Therapeutic Behavioral Services program (TBS). TBS is a short term, goal directed service provided to children to assist in achieving the lowest appropriate level of placement.

TBS is a one-to-one service that targets the specific behaviors that are barriers to achieving the lowest level of care. Accordingly, a behavioral coach works with the child in the milieu with the goal of increasing their coping skills, as well as working with the parent and/or caregivers in teaching them effective interventions.

## APPROVED SITE

North County Lifeline  
200 Michigan Avenue  
Vista, CA. 92084

**Contact:** Halima Martelli, LCSW  
Clinical Supervisor  
(760) 726-4900 (phone); (760) 726-6102 (fax)  
[hmartelli@nclifeline.org](mailto:hmartelli@nclifeline.org)

**Program Description:** Nonprofit social service agency serving youth, adults, and families; domestic violence perpetrators and victims. Collaborates with probation and other agencies. Groups include Alcohol, Tobacco, and Other Drugs Diversion program, Building on School Success, Anger Management, Decision Making, Gang Diversion, Parenting Classes, and Teen Parenting.

APPROVED SITE

Palomar Family Counseling Service  
1002 E. Grand Ave.  
Escondido, CA 92025

Contact Person: Lisa Turner, LCSW  
lturner@pfcs.agency  
(760) 741-2660 (phone): (760) 741-2647 (fax)

**Program Description:** Palomar Family Counseling Service (PFCS) is an independent not-for-profit agency. PFCS has offices in Escondido, Vista, Fallbrook and Poway and provides a full range of comprehensive services. These services include prevention, education, early intervention, assessment, clinical treatment, individual and family counseling, group counseling, crisis response, professional training, and mentoring.

Trainee experience involves school site-based therapeutic services in North County schools (primarily Vista and Oceanside), and in-office clinical services to a varied population.

APPROVED SITE

Project IMPACT at SDSU  
4283 El Cajon Blvd. #215  
San Diego, CA. 92105

Contact: Dr. Brent Taylor  
btaylor@mail.sdsu.edu  
Phone: 619 594-3871

**Program Description:** Project I.M.P.A.C.T. (Interventions with MFT Trainees, Parents, And Children Together)

**Program Goal**

"We are here to serve students and help them achieve academic success! We realize that children face many challenges in today's society and we are here to equip them with tools for success as they learn how to balance life's demands. We provide therapy for children of all ages at your elementary school. We are also available for consultation with teachers and support staff.

- Who? Our therapists are trainees who have at least one year of clinical experience in the master's degree program of marriage and family therapy. They are supervised by Licensed Clinicians who have many years of experience working in schools and with children.
- Where? We provide on-site therapy at the school. We are also available to provide home-based therapy when necessary to facilitate communication between the family and therapist.
- What? We provide therapeutic services geared toward children in a supportive and collaborative environment. We conduct art and play therapy in various modalities such as individual, family, or groups.
- When? Our trainees will be onsite a few days a week to provide therapy during school hours. They may also be available after school hours for home visits.
- Why? Many times we can feel overwhelmed in our lives and go through difficult periods. Children also get stressed and experience difficulties just like adults do. While talking therapy can be very effective for adults, children often benefit from expressing themselves through creativity and play. Project Impact provides children with a safe, non-judgmental environment that builds strength and confidence in themselves. We believe that developing collaborative relationships with parents and teachers can facilitate positive change in children's lives. By attending to their socio-emotional needs, children will be freed up to concentrate on their schoolwork and find joy and fulfillment in learning activities.

## APPROVED SITE

Salvation Army Adult Rehabilitation Center  
1335 Broadway  
San Diego, CA 92101

Contact Person: Alexandra Wyatt  
(619) 239-4037 x351 (phone)  
Alexandra.wyatt@usw.salvationarmy.org

**Program Description:** This placement is in the Alcohol and Drug Counseling program. It is a six to 12 month residential program for men and woman with a Christian-and work based, 12 step social model. Trainees do case management, teach classes, provide group and individual counseling, and facilitate Re-entry. They are open five days a week including evenings.

## APPROVED SITE

3002 Armstrong Street  
 San Diego, CA. 92111  
 and various locations

Contact: Cheryl Rode, Ph.D.  
 Vice President of Clinical Operations  
 crode@centerforchildren.org

**Program Description:** Dr. Rode's stated "we require students to be with us for 8-10 months, with most placements beginning in the Fall. Clinical programs typically require weekday hours and all hours must be during the supervisor's working hours.

Students who are interested in placement with us can complete our online application and upload a letter of interest and resume at [www.centerforchildren.org/about](http://www.centerforchildren.org/about). Candidates who meet our requirements will be contacted as positions become available. We prefer that candidates not contact supervisors by phone to request consideration."

**Programs with San Diego Center for Children include:**

- a. **Family Wellness Center Outpatient Program** provides individual and family therapy, group therapies, parenting classes, case management, and psychiatric services for children between 3-21. Located in La Mesa and North County.
- b. **School Based Program North County Academy.** Located in Carlsbad for students in grades 1-12, providing counseling, skill building, therapeutic activities, and education. Focus is on improving the student's academic progress as well as overall behavioral health.
- c. **School Based Lifeschool** is on the campus of Southwest High School in the South Bay and provides an integrated day of academics and various styles of therapy and behavioral support for students in grades 7-12. The therapeutic team works with each youth to develop communication and social skills and transfer skills in everyday life.
- d. **San Diego Center for Children Academy** is a non-public school in Kearny Mesa for ages 6-19, where students are supported with more individual attention for educational and behavioral needs.
- e. **Special Families Foster Care** is a program that places foster children in "treatment level" homes throughout SD County. The program recruits and trains foster parents.
- f. **Foster Family Stabilization and Treatment (FFAST)** is for children ages 0-21 and is the sole provider selected by the County of San Diego to provide therapeutic treatment for children living in Foster Family Agency level homes.
- g. **Children's Residential Treatment** (Level 12 and 14) is located in Kearny Mesa and for ages 6-13. Five cottages house eight children, where their daily activities include therapeutic activities, often with a focus on developing coping skills and self-regulation tools for improved communication and relationships.

## APPROVED SITE

- h. **Clark Adolescent Program** is located in Kearny Mesa and for ages 13-18 (Level 14). A cottage for 30 youth encourages social and communication skills. Individual, family, and group therapies is a large focus.
- i. **Providence Community Services, Catalyst Program** is an Assertive Treatment Program for individuals aged 16-25 and a chronic mental illness. The ACT team provides comprehensive and recovery-oriented treatment. The facility is located i



## APPROVED SITE

San Diego, CA 92101  
and  
12064 Woodside Ave. Suite 105  
Santee, CA 92040

Contact: Christiana Silva, Ph.D.  
Program Director  
(619) 289-7322  
christisilvaphd@gmail.com

**Description:** The San Diego Center for Counseling is within the Family Justice Center, which works with families and victims of domestic violence. Trainees would do intakes, individual, family, and group counseling, parenting classes and wrap around services. The trainee would work predominately with children aged 2-18 who have been impacted by traumatic events.

San Diego Rescue Mission  
120 Elm St.

APPROVED SITE

San Diego, CA. 92101

Contact: Dawn Levine

dlevine@sdrescue.org

Phone: (619) 819-1876

**Program Description:** Non-profit homeless shelter and recovery center. Provides housing through recovery programs, emergency shelter for women and children, and recuperative care.

Psychotherapy Center provides free counseling to individuals, families, children and couples who are homeless, at risk of homelessness or unable to afford therapy.

San Diego Youth Services (SDYS)

## APPROVED SITE

Contact: Jennifer Simpson

jsimpson@sdyouthservices.org

(619) 221-8600

**Program Description:** SDYS is a multi-agency program where youth and their families are provided with respite care, crisis support, case management, counseling, mental health and substance abuse interventions, skills building groups, and academic support. SDYS place practicum students from Aug-July. The application process begins in December, followed by interviews in Jan and Feb. Trainees will receive professional training throughout the year. Clinical hours will include family, relational, individual, and group. Individual and group clinical supervision provided.

SDYS Trainee Positions 2016-2017

(ALL TIMES LISTED BELOW ARE SUBJECT TO CHANGE)

**Adoption Support Services: 3 MFT trainees**

Population: 2-18 year old children, youth and families formed through Adoption

Duties: Individual, family and group counseling services. Adoption services are for families at every stage of adoption from placement to post-adoption. All counseling services are attachment-based and focused on positively impacting the family system. Additional training is provided on evidence-based services such as Theraplay and Attachment Narrative Therapy.

Trainees must have a reliable car to provide home-based counseling services with adoptive families.

Trainees must be available to attend the following:

- Adoption Support Services family events and groups in the evening.
- Clinical training and group supervision weekly on Tuesdays at 8:30am-12:30pm.
- Clinical Individual supervision TBD.

**Breaking Cycles: 3 MFT trainees**

Population: 13-18 year old adolescents involved with Probation and their families

Duties: Individual, family and group counseling services. The trainees would be responsible for providing assessment interviews for the Breaking Cycles Assessment Process, writing case plans and providing intervention services that are home or school-based and include: crisis management, behavioral interventions, collateral contacts, and individual and family therapy to children, groups (including anger management and life skills at site) for all youth and families referred through the Breaking Cycles program. Bilingual (English/Spanish) applicants are encouraged to apply.

Must participate in weekly site Treatment Team review and attend all mandated probation trainings and meetings. Must have reliable car to drive between Breaking Cycle's offices and assigned site.

Trainee must be available to attend the following:

- Weekly site Treatment Team Meetings: date & time depends on site assignment.
- Monthly staff meeting at Breaking Cycles at Starling Office: First Friday of the Month at 8:30am and weekly meetings with Program Manager at respective site.
- Clinical group supervision: typically weekly on Fridays 11am-1pm.
- Individual clinical supervision TBD (typically on Friday mornings).

## APPROVED SITE

**Spring Valley and East Communities Center (SVECC): 8 MFT trainees**

Population: 5-18 year old at-risk children, adolescents and their families

Duties: Individual, family and group counseling services. The trainees would need to be flexible and available to work at school settings, SVECC, and the youth's home if needed. Must have reliable car to drive between SVECC and various school sites. The trainees will be in consistent communication and coordinate with Case Managers, Program Manager, Clinical Supervisor, and school administration.

The interns must be available to work three days per week at practicum. Typical shift is from 8am-4pm or 3pm-7pm. This may include time at a school in morning and afternoon appointments with families at SVECC.

Trainee must be available to attend the following:

- Co-facilitate a weekly group with a case manager.
- A multi-disciplinary meeting once a week on Tuesdays at SVECC
- A monthly intern meeting with Program Manager
- Clinical group supervision is weekly on Tuesdays at SVECC
- Clinical Individual supervision TBD.

**El Cajon Valley High School (ECVHS) Family Resource Center (FRC): 1 MFT trainee**

Population: 5-18 year old at-risk children, adolescents and their families

Duties: Individual, family and group counseling services. The trainees would need to be flexible and available to work at school settings and the youth's home if needed. Must have reliable car to drive between SVECC, school sites, and in the community if needed. The trainees will be in consistent communication and coordinate with Case Managers, Program Manager, Clinical Supervisor, and school administration. Trainee will be asked to support drop in youth and also managing day to day Crisis issues on campus. Annual participation with Camp LEAD is strongly encouraged.

The interns must be available to work two- three days per week at practicum. Typical shift is from 8am-4pm or 3pm-7pm. This may include time at a school in morning and afternoon appointments with families at SVECC.

Trainee must be available to attend the following:

- Co-facilitate a weekly group with a case manager.
- A monthly intern meeting with Program Manager
- Monthly treatment team meetings with School Counselors and FRC staff.
- Clinical group supervision is weekly on Tuesdays at ECCC.
- Clinical Individual supervision TBD.

SAY San Diego  
8755 Aero Drive, # 100  
San Diego, CA 92123

## APPROVED SITE

Contact Person: Megan Baker  
Megan.Baker@sdcounty.ca.gov

**Program Description:** SAY San Diego is a nonprofit organization dedicated to supporting the positive development of young people, their families, and communities in San Diego County. SAY's primary services include: Delinquency prevention and juvenile diversion; extended day before and after school programs; family support and development; health promotion; community development and collaboration; school readiness and support; child abuse prevention; alcohol, tobacco and drug abuse prevention; and mental health.

SAY has numerous locations throughout San Diego County such as Oceanside, Escondido, Chula Vista, San Diego, Mid-City, and El Cajon. Multiple services are provided to individuals, children, and families. For current openings for trainees contact Jennifer Jones at [jjones@saysd.org](mailto:jjones@saysd.org)

APPROVED SITE

South Bay Community Services  
430 F St.  
Chula Vista, CA. 91910

Contact: Pam Wright, LCSW  
Clinical Director  
pwright@csbcs.org  
or Clinical Supervisor  
Susanne Fux-Warner  
sfux@csbcs.org  
(619) 420-3620

**Program Description:** Large social service community based organization. Provides services in many different areas with varied populations ranging from domestic violence offenders, victims, and families; shelter services; counseling in youth diversion program; day treatment services for adolescent substance abusers; and gender specific services.

**Experience Provided:** Students provide group, marital, family, and individual counseling as well as on-going case management. Will work with a multidisciplinary treatment team. Individual and group supervision. Initial staff shadowing. Training in child abuse reporting.

## APPROVED SITE

Stepping Stone of San Diego  
3767 Central Ave.  
San Diego, CA. 92105-2506

Contact: Connie Collins  
Manager, Bereavement Intern Program  
connie@steppingstonesd.org  
619 278-0777

**Program Description:** Stepping Stone operates both a residential and a non-residential recovery program, each based upon a social model of recovery, to meet the different needs of our clients. The programs rely on the Twelve Steps of Alcoholics Anonymous and utilize peer interaction and involvement, creating a social environment where clients help each other in the recovery process.

**Experience Provided:** May include residential treatment, outpatient treatment, support services, or “sober living” care.

## APPROVED SITE

Telecare Corporation  
3132 Jefferson Street  
San Diego, CA 92110  
619 683-3100

Contact Person: Karen Paauwe  
Gateway to Recovery  
kpaauwe@telecarecorp.com

Rebecca Fisher  
Pathways to Recovery  
rfisher@telecarecorp.com

**Program Description:** Telecare Corporation is a National organization that provides a large continuum of care for behavioral health needs. Programs Gateway to Recovery and Pathways to Recovery provide ACT (Assertive Community Treatment) services. There are 5 ACT teams that serve the most severely and persistently mentally ill population in San Diego County. Referrals are from San Diego County locked treatment centers for clients who are transitioning back into the community. Telecare has a strong sense of Recovery. They are flexible about when to accept new interns, typically each team will accept 1 sometimes 2 trainees each year.

a. Gateway to Recovery-a Telecare program that provides person-centered, recovery based community services for “high users” of mental health services or those transitioning from long term care placement. The focus is on building self-sufficiency and skills to be able to function more independently in the community. Gateway has three ACT teams. Trainees will work as part of the multi-disciplinary team and provide individual and group counseling. Groups may include co-occurring treatment and education, health and wellness, social skills, vocational readiness, building supports, and common ground.

b. Pathway to Recovery-a Telecare program that provides psycho-social rehabilitative, recovery oriented, and community based services for individuals from 18-59 years of age who have been diagnosed with a severe mental illness. The trainees are part of the multi-disciplinary treatment team and provide discharge planning and benefits coordination.



APPROVED SITE

Temecula Valley Unified School District  
Temecula, Ca.

Send an email query to Nancy Mireles ([nmireles@tvusd.k12.ca.us](mailto:nmireles@tvusd.k12.ca.us))

Nacy works with the Special Education Department to locate placement for trainees in the school district. Assignments begin in September to coincide with the school year. Requests need to be sent by the beginning of August. Students will need ti receive background and TB clearances.

APPROVED SITE

Transitions Family Program at Hannah's House  
9455 Farnham St. #100  
San Diego, CA 92123

Contact: Jose Gonzalez  
Program Director  
transtionssd@gmail.com  
(858) 300-2730 (phone); (858) 300-2739 (fax)

Program Description: Clinical services program for blended/divorced families and other families challenged by difficult transitions.

Therapy Services Provided:

- Conjoint Parent-Child Therapy
- Reunification Therapy
- Co-Parenting Therapy & Coaching
- High Conflict Couple Therapy & Co-Parenting Psycho-educational Therapy
- Play Therapy for Children
- Couples Therapy for Blended Families
- Parent-Child Therapy in a Supervised Visitation Setting for Re-engagement or Reunification

## APPROVED SITE

Union of Pan Asian Communities (UPAC)  
Addiction, Treatment, and Recovery Programs  
3288 El Cajon Blvd., Ste. 13  
San Diego, CA 92105

Contact: Shola Olaoshebikan, M.A.,RRW  
Substance Abuse Treatment Supervisor  
solaoshebikan@upacsd.com  
(619) 521-5720 ext. 310  
(619) 521-5728 Fax

**Program Description:** The Alcohol and Drug Treatment program provides effective substance abuse treatment, recovery, and prevention services to Asian and Pacific Islander adults and adolescents (age 12-17). Working with a variety of cultures and ethnicities, services are provided to support the individual's efforts in attaining and maintaining an alcohol and other drug free life style.

**Services Provided:**

- Crisis intervention
- Peer support meetings
- Recovery activities
- Individual, group, and family counseling sessions
- Case conference and management
- Sober living skills

UPAC also offers an intensive outpatient program for problem gambling. Trainees may be assigned to work in any of the three programs; adolescent substance abuse, adult substance abuse, and gambling.

**The New Leaf Recovery Center** provides outpatient services for adults who suffer from serious mental health and co-occurring substance abuse conditions. The Center is located in Oceanside and Central San Diego with a South Bay location to be opening soon. Contact Sandi Knickerbocker, LMFT at sknickerbocker@upacsd.com

## APPROVED SITE

Veterans Village of San Diego  
4141 Pacific Highway  
San Diego, CA 92110

Contact Person: Ed Chwekun, LMFT  
619 393-2004 or 858 254-2431  
ed.chwekun@vvsd.net

**Program Description:**

VVSD is a non-profit agency for homeless Veterans. There are multiple programs here.

1. The VRC (Veterans Rehabilitation Center) which has about 150 beds (about 25 interns) for recovering addicts. It is a drug and alcohol rehab that also deals with Mental Health issues (e.g. PTSD, anxiety, depression, Bipolar, psychosis, relationships, self-esteem), physical health issues, employment and legal issues.

2. VOP (Veterans On Point) is a transitional housing program. About 70 beds and 5 interns. Deals with the same issues as VRC, and like VRC, each client has a case manager and, if they wish, a therapist. Less structured than VRC which has more daily classes.

Therapists do initial mandatory assessments on each client and then therapy with clients who choose to do that. 1 group supervision per week is required (Tu 12-2 and/or Thursday 3-5). Some individual supervision is also available. Hours are very flexible, both days and evenings, weekdays and weekends

APPROVED SITE

### Vista Hill Incredible Families

Various locations in East, South, North Central, and North County San Diego

Contact Person: Angela Rowe  
Program Manager  
arowe@vistahill.org

**Program Description:** Incredible Families is a county funded with three offices (East/South San Diego, North Central, and North County) that provides a 15 week program consisting of family visitations, a parenting group, and individual therapy services for children. Clients are between the ages of 2-14 and referrals are through the Child Welfare Services. Trainees will be involved in the parent visitations, parenting classes, group co-facilitation, teaching the parents strength based skills in connecting with their child, clinical consultation, and weekly group supervision. Students are accepted at various times of the year and expected to provide a minimum of six-eight hours a week.

## APPROVED SITE

Vista Hill Parent Care Central/East  
4125 Alpha St.  
San Diego, CA 92113

Parent Care East  
4990 Williams Avenue  
La Mesa, CA 91942

Contact Person: Angela Rowe  
Program Director  
arowe@vistahill.org

**Program Description:** The Vista Hill Parent Care Central location is a women's alcohol/drug treatment and parent education center featuring:

- An outpatient treatment program for women with substance abuse problems
- Addresses the specific needs/issues of women and mothers
- A safe, supportive and confidential environment
- A success-oriented program building on a client's strengths which enhances the individual's and family's
- An integrated medical-social relational model approach to treatment
- Quality childcare provided



## APPROVED SITE

WEST Coast Recovery  
785 Grand Avenue, Suite 204  
Carlsbad, CA. 92008

Contact: Hanna Hanson, LMFT  
Director  
Hanna@westcrc.com

**Program Description:** West Coast Recovery Center's mission is to provide an individualized program of recovery to inspire healthy life changes. Trainees will garner an understanding of the addictive process, recovery treatment and dual diagnoses which often accompany addiction (PTSD). Interns and trainees will acquire skills in dual diagnosis screening and assessment measures, treatment planning and mindfulness based psychotherapy. Training will be provided on HiPAA, DAP progress notes, Ethics/Legal concerns, Dialectical Behavioral Therapy (DBT) Skills and Behavior Chain Analysis, and Mindfulness practice. My theoretical orientation is based in mindfulness and DBT, thus interns can count on exposure to these DBT skills, mindfulness practices and emphases on behavior.

Group supervision sessions always begin with 5-10 minutes of mindfulness, meditation or Wise Mind practice. We then follow with case presentations, teach-ins and/or countertransference issues. Clinical staff are regularly exposed to training and fellow case presentation from somatic based, sensori-motor psychotherapy for PTSD, 12 step, SMART, holistic approaches, as well and EFT and systems understandings of addiction and treatment.

Successful applicants will be required to purchase malpractice insurance...complete a TB test, a basic physical and HIPAA certification training (provided by WESTCRC/online). A drug test may also be required.

Applicants with strong interest or experience with mindfulness, DBT, addiction or PTSD are helpful but not required. A Compassionate heart, good communication skills, a willingness to learn and a strong commitment to fulfill responsibilities and provide mindful client care are essential. "

The Internship would be 10-12 months

Hours per week required is 12-15

Group Supervision is Thursdays from 9:30-11:30am (and I will create an additional group supervision or individual for trainees)

Trainees would run groups and provide individual counseling for Chemical Dependency IOP/PHP in Carlsbad. Trainees will complete 1. one formal case presentation quarterly, 2. one "Teach in" from their theoretical orientation and 3. one formal observation of a session (taped/video) quarterly.



APPROVED SITE

YMCA Youth and Family Services/Tides Program  
2929 Meade Ave  
San Diego, CA 92116

Contact: Katie Demmler, LCSW  
TIDES Program Director  
kdemmler@ymca.org

June Carrington, Clinical Supervisor  
jcarrington@ymca.org  
Phone 619 543-9850

**Program Description:** The TIDES program is under the YMCA Youth and Family Services, a social service branch of the YMCA of San Diego County. They serve students aged 5-21 and their families who are struggling with emotional or behavioral problems at school, home, or community. Therapists work closely with school personnel and community agencies and provide individual, family, and group counseling, crisis intervention, case management, and medication evaluation and monitoring. Counseling services are offered to students and families in several elementary, middle, and high schools in Central San Diego.