

You Are Always Welcome Here!

Family Health Centers of San Diego is committed to providing comprehensive health services and believes in an individual's capacity to recover from the harmful consequences of substance use given the opportunity, tools and skills.

Our Substance Use Disorder counselors and staff are trained to meet each client where they're at in the recovery process and assist them in getting where they want to be. Whether the client's goal is to quit using substances, reduce the harmful consequences that result from substances use or to gain education and understanding, our compassionate staff are here to assist in obtaining quality care.



FAMILY HEALTH CENTERS
OF SAN DIEGO

Family Health Centers of San Diego is dedicated to providing caring, affordable, high-quality health care and supportive services to everyone, with a special commitment to uninsured, low-income and medically underserved persons.

North Park Behavioral Health Center
Solutions for Recovery
2136 El Cajon Blvd.
San Diego CA 92104
(619) 906-4686
SUDReferrals@fhcsd.org

Substance Use Disorder Services



Providing substance use treatment and support services



FAMILY HEALTH CENTERS
OF SAN DIEGO

Family Health Centers of San Diego Substance Use Disorder Services

FHCSD Substance Use Disorder Services

Family Health Centers of San Diego provides Substance Use Disorder Services to address the client's needs relating to alcohol, tobacco, marijuana, stimulants, hallucinogens and opioids. FHCSD practices the Harm Reduction Therapy model that emphasizes the measurement of health, social and economic outcomes, as opposed to the measurement of drug consumption.

Simply put, FHCSD does not require a client to abstain from substances BEFORE receiving help. We meet the client where they are at in understanding their substance use and its effect on their life.



Substance Use Disorder Services Include:

Behavioral Health Integration (BHI)

treatment promotes well-being and recovery through prevention, treatment and intervention for clients experiencing both mental illness and alcohol or other drug issues. Counselors work alongside mental health therapists and primary care providers to provide integrated therapies.

Solutions for Recovery is an outpatient treatment program that provides individual and group counseling sessions, as well as case management and mental health therapy. This program welcomes LGBTQ individuals and serves as the County of San Diego's Regional Recovery Center.

Medication Assisted Treatment (MAT)

combines behavioral therapy and medications to treat substance use disorders. At FHCSD, we provide MAT services for opioid use disorder (OUD). Patients have a care team working with them that may include; psychiatry, mental health therapists, primary care providers, care coordinators and substance use counselors.

How to Access Services:

New and current FHCSD patients may attend a drop-in orientation with Solutions for Recovery at **North Park Behavioral Health Center** located at **2136 El Cajon Blvd.**

- Mondays at 10:00am
- Thursdays at 3:30pm

To obtain a referral or to schedule an appointment, call a Substance Use Disorder Referral Specialist at **(619) 906-4686** or email SUDReferrals@fhcsd.org.

Emergency Phone Numbers and Support

Access and Crisis Line*:

(888) 724-7240

Community Resources: **Dial 2-1-1**

Consumer-to-Consumer WARM line:

(800) 930-WARM

LGBTQ Lifeline: **(866) 488-7386**

Local Support Groups* (i.e. AA/NA):

(619) 265-8200

San Diego Non-Emergency Police:

(619) 521-2000

San Diego Psychiatric Unit*:

(619) 692-8200

**24 hours and 7 days a week*