

One Youth's Experience

"Everything in my life today is directly affected by the support I received from the staff at Counseling Cove. My clinician and rehab outreach worker are the first adults to openly accept me and help me through the ups and downs of being a homeless teenager.

I never wanted to accept others' help because I always felt judged by their programs, but not at Counseling Cove. With their help, I graduated from high school, got off of probation and into a transitional living program. Because of Counseling Cove, I now see a happier future. I'm in college, have a job and feel I am a much stronger person."



Counseling Cove Staff

Counseling Cove staff consists of a multi-disciplinary team of bilingual and multi-cultural mental health professionals, including clinicians, support partners, a psychiatrist and administrative staff.

Counseling Cove's motto is CISH, which stands for Connect, Inspire, Strengthen and Heal. The Counseling Cove team strives to incorporate this motto in each of our interactions with youth, families and community partners.

 SDYS Counseling Cove is a safe zone for LGBTQ youth.



San Diego Youth Services (SDYS)

is a nationally recognized, non-profit organization that has helped improve the lives of more than 700,000 homeless, runaway, abused and at-risk youth and their families since 1970. Every day, we work to fight the tragedies of homeless youth and youth in crisis. We administer our programs from 15 locations throughout San Diego County.

Mission Statement: to help at-risk youth and their families become self-sufficient and reach their highest potential.

sdyouthservices.org

For more information or to schedule a presentation about our program, contact:

(619) 525-9903

(855) PLACE-2-TALK

(855) 752-2328

**Counseling Services
for Youth Experiencing
Homelessness or
Running Away**

*Funded by the County of San Diego Health
and Human Services Agency*



Counseling Cove

Building futures for at-risk youth



**Counseling Services
for Youth Experiencing
Homelessness or
Running Away**

(619) 525-9903

Monday - Friday

9am - 6pm

Evenings and weekends
by appointment

Outreach, Counseling, Case Management,
Medication Evaluation and Treatment



San Diego Youth Services Counseling Cove provides intensive, outpatient mental health services, trauma informed care and case management for youth ages 12-20 who are experiencing homelessness or running away from home. Counseling Cove uses a comprehensive approach that is community-based, client and family-driven and culturally competent. Services are strength-based, focusing on resilience and recovery. Under the Mental Health Services Act, Counseling Cove is a Full Service Partnership Program. As such, staff do “whatever it takes” and follow the “no wrong door policy” to meet needs. The Counseling Cove team makes significant efforts to locate and engage youth experiencing homelessness for the purpose of increasing access to mental health services.

Referrals can be made by phone, fax or walk in. For more information or to make a referral by phone, please call (619) 525-9903.

Services

Clinicians: Individual and family therapy for youth experiencing homelessness or running away from home and their families. Clinicians can assist youth in addressing their mental health needs and other related challenges, including depression and other mood disorders, anxiety, PTSD and trauma, low self-esteem, suicidal ideation, self-harm, family conflict and alcohol and other drug challenges. Clinicians develop treatment plans with each youth and use evidence-based treatment modalities, including Eye Movement Desensitization and Reprocessing, Motivational Interviewing and Trauma-Focused Cognitive Behavioral Therapy.

Support Partners: Youth and family support partners are available to use their own lived experiences as a means of empowering our youth and families by offering a unique perspective, providing validation and empathy and assisting our youth and families in advocating for themselves. Support partners focus on skill building and clinical case management.

Psychiatry: Psychiatric services, including medication evaluation, treatment and management. These services are only provided in conjunction with individual therapy.

Community-based Outreach and Support: Community-based services (including screening and clinical support) for youth and their families to reduce barriers and provide trauma informed care by meeting each youth where they are and addressing their individual needs.

24-hour Support: 24-hour telephone support for youth and their families, including after hours to respond to urgent matters during non-business hours. Staff are able to provide support and safety planning and connect youth and families to community resources.

Community Training and Education: Training for the community to educate providers and other organizations about the unique needs of youth experiencing homelessness and related topics. Trainings can be tailored to meet the requesting party's needs.



Providing support for:

Addressing Basic Needs

Alcohol & Drug Misuse

Depression & Anxiety

Family Relationships

Healthy Relationships

Safe Coping Skills

Sexual Health

Trauma-related Issues

I'm willing to talk about...

- Dating •AIDS •Bisexual •Sex •Pregnancy •Death
- Name calling •Love •Drugs •Depression
- Incest •Sexual Orientation •Culture •Safety
- Gay •Neglect •Teachers •Harassment •Equality
- Peer Pressure •Aspirations •Divorce •Abuse
- Parents •Isolation •Death of loved one •STDs
- Loneliness •Body Image •Heritage •Success
- Runaway •Hopes •Eating disorders •Fears •Gender identity •Anxiety •Nightmares •Impulses •Gangs •Peace
- PTSD •Sleep •Motivation •Probation •Flashbacks
- Anger •Crime •Family •Dreams •Hurt •Rape •Careers
- Bullying •Future •Happiness •Foster care •The Life •Determination •Dating Violence •Goals
- The Game •Suicide •Emotional responses •Cutting
- Homelessness •Triggers •Growing •Coping Skills
- Health •Prostitution •Discrimination •Self Esteem
- Education •Trauma •Bad Memories •Relationships
- Domestic Violence •Resentment •Physical Abuse
- Emotional Abuse •Spirituality •Self-Harm •Sexual Abuse
- ...and many other things.