



BridgeWays staff are passionate and dedicated to providing services to youth and families in San Diego County.

***“I struggled but am in a much better place. I appreciate my counselor and all the help they have given me. They really listen to me and we work on the goals I want to work on to help me succeed.”***

– Program participant

▼ BridgeWays is a safe zone for LGBTQ+ youth.



**San Diego Youth Services (SDYS)** has improved the lives of more than 720,000 homeless, runaway and other vulnerable youth since 1970. We provide safe places to live and long-term solutions through shelter, foster homes, community centers and housing. Through prevention, early intervention and treatment, we also help youth before they need higher levels of care or become homeless. SDYS serves youth at more than 100 community locations.

**Our mission** is to empower youth to reach their highest potential.

[sdyouthservices.org](http://sdyouthservices.org)

Referrals are accepted by fax at (619) 825-8866. Once a referral is received, the referring party will be contacted to discuss services requested and connect with identified youth and their family. Mental health services are for Medi-Cal recipients or uninsured youth.



# BridgeWays

Building futures for 50 years



A comprehensive program to address the behavioral health needs of justice involved youth or youth at risk of justice involvement up to age 21

**BridgeWays Outpatient  
Clinic Location:**  
7364 El Cajon Boulevard  
San Diego, CA 92115  
(619) 221-8600 x2503

**Clinic Hours:**  
Monday, Wednesday, Friday  
9am - 6pm  
Tuesday, Thursday  
9am - 8pm

# Outpatient Clinical Services

BridgeWays Outpatient Clinic works with justice involved youth or youth at risk of justice involvement up to age 21 and full-scope Medi-Cal beneficiaries, low income or uninsured.

## Services

- **Mental Health:** Strength-based individual and family therapy using evidence-based modalities, including Motivational Interviewing, Dialectical Behavioral Therapy and Trauma-Focused Cognitive Behavioral Therapy. Staff provide home and community-based services.
- **Psychiatry:** Services include medication evaluation, treatment and management. These services are provided in conjunction with clinical individual and family therapy.
- **Substance Abuse Intervention and Recovery:** Screenings, recovery plans, psychoeducation and case management. Staff provide home and community-based services.
- **Community-based Outreach and Support:** Community-based services (including screening and clinical support) for youth and their families to reduce barriers, provide Trauma Informed Care and address needs.
- **Family Support Services:** Using lived experience provided by a Family Support Partner to empower the youth and family by providing empathy, validation and community support in advocating for themselves.
- **24-hour Support:** For youth and their families, including after hours to respond to urgent matters. Staff are able to provide support, safety planning and connections to community resources.

# Institutional Services

Juvenile Recovery Specialists and Mental Health Clinicians provide services to youth while they are at one of the three juvenile facilities that the San Diego County Juvenile Probation Department supervises:

- East Mesa Juvenile Detention Facility
- Kearny Mesa Juvenile Detention Facility
- Urban Camp

## Services

- **Screenings and Assessments:** For criminogenic needs, Commercial Sexual Exploitation (CSEC) and Substance Use Disorder (SUD) needs.
- **Group Therapy:** Provided at each facility to meet youth needs. Multi-level open groups are provided with topics ranging from substance abuse, relapse prevention, life skills, anger replacement therapy, making healthy choices and character building.
- **Release Planning:** Coordination with probation staff and caregivers to begin family engagement prior to release and ensure that youth have services set up in the community upon release.



# Field Supportive Services

BridgeWays Field Supportive Services facilitates a continuum of care for youth and their families in the community. Some of these youth are participating in services through:

- Juvenile Forensic Assistance for Stabilization and Treatment Court
- Reflections and Youth Day Center North, Youth Day Center Central and community-based therapeutic programming

## Services

- **Community-based:** Services are provided in the communities where youth and families reside. Home and school meetings are held to provide feedback to caregivers and youth about progress and/or needs.
- **Individual Intervention and Recovery Plans:** Supporting youth to meet court and probation requirements while providing continued care for substance abuse.
- **Caregiver Involvement:** Meeting with caregivers in the community, providing support in areas of need such as school engagement, to help improve the youth's outcomes.

