



"I love having a place that I can hang out at surrounded by people that can help support me and help me figure out what my goals are."

- Survivor, Age 16



**S A F E
Z O N E**



San Diego Youth Services (SDYS) has improved the lives of more than 750,000 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 and school locations.

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

sdyouthservices.org

Referrals are accepted by fax at (619) 521-5944. 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.



I CARE

Building futures for 50 years



Confidential Location
(619) 521-2250

Clinic Hours:
Monday-Friday, 9am - 6pm
Drop-in Center Hours:
7 Days a Week
12pm - 8pm
Excluding Holidays

San Diego Youth Services I CARE



I CARE is a trauma informed program of San Diego Youth Services that provides supportive services to youth in San Diego County up to the age of 21 who are at risk of or have experienced commercial sexual exploitation.

I CARE provides youth with emotional support in developing their inner strengths, self-esteem and dreams while building a sense of community that promotes healing.

*"I'm excited for all the new groups and activities I can do during the week and weekends in a place I feel safe and comfortable."
- Survivor, Age 19*

Join Us in Building Futures

Give, volunteer and learn other ways you can help at sdyouthservices.org.

Mental Health Services

Mental Health: Individual and family therapy for youth up to the age of 21 who are at risk or currently involved in commercial sexual exploitation, using treatment modalities such as Motivational Interviewing, Eye Movement Desensitization and Reprocessing and Cognitive Behavioral Therapy. Staff provides home and community-based services. The Mental Health Clinic is open Monday through Friday from 9am - 6pm and available after hours and on weekends by appointment.

24-hour Support: Staff are always available by cell phone to respond to a crisis.

Psychiatry: Services include medication evaluation, treatment and management. These services are provided in conjunction with clinical individual and family therapy.

Community Trainings: Trainings on commercial sexual exploitation. Trainings are tailored to the requesting party's needs. Please contact (619) 521-2250 to schedule.



Drop-in Center Services

I CARE Drop-in Center: Skill development workshops and support groups using curriculums such as My Life, My Choice, Ending the Game and Not a Number. Leadership opportunities are provided, as well as social activities that engage you in their healing. Services include:

Case Management: Specialized case management that helps youth identify goals and create support around recovery and increasing self-sufficiency.

Education Specialist: Work with school-age CSEC youth and CSEC youth with school-age children to help determine if their child has or needs an Individualized Education Plan (IEP) or 504 Plan and to help connect to school-based resources.

The Employment Specialist: Individual and small group coaching and support to help CSEC youth identify, obtain and retain opportunities that can help them increase their capacity for economic self-sufficiency and success.

Family Support Services: Services for caregivers of youth who are at risk of or have experienced commercial sexual exploitation. Services include individual support and parenting support groups and workshops.

Peer Support Services: Using lived experience, Youth Support Partners offer a voice, perspective and validation to survivors and help improve social functioning, reduce substance use and improve quality of life.