



I now have a place to come and hang out when I want to be around other people that have been through similar things as me.”

- Survivor Age 18



**San Diego Youth Services (SDYS)** is a nationally recognized non-profit organization that since founded, has helped to improve the lives of hundreds of thousands of 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 fourteen locations throughout San Diego County.

**Mission Statement:** to empower youth to reach their highest potential.

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



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

**ICARE Phone: (619) 521-2250**

**Fax: (619) 521-5944**

**SDYS After Hours Crisis Line:**

**(619) 517-6577**



# I CARE

Building futures for at-risk youth



**Confidential Location**

**619-521-2250**

**Clinic Hours:**

Monday-Friday 9-6

**Drop in Center Hours:**

Monday – Friday 3-7

Saturday/Sunday 4-8



I CARE is a trauma informed program of San Diego Youth Services that provides specialty mental health services to medical eligible youth in San Diego county up to the age of 21 who are at risk for or have experienced commercial sexual exploitation of children (CSEC).

I CARE provides youth with emotional support to develop their inner strengths, build self-esteem, and actualize 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**

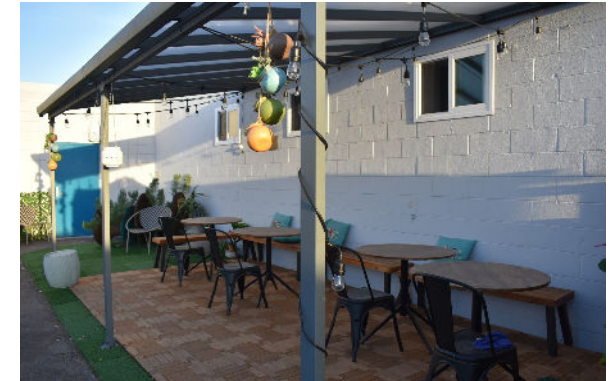
**Mental Health:** ICARE welcomes all youth at risk for or who may have experienced CSEC and supports healing and recovery from mental health and substance use issues as well as tobacco and/or nicotine use. Individual, family and group therapy are offered to work toward achieving each youth’s highest potential.

**Case Management:** Helps youth identify goals and create support around recovery and increasing self-sufficiency.

**Psychiatry Services:** Psychiatric assessment, prescriptions, and medication monitoring.

**Community Trainings:** Trainings on Commercial Sexual Exploitation. Trainings are tailored to the requesting party’s needs. Please contact 619-521-2250 to schedule a training or in service presentation.

**After Hours Crisis Support:** SDYS After Hours Crisis On-Call Support line is available to support crisis after hours, weekends and Holidays.



**I CARE Drop in Center (DIC):** offers skill-development workshops, support groups, leadership opportunities, and other fun activities to engage youth in their healing. Services include:

- Case Management
- Peer Support Services
- Family Support Services
- DIC Weekly Groups
- Pro-Social Outings
- Education Support
- Employment Support