



*"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 has helped improve the lives of more than 809,000 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. SDYS now helps youth and their families at more than 100 locations throughout San Diego County.

**Our Mission:** Empowering youth to thrive by meeting their basic needs and providing lifelong skills for self-sufficiency and achieving their life ambitions. Our vision is to create a world where all youth have equal opportunities to achieve their goals and make their dreams a reality.

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

**Want to refer to I Care? (619) 521-2250**



**Or scan the QR code!**

We will contact you to discuss services, and connect with the identified youth and their family.

*Mental health services are for Medi-Cal recipients or uninsured youth.*



# I CARE

Building futures for over 50 years



**Confidential Location**  
**(619) 521-2250**

**Clinic Hours:**  
Mon-Fri, 9 a.m.-6 p.m.

**Drop-in Center Hours:**  
Mon-Fri, 3-7 p.m.  
Sat-Sun, 4-8 p.m.

# San Diego Youth Services I CARE



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 Services

I CARE provides the following services to youth in the program:

**Mental Health Services:** I CARE 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.

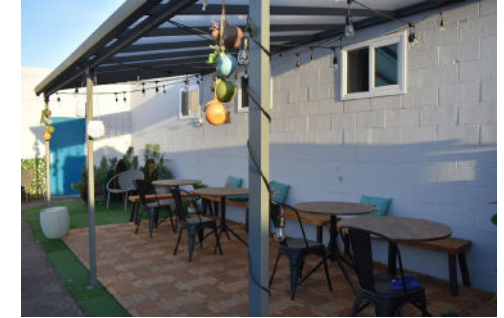
**Case Management:** Helps youth identify goals and create support around recovery and increasing self-sufficiency.

**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.



# Drop-in Center Services



**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