

At San Diego Center for Children, we understand that military families face unique challenges and have needs that are different from other Americans.

We provide a wide range of mental health treatment options for children and families. Our caring, well-trained staff are equipped to help military families navigate their challenges from a perspective of strength. SDCC has actively partnered with Health Net Federal Services to be able to serve the unique needs of military families and their children.



Our Programs and Services contracted with Tricare (Health Net Federal Services):



Outpatient individual and family therapy:

With two clinic locations in central San Diego and telehealth options, our highly trained and trauma-informed therapists are available to meet with children ages 4-18 and their parents and caregivers. We take a family-centered approach to treatment and offer many different types of therapy, depending on the needs and preferences of the family. We treat problems such as family conflict, mood instability, problems in school, and behavioral issues.

Intensive Outpatient Program (IOP): M, W, Th 4:00-7:00PM

An after-school program for teens, ages 13-18, who live at home and need more mental health support than weekly therapy. IOP is a good treatment option to transition from a hospitalization, PHP, or residential program. We provide teens and families with high intensity, positive interventions that promote healthy development and improved daily functioning.

3002 Armstrong Street, San Diego, CA 92111 | (833) 800-9105

"We have not come across anything like the Center while we have been accessing mental health services for our daughter in three states. We will be forever grateful for the time and attention their Wrap Program gave to our family."

– Parent



Programs & Services Schedule

Outpatient individual and family therapy

Two clinic locations & Telehealth

Intensive Outpatient Program (IOP)

M, W, Th 4:00-7:00PM

Partial Hospitalization Program (PHP)

M-F 9:00-3:30

Residential (RTC)

24 hour care

Partial Hospitalization Program (PHP): M-F (9:00-3:30)

The Partial Hospitalization Program at San Diego Center for Children will provide a therapeutic environment for youth ages 13 to 18. This program can be a “step-down” service following inpatient care but can also be an alternative for youth at risk of inpatient hospitalization as a result of difficulty functioning in school, at home or in the community. Time for independent school work, lunch, and other supportive activities such as recreation, art interventions, and psychiatry services are included.

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Residential (RTC): 24 hour care

SDCC provides intensive residential treatment to children and teens, ages 6-18, who are experiencing significant mental, emotional and/or behavioral health challenges. The Residential program is structured for youth whose needs and safety concerns require a 24-hour treatment environment. Located on the Center's 12-acre campus in beautiful San Diego, the residential treatment program provides a safe and inclusive environment focused on comprehensive and individualized services determined by our knowledgeable team and in partnership with family and caregivers.

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Call or visit our website for a free screening from our knowledgeable intake department to find out how we can help!



**San Diego Center for Children
Main Campus
3002 Armstrong Street
San Diego, CA 92111**

**For a phone directory of all programs
or general assistance:
(858) 277-9550**

www.centerforchildren.org