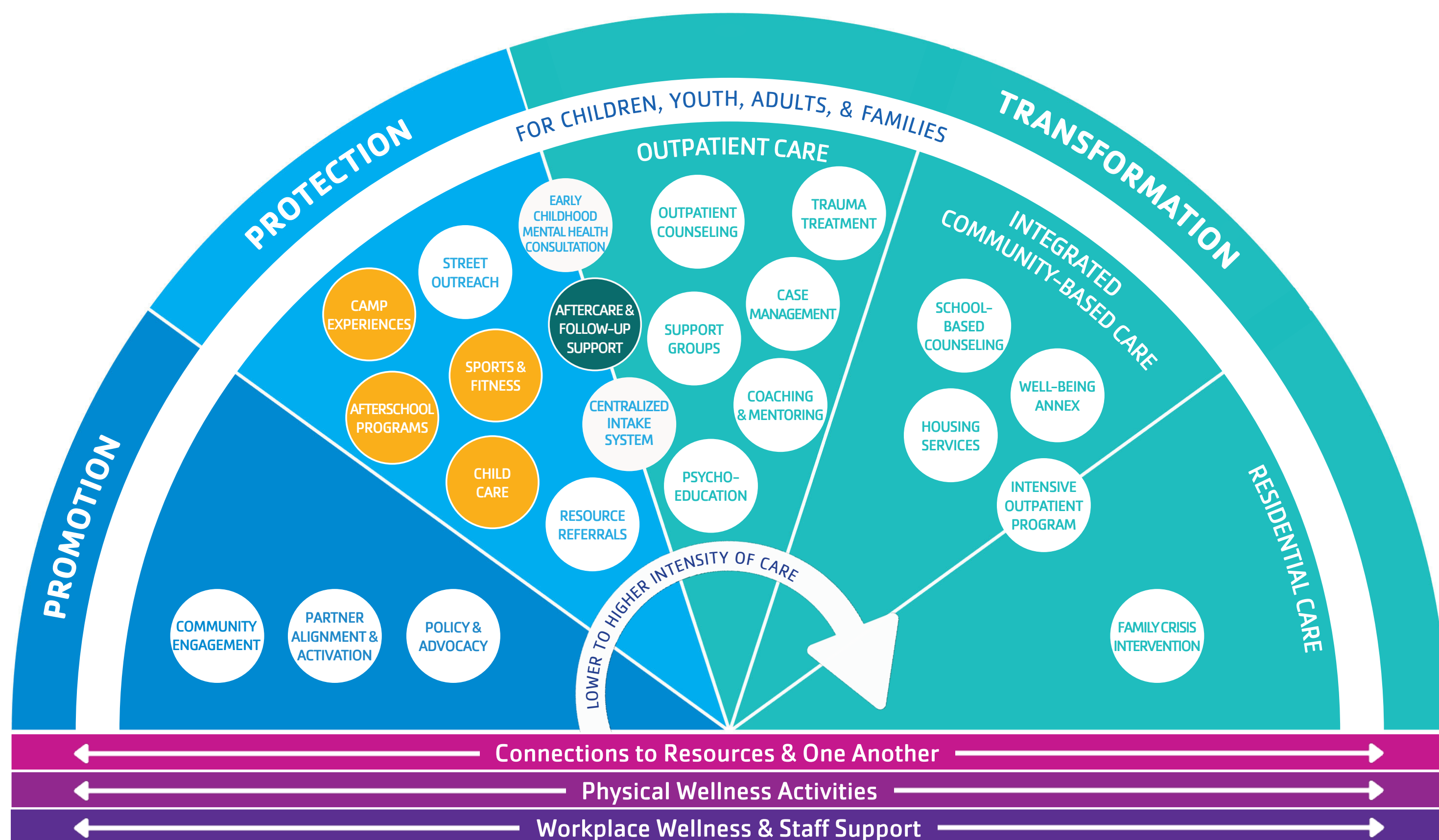


CONTINUUM OF CARE TO SUPPORT CHILD, YOUTH, & FAMILY WELL-BEING

YMCA OF SAN DIEGO COUNTY



Positive Youth Development (PYD): By infusing PYD practices and principles throughout our programs and services, we can provide supportive environments, foster positive relationships, and create meaningful experiences that encourage children and youth to develop their personal strengths and the skills essential to success.

A CONTINUUM OF CARE

Our Y can play a vital role in supporting the mental health and wellbeing of children, youth, adults, and families in San Diego County. YMCA of San Diego County's *Continuum of Care* offers a **complete range of integrated services and supports** designed to prevent and treat mental health conditions based on an individual's unique needs and intensity of care. With over **50 years of experience** in the mental and behavioral health field, our Y creates innovative, relationally-responsive programs and interventions guided by the best and latest evidence in our respective departments. At the Y, we understand that connections to resources, to communities, and to one another can be the difference between opportunity and adversity.



PROMOTION

Efforts that broadly promote healthy behaviors and normalize the conversation around mental health

- Community Engagement
- Partner Alignment & Activation
- Policy & Advocacy



PROTECTION

Concrete supports and activities that prevent or reduce the risk of developing a mental health condition

- Before & Afterschool Programs
- Centralized Intake System
- Camp Experiences
- Child Care
- Early Childhood Mental Health Consultation
- Resource Referrals
- Sports & Fitness
- Street Outreach



TRANSFORMATION

Clinical services and supports that assist individuals who are experiencing a mental health condition in learning to live with and manage their condition

OUTPATIENT CARE

- Case Management
- Coaching & Mentoring
- Outpatient Counseling
- Psycho-Education
- Support Groups
- Trauma Treatment

INTEGRATED COMMUNITY-BASED CARE

- School-Based Counseling
- Housing Services
- Well-Being Annex
- Intensive Outpatient Program

RESIDENTIAL CARE

- Family Crisis Intervention



THRIVING

Activities that support one's ability to live and thrive with a mental health condition

- Aftercare & Follow-Up Support

FOR MORE INFORMATION:

Contact Kelly Dougherty, Social Services Operations Administrator, YMCA Community Support Services at kdougherty@ymcasd.org