

## Mental Health

Alpine Special Treatment Center.....619-445-2644  
Crossroads Family Center.....619-441-1907  
*\*outpatient 1679 E. Main St. Ste 102, El Cajon, CA 92021*  
Alvarado Parkway Institute.....619-667-6125  
*\*24hr Psych Evaluation & Referral Services*  
Rady's Children's' Behavioral Urgent  
Care.....858-966-5484  
San Diego Psychiatric Hospital.....  
3853 Rosecrans St 92110.....619-692-8200  
Sharp Grossmont.....619-740-4802  
The Emergency Screening Unit..... 619-740-6107  
*\*children and teens.....619-876-4502*  
East County Mental Health.....619-401-5500

## Children and Teens

San Diego Youth and Family Services  
Programs.....619-221-8600  
CA Youth Hotline.....800-852-8336  
Special Education Services—  
East County SELPA.....619-590-3920  
Director of Pupil Services and Special Education; Moun-  
tain Empire.....619-473-8869  
Alpine Youth Center.....619-659-5088  
Learning Assistance Center .....619-956-0615  
*\*Counseling Services for children Pre-K - high school*

## Children/Teens Emergency Shelter

The Storefront.....619-325-3527  
Cool Beds.....619-221-8600  
Crisis house.....619-444-1194  
*\*available for families/victims of domestic violence*

## LGBT and Peer Support

The Center.....619-692-2077  
Pflag (Santee location).....888-398-0006  
*\*Support services for parents, families & friends LGBTQ*  
Stepping Stone.....619-278-0777  
NAMI.....619-543-1434

## EMERGENCY SERVICES

### Crisis Lines

**Access & Crisis Line..1-888-724-7240**

**Suicide Prevention.....1-800-273-8255**

**Texting Line: text "START" to 741-741**

Psych Emergency Response Team..... 911  
Info Line..... 211  
Child Abuse Hotline.....1-800-344-6000  
Adult Abuse Hotline.....1-800-510-2020  
Youth Crisis Hotline.....1-800-843-5200

### Domestic Violence & Abuse

Becky's House.....619-234-3164  
YWCA-Passages .....619-239-0355  
Center for Community Solutions...888-385-4657  
Women's Resource Center.....760-757-3500  
Community Resource Center.....760-753-8300

### Short term Acute Residential Treatment

Halcyon Center, El Cajon .....619-579-8685  
*\*Clients Experiencing Severe Mental Illness, Low Cost*

### Food & Clothing Assistance

American Red Cross WIC.....800-500-6411  
*\*Assistance for pregnant women & parents w/children under 5  
years.*  
CalFresh (EBT).....866-262-9881  
220 S 1st St, El Cajon, CA 92019  
*\*www.mybenefitscalwin.org*

Alpine Community Center Food Pantry .....619-445-7330  
1830 Alpine BLVD, Alpine, CA,91901  
*\*by appointment only*

Feeding San Diego.....858-452-3663  
1912 Arnold Way, Alpine, CA, 91901  
1st and 3rd Wednesday 9am-10am  
737 Grant Avenue El Cajon, CA, 92029  
Saturday 9am-11am  
*\*for more location visit feedingsandiego.org/get-help*

# Alpine



## SmartCare Resource Guide:

Your appointment is on:

### Behavioral Health Consultant:

**Maria C. Madrid , LMFT**  
(619) 961-8096

### Behavioral Health Educator:

**Josie Debus**  
(619) 787-0145

- San Ysidro Health Alpine Family Medicine**  
1620 Alpine Blvd. #111,.....(619) 662-4100
- Alpine Community Center**  
1830 Alpine Blvd. 91901....(619) 445-7330
- Alpine Urgent Care**  
1730 Alpine Blvd, 91901...(619) 722-1072

### SmartCare Administrative Office

1012 Main Street, Suite. 101,Ram, CA 92065  
(760) 788-9725.....fax (760)788-9754

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## **SUBSTANCE USE AND ABUSE**

### **Teen Recovery**

McAllister Institute.....619-442-0277  
*\*www.mcalisterinstitute.org*

### **Adult Recovery**

McAlister Institute.....619-465-7303  
*\*Non-Medical Residential Detox*  
*1400 N. Johnson Ave. Ste.101 El Cajon, CA 92020*  
McAlister Institute East County De-  
tox.....619- 465-7303  
Freedom Ranch.....619-478-5696  
*\*Men's recovery*  
*1777 Buckman Springs Road Campo CA 91906*

### **Homeless Recovery**

East County Transitional Living Center.....  
.....619-442-0457  
*\*families/single parents with children*

### **Meetings**

AA.....619-265-8762  
*\*all meetings on Zoom visit*  
*www.aasandiego.org for schedule*  
NA.....619- 584-1007  
*\*all meetings on Zoom visit*  
*www.sandiegona.org*  
Al-Anon.....619-296-2666  
*\*no meetings, literature available at*  
*www.alononsandiego.org*  
CoDA .....619-222-1244  
*\*online meetings visit sdccoda.org*

### **Medical Detox**

Sharp McDonald Center.....858-637-6920

### **Therapists**

Dr. Jennifer Kugel-Fritz.....619- 662-4100  
*\*San Ysidro Alpine Family Medicine*  
Dr. Shant Barmack.....619-662-4100  
*\*San Ysidro Alpine Family Medicine*

## **Health/ Medical**

Medi-Cal for Families Information Line.....  
.....800-880-5305

### **Aging and Seniors**

Aging & Independent Svc.....800-510-2020  
FACT transportation Svc.....888-924-3228  
*\*For those 60+*

### **Hospice & Bereavement**

Elizabeth Hospice.....760-737-2050  
Together Hospice Care.....619-597-1388  
Sharp HospiceCare.....619-667-1900  
Alpine View Lodge.....619-445-5291

### **Utility Assistance**

California Lifeline Program  
English.....866-272-0349  
Spanish.....866-272-0350  
*\*www.californialifeline.com*  
*\*Basic, single line phone service or cell phone for qual-  
ifying homes.*  
SDG&E .....800-411-7343  
*\*Utility bill assist. for qualifying low -income families*

### **Legal**

Legal Aid.....877-534-2524  
Disability Help Center.....888-418-8860  
Aging & Disability Resource Connection.....  
.....800-510-2020

### **Youth Services**

YMCA Childcare Resource Services  
Child Care Referral Line.....800-481-2151  
Neighborhood House Association Head Start

## **Family Planning**

Planned Parenthood.....888-743-7526  
*1685 E Main St, El Cajon, CA 92021*  
*www.plannedparenthood.org*

### **Shelters**

Inclement Weather Shelter.....  
.....2-1-1 or 858-300-1211

### **Other**

Smoker's Hotline.....800-766-2888  
*www.californiasmokershelpline.org*  
800-NO-BUTTS..... 800-662-8887  
American Cancer Society....800-227-2345  
*www.cancer.org*  
American Diabetes Assoc....619-234-9897  
*www.diabetes.org*

Immunizations (CDC).....800-232-4636

### **Veterans**

Veterans Crisis Line (press 1)....800-273-8255  
Text.....838255  
*www.veteranscrisisline.net*  
VA San Diego Healthcare system.....  
.....858-552-8585  
*3350 La Jolla Village Dr., San Diego, CA 92161*

Veteran's Village.....619-393-2000

### **Libraries**

Alpine Library.....619-445-4221  
*1752 Alpine Blvd. Alpine, CA 91901*

### **Adult schools**