



San Pasqual Outpatient Treatment

A Program of San Diego Center For Children

The SPOT Program is provided through a San Diego County Behavioral Health Services contract. San Diego Center for Children has designed a structured outpatient behavioral health program that includes the following services:



Psychiatry: On-site medication management appointments are available to youth open to services at SPOT. *Youth will be referred to psychiatry after assessment by a therapist, so it is important they arrive with sufficient refills of medication for the transition from previous provider.*

Individual Therapy: Therapists will provide weekly individual therapy tailored to meet the needs of the youth. Sessions will be offered after school and in the evening.

Groups: Groups will include substance use prevention, grief and loss, healthy relationships, LGBTQ+, expressive arts, gender-specific, mixed-gender, and more as needed or requested.

Family Therapy: Family therapy will be provided as requested by youth and families, or as appropriate for goals.

Case Management Services: SPOT staff can work to connect you to community resources and prosocial activities (such as sports, music and arts activities and volunteer opportunities), and will coordinate your care with other service and educational providers as needed.

Partner and Skills Trainer Services: In addition to therapy services, SPOT has Youth Partners who can offer extra support. Youth Partners can come into the home or the school or take youth out into the community. A Skills Trainer can reinforce the skills a youth is learning in therapy. A Youth Partner has lived experience in navigating system challenges as a minor and can serve as mentors to youth and provide advocacy. They work as a part of an interdisciplinary team to support the youth in making progress towards their therapeutic goals by giving them another opportunity to learn and practice needed skills and translate them into other settings.

Aftercare Services: Aftercare services will be offered to help support you in the community following the transition from SPA. These services will help identify and link you to community resources such as ongoing therapy, extracurricular sports, art or music activities, and job opportunities.



What will Therapy Look Like?

Therapy through the SPOT Program will be tailored to meet the needs of the youth who live on campus at San Pasqual. While we will have therapy offices on site, we recognize that some youth will sometimes prefer to meet outside, somewhere else on campus that isn't a designated therapy space, and at times possibly even out in the community or by telehealth. We will work with youth and their teams to determine the best options.

As part of Pathways to Wellbeing, SPOT team members are committed to collaborating with those people in your life that have an impact on your emotional, developmental, and educational wellbeing. This may include family (biological and resource), child welfare, San Diego Regional Center, probation, school, and others involved in your care and treatment.

Referrals

Youth are referred by the Rite of Passage Director of Student Services at the time of arrival to San Pasqual Academy, or any time as needed or requested.

For general questions regarding the program, contact:

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