

THERAPEUTIC INTERVENTIONS DESIGNED TO EMPOWER STUDENTS

TIDES

YMCA YOUTH & FAMILY SERVICES



The YMCA TIDES program, funded by the County of San Diego, provides counseling services to youth age 5-18.

TIDES services are provided on-site at schools, as well as at the YMCA Youth & Family Services main office at 30th Street. Home visitations and case management are also available.



OUR SERVICES:

- Individual Counseling
- Family Counseling
- Family Support services
- Case Management
- Crisis Intervention
- Medication Evaluation
- Medication Monitoring
- Collaborative Work with Community Agencies
- Bilingual Counselors and Interpreter Services

ELIGIBILITY:

- Full Scope Medi-Cal eligible up to age 18
- Clients 21 and under who are uninsured or underinsured may be eligible for a discount on a sliding scale fee
- Students experiencing problems with anxiety, depression, managing emotions, self-harm, mental and behavioral health, etc.
- Student experiences problems in two or more areas of life (home, school, community, emotional, and/or behavior impairment).

CURRENTLY WORKING ON-SITE WITH:

- Birney Elementary School
- Clay Elementary School
- King Chavez Neighborhood of Schools
- Perkins Elementary School
- Sherman Elementary School
- Ocean Beach Elementary School
- Roosevelt Middle School
- San Diego High School
- East Village High School

OUR PHILOSOPHY:

- Building client and family strengths
- Positive outcome results
- Development of client and community interaction
- Interface with culturally sensitive staff members

WE OFFER CLINICAL SERVICES IN ORDER TO:

- Ensure client safety within the home and school
- Prevent problem behavior
- Enhance school performance
- Targeted individual case management services
- Improve and support mental health functioning for client and their family

QUESTIONS? Contact:

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TIDES Program Director

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For more information on mental health services, visit www.ymcasd.org/mentalhealth

