



San Diego CARE Court ACT

Assertive Community Treatment

At the San Diego CARE Court Assertive Community Treatment (ACT) program, we are here to help you feel better, stronger and take positive steps towards the things that matter to you in your life.

We believe that recovery is possible with the right plan in place. Our job is to do whatever it takes to provide the support needed on your recovery journey. We have a full staff of peer specialists, personal service coordinators, and masters-level social workers who are all here to promote a program culture where resilience and hope can flourish, and losses can be recovered.

Our program is based on the ACT model which offers a range of services that is comprehensive, culturally competent, and flexible. Our wraparound approach includes formal therapeutic interventions and informal supports like family involvement and advocacy, and linkages to community-based organizations and resources to give you a complete and comprehensive recovery.

What to Expect

Your recovery plan starts with you. Upon arrival, a diverse clinical team will provide an individualized assessment and work with you every step of the way to resolve your current crisis in ways that support your goals in life.

Our culture is based on recovery. We believe in respect and non-judgment, and we celebrate individual uniqueness. We care about the interpersonal relationship we develop so we can foster a supportive program setting.

Our staff are passionate, resourceful, and motivated. They are your partners in recovery.

Our goal is to be a place that helps you thrive, despite any challenges you might face along the way. We want you to be the leader of your recovery journey, and to create the life you want for yourself.

“The goal of recovery is not to become normal. The goal is to embrace the human vocation of becoming more deeply, more fully human.”

— PATRICIA DEEGAN, PHD, FOUNDER OF COMMONGROUND



CONTACT

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OFFICE HOURS

Monday-Friday: 8:30 am to 5:00 pm
Weekends and holidays: by appointment

Crisis intervention via telephone is available 24 hours a day, 7 days a week.

Services at San Diego CARE Court ACT

Services at San Diego CARE Court ACT include, but are not limited to:

- Outreach and engagement
- Community-based wraparound services
- Intensive case management
- 24/7 availability
- Housing support
- Medication support
- Dual diagnosis treatment
- Vocational and educational services
- Linkage to financial benefits and recovery-centered services that awaken hope and enhance motivation

Referral Information

A referral to San Diego CARE Court ACT can be initiated by family members, behavioral health providers, first responders, or other approved petitioners, by filing a petition with the Superior Court. Referrals to Telecare CARE Outreach are made by the County of San Diego.



Admission Criteria

All criteria must be met to be eligible for admittance

- Aged 18 years and older.
- Diagnosed with a schizophrenia spectrum disorder or another psychotic disorder in the same class.
- Individuals must be experiencing symptoms that are persistent, interfere with daily life, and may lead to a loss of independence.
- Individuals can not be receiving voluntary treatment elsewhere.
- One of the following must be applicable:
 - Individual is at risk of not safely interacting with the community without supervision, and their condition is deteriorating.
 - Individuals who need services to prevent relapse or deterioration that would result in disability or serious injury to themselves or others.
- Individuals who will likely benefit from ACT treatment plan.

Exclusion Criteria

- Individuals with a serious mental illness, such as bipolar disorder or major depression, are not eligible.
- Mental illness must not be based on a medical condition, including a physical health condition such as a traumatic brain injury, autism, dementia, or a neurological condition.
- Individuals with a current diagnosis of substance use disorder must also have a psychotic disorder and meet all the other criteria to be eligible.

Our Story

Telecare is a family- and employee-owned company that has been treating individuals with serious mental illness since 1965. We specialize in innovative, outcomes-driven services for high-risk individuals with complex needs.

Our programs are recovery-focused and clinically effective and are designed in partnership with local, county, state and other behavioral health organizations.

This program is funded by MHSA.