



## Becoming a Member

Telecare Pathways to Recovery only accepts referrals from San Diego County and serves individuals currently discharging and transitioning from long term care facilities. A housing subsidy may be available based on client income and need. Questions about the program or the referral process can be made directly to the programs at 619-683-3100.

“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

## About Telecare

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.

## Contact Pathways to Recovery

3132 Jefferson Street  
San Diego, California 92110  
619-683-3100 Main  
619-682-4037 Fax

## Office Hours

Monday-Friday: 8:00 a.m. to 4:30 p.m.  
Decision Support Center: 9:30 a.m. to 4:00 p.m.

All services are provided 24 hours a day,  
7 days a week.



Pathways to Recovery is under contract with San Diego County Behavioral Health Services and is funded by the County of San Diego, Medi-Cal, and MHSA.

# Pathways to Recovery In-Reach

3132 Jefferson Street  
San Diego, California 92110



## Who We Are

At Pathways to Recovery, we believe in a whatever-it-takes approach to empower your recovery from within. To achieve this, our team provides psychosocial rehabilitative, recovery-oriented, intensive, community-based services to help you navigate the mental health system and take positive steps toward the things that matter in your life.

Services are designed using the Assertive Community Treatment (ACT) model and provided by a transdisciplinary team of professional and paraprofessional staff such as counselors, social workers, peer specialists, vocational specialists, housing specialists, nurses, nurse practitioners, physician's assistants, medical doctors, and alcohol and drug specialists.

**In-Reach** is a sub-component of Pathways to Recovery and works in conjunction with San Diego County Institutional Case Managers (CICM) to provide case aid services specifically focusing on Discharge Planning and Benefit Coordination for CICM clients residing in long-term care. At the time of transition to the community, the In-Reach Team will link the member with Telecare Gateway to Recovery, Pathway to Recovery or another San Diego County FSP setting that best meets the needs of the individual.



## What to Expect

At Pathways to Recovery, we believe in a person's right to full inclusion and to a meaningful life of their own choosing, free of stigma and discrimination from the moment you walk in the door.

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

**Our staff** are passionate, resourceful, and motivated. They are your partners in recovery, and will be with you throughout your journey.

**Our goal** is to be a team that helps you thrive. We want you to be the leader of your recovery journey, and to create the life you want for yourself.

## Admission Criteria

- Residents of San Diego County
- Adults, ages 18-59
- Must have a qualifying Title IX diagnosis and may also have co-occurring substance abuse diagnosis

## Services at Pathways to Recovery

Services include, but are not limited to:

- Mental health assessment and treatment
- Case management-linkage/brokerage
- Crisis intervention
- Medication management and support
- Dual diagnosis assessment and treatment
- Whole Person Care
- Housing support and independent living skills training
- Vocational and prevocational training
- Representative payee
- Evidenced-based groups such as: shared decision making; alcohol and other drugs; illness management and recovery; social skills building; building natural supports; Wellness Recovery Action Plan (WRAP)

All ACT services are the fixed point of responsibility and provide a minimum of weekly face-to-face sessions to accomplish goals which lead to medication independence, employment, independent living, increased natural supports, and a decrease in hospitalizations and jail.