What is the City Star ACT Program?

Our City Star Assertive Community Treatment (ACT) program is dedicated to the treatment and recovery of adults living with a serious mental illness in San Diego. Our clients have been homeless or are at risk of homelessness and may also have a co-occurring substance abuse disorder. We offer recovery focused wraparound services that include medication management and monitoring, psychiatric assessment and treatment, therapy, dual recovery treatment, case management, crisis intervention, vocational rehabilitation, and supportive housing.

Mental Health Systems is a non-profit agency founded in 1978 to improve the lives of individuals, families and communities facing substance abuse and behavioral health challenges.
What Are Our Services?

Our City Star ACT delivers all services with clients as full partners in their treatment and care; these services include:

- Psychiatric assessment and treatment
- 24-hour crisis intervention and support
- Medication management
- Individual and group rehabilitation counseling to promote independent living skills
- Case management services in the least restrictive and most appropriate settings
- Dual recovery treatment
- Physical health assistance
- Supportive housing
- Educational, volunteer and employment development

How Can We Help?

We are committed to providing services that are culturally sensitive, gender responsive and focused on the individual needs of each client being served. We help our clients become more productive community members, providing services that build on their strengths and further their recovery.

Knowing that client needs don’t always occur during regular business hours, we have staff onsite, in the field, or on-call 24 hours a day, seven days a week.

Who Do We Serve?

City Star ACT serves individuals who meet the following requirements:

- They have been diagnosed with a serious mental illness, and may have a co-occurring substance abuse disorder.
- They are between the ages 18-59.
- They have been homeless or are at risk of homelessness.
- They are unserved and/or high users of acute inpatient care and medical services.

How Do We Get Referrals?

Referrals are made through various resources, such as hospitals and community organizations.