



## What is the Alianza Wellness Center?

MHS Alianza Wellness Center provides Bilingual and culturally diverse outpatient rehabilitative and recovery services, case management, and employment readiness to adults within the Latino community who experience serious mental illness and who may also experience co-occurring substance abuse disorders in their preferred language. We specialize in serving community members who are monolingual or have limited English proficiency within the Latino community. Services are offered to Transitional Aged Youth (18-25), adults (25-59), and older adults (over the age of 60) within the Central Region of San Diego County.

*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.*



**mhsinc.org**

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## Alianza Wellness Center



## *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 specialize in serving community members who are monolingual or have limited English proficiency within the Latino community.

Our services are driven to assist our clients in becoming successful in their recovery process and improve their overall quality of life in their community as well as to increase access to help or assistance to those who seek it.



## *What Are Our Services?*

Our Alianza Wellness Center delivers all services with clients as full partners in their treatment and care; these services include:

- Individual, family, and group psychotherapy is available to relieve the emotional distress of living with mental illness and to develop skills to manage symptoms and improve quality of life.
- Our staff psychiatrists provide psychiatric medication and management that includes medication evaluation and on-going care.
- Our nurse provides health care consultation and wellness groups to all patients in the clinic.
- Case management is available to link clients to social services in the community.
- Mobile outreach services are provided to both Transitional Aged Youth (18-25) and older adults (over the age of 60).
- Assessment and Crisis Intervention.
- Rehabilitative and Recovery treatment.
- Linkage to Primary Care Provider and Coordination of Care services.



## *Who Do We Serve?*

Alianza Wellness Center serves individuals who meet the following requirements:

- They experience serious mental illness (SMI)
- They are age 18 or older.
- They reside in the Central Region of San Diego.
- They are Medi-Cal and/or Medicare insured or have no insurance.

## *How Do We Get Referrals?*

Our clients are typically self-referred. We provide services on a walk-in basis.

