



## *What is the ACTION East program?*

Assertive Community Treatment Intensive Outpatient Needs (ACTION) – East program offers a dual track treatment model for individuals in the East Region of San Diego who have either been diagnosed with a severe and persistent mental illness or a chronic substance use disorder.

ACTION East provides a safe environment in which our clients can address all of their treatment needs.

# *ACTION East*

*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**

### *ACTION East*

10201 Mission Gorge Rd., Suite O  
Santee, CA 92071  
P (619) 383-6868 | F (619) 312-2661



## *How Can ACTION East Help?*

For clients enrolled in our ACT program, we offer recovery-focused and community-based wraparound services, aimed at helping our clients become more productive community members, by building on their strengths and furthering their recovery.



## *Our Substance Abuse Treatment Program*

Treatment includes individual and group counseling, alcohol and drug abuse education, communicable disease awareness, relapse prevention, Medication Assisted Treatment, and random urinalysis. Involvement also includes attendance at Narcotics Anonymous, Alcoholics Anonymous, Cocaine Anonymous, or other community-based self-help groups. Treatment plans are focused on addressing all aspects of recovery from substance abuse.



## *What Are Our Services?*

ACTION East 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 for mental health disorders
- Medication Assisted Treatment for substance use disorders
- Individual and group counseling
- Case management services
- Assistance with daily living tasks
- Physical health assistance
- Supportive housing
- Educational, volunteer and employment development
- Peer counseling and support

## *Who Do We Serve?*

ACTION East serves homeless adults who need a higher level of support than that which is offered at traditional outpatient mental health or substance abuse treatment programs.

## *How Do We Get Referrals?*

Referrals are made through various resources, including hospitals, jails, San Diego County Probation, Public Defender's Office, other outside agencies and self-referred for alcohol and drug treatment.

