



What is the MHS School Based Program?

Our MHS School Based Program provides mental health services to students at eleven schools in the San Diego Unified School District. These services are available to children and youth who are between the ages of 5 and 18 years old. Our program helps clients reach their potential and be successful in school, at home and in the community, while working toward specific goals such as increasing school attendance, improving school performance, and decreasing any further school related problems. Our therapists meet weekly with teachers and school counselors to ensure effective communication and make certain that integrated services are provided.

*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

MHS School Based Program

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P (858) 278-3292 | F (858) 278-3294



Funded by the County of San Diego, Health and Human Services Agency,
Behavioral Health Services.

MHS is a 501(c)(3) non-profit corporation.



MHS School Based Program



How Can We Help?

Our MHS School Based Program helps improve your student's success in school, home, and in the community. Focusing on each student's strengths, the program uses a culturally sensitive approach. Providing on-site mental health services in the school and community, we maintain communication with everyone involved in the student's life. This allows us to integrate services and ensure the best treatment is provided.

Who Do We Serve?

We serve students ages 5 to 18 years old who are Medi-Cal eligible or MHSA eligible (without insurance or under-insured) and who are struggling with:

- Academic Success
- Anxiety
- Alcohol or other drug use
- ADHD
- Defiant or Oppositional behaviors
- Depression
- Emotional hardships (family problems)
- Social problems/poor peer relationships
- Other issues interfering with their academic success



Our Services

Our services are offered at school, in home, and in the community. They include:

- Individual and family therapy
- Case management
- Referrals to community resources
- Psychiatric/medication evaluation and monitoring
- Bilingual services and available interpreters

Referral Process

Parents or guardians can make referrals by directly contacting the MHS School Based Program office. School counselors and teachers are asked to complete a one page referral form with parental consent, and fax the completed form to the MHS School-Based Program at (858) 278-3294. Referral forms may be obtained by calling our office at (858) 278-3292.

