

The START Programs

Short Term Acute Residential Treatment



The START programs offer a residential alternative to hospitalization for voluntary adults who are experiencing a severe mental health crisis which cannot be managed on an outpatient basis and which may also include substance use.

- **The pleasantly homelike environment at each program is safe, warm and supportive, providing just the right amount of structure for recovery.**
- **The programs are staffed 24 hours a day by mental health professionals.**
- **The average length of stay is less than ten days, so residents' discharge plans begin at admission, with staff assisting with linkages to resources in the community.**
- **Programs accept adult men and women with Medi-Cal, MediCal with Medicare, VA, and Kaiser Insurance as well as people without insurance - No one is denied services due to inability to pay.**

Resident Responsibilities

- Remain in the facility for the first 72 hours. During stay resident will only leave facility for treatment related issues and upon pass request/approval
- Actively participate in setting and achieving your treatment goals
- Participate in all Community Meetings, Individual and Group Therapy, and recreation opportunities
- Contribute to the care of the house, which includes participating in meal preparation and cleaning tasks

Staff Responsibilities

- Provide a safe therapeutic environment
- Provide psychiatric assessment and medication stabilization
- Provide referrals to outpatient therapy and medication follow up services
- Provide social service resources information, including housing and shelter referrals when applicable
- Empower and assist residents in developing and achieving recovery goals

Turning Point Crisis Center, Oceanside (760) 439-2800

Isis Center, South Bay (619) 575-4687

Halcyon Center, El Cajon (619) 579-8685

Jary Barreto Crisis Center, SE San Diego (619) 232-4357

New Vistas, Downtown (619) 239-4663

Vista Balboa, Balboa Park Area (619) 233-4399

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