

Adolescent Substance Use Treatment Resources

Medi-Cal (San Diego County)

Please call programs directly to verify current openings, insurance acceptance, age range, and whether substance use is the primary treatment focus.

Outpatient Programs

Resource	Services Offered	Contact	Intake Process
Lifeline Community Services - TrueLife Recovery North Coastal Teen Recovery Center	Adolescent substance use treatment for teens ages 12-17. Outpatient Drug-Free (ODF) and Intensive Outpatient Program (IOP) services available. Individual, Family, Peer Support, and Groups focus on substance use support.	200 Michigan Ave, Vista, CA 92084/n (760) 842-6280	Call directly for assistance with screening, intake, and level-of-care recommendations.
Family Health Centers of San Diego (FHCS) - South Bay Family Counseling Center	13-17 outpatient substance use counseling and recovery support.	742 10th St Imperial Beach, CA 91932/n(619) 515-2338	Must receive primary care from FHCS. Call directly for screening and intake information.
UPAC - Teen Recovery Center	Ages 12-17. Adolescent substance use treatment and recovery services.	3288 El Cajon Blvd Suite 2, San Diego, CA 92104/n(619) 521-5720 EXT. 315	Call directly for screening and intake information. Medi-cal accepted and sliding fee scale offered for families who are uninsured.

Intensive Outpatient Programs (IOP)

Resource	Services Offered	Contact	Intake Process
Lifeline Community Services - TrueLife Recovery	Adolescent substance use treatment for teens ages 12-17. Intensive Outpatient Program (IOP) services available.	200 Michigan Ave, Vista, CA 92084/n (760) 842-6280	Call directly for assistance with screening, intake, and level-of-care

North Coastal Teen Recovery Center	Individual, Family, Peer Support, and Groups focus on substance use support.		recommendations.
TURN Behavioral Health - North Inland Teen Recovery Center	Ages 12-17. Teen substance use treatment with IOP services and co-occurring treatment available. Individual, Family, Peer Support, and Groups focus on substance use support.	221 W. Crest St., Ste. 100, Escondido, CA 92025 \n(760) 744-3672	Call directly for intake and insurance verification.
McAlister Institute - South Teen Recovery Center (STRC)	Ages 12-17. Adolescent alcohol and drug treatment including Outpatient Drug-Free (ODF) and IOP services. If you believe your child may need a higher level of care, such as residential treatment for substance use, this program can complete an assessment and help families navigate referrals and the application process for out-of-county residential treatment through Medi-Cal, as there are currently no in-county adolescent residential substance use options available.	371 E St. Ste 150, Chula Vista, CA 91910 \n(619) 691-1045	Call directly for screening and intake.
McCalister Institute: East County Teen Recovery Center	Ages 12-17. Adolescent substance use treatment. ODF and IOP services. If you believe your child may need a higher level of care, such as residential treatment for substance use, this program can complete an assessment and help families navigate referrals and the application process for out-of-county residential treatment through Medi-Cal, as there are currently no in-county adolescent residential substance use options available.	550 Fesler St., Ste. G-1 & G-2, El Cajon, CA 92020 \n(619) 588-5361	Call directly for screening and intake information.

Partial Hospitalization Programs (PHP) and Residential Programs

Resource	Services Offered	Contact	Intake Process
No clearly identified adolescent Drug Medi-Cal PHP or Residential option in San Diego County as of 5/2026	PHP and Residential-level adolescent substance use treatment is limited locally through Medi-Cal.	County Behavioral Health Access & Crisis Line \n(888) 724-7240	If you believe your child may need a higher level of care, such as partial hospitalization or residential treatment for substance use, this program can complete an assessment and help families navigate referrals and the application process for out-of-county residential treatment through Medi-Cal, as there are currently no in-county adolescent PHP or residential substance use options available.

Private Insurance (San Diego County)

Please call programs directly to verify current openings, insurance acceptance, age range, and whether substance use is the primary treatment focus.

Outpatient Services

Resource	Services Offered	Contact	Intake Process
HealthyU	Ages 15 and up. Outpatient Medication-Assisted Treatment for Addiction	3930 Fourth Ave Ste 300 San Diego, CA 92103 (619)-542-9542	Call directly for screening, assessment, and insurance verification.

Intensive Outpatient Services (IOP)

Resource	Services Offered	Contact	Intake Process
Evolve Teen Treatment Centers - San Diego Outpatient	Ages 12-17. Teen IOP for substance use, dual diagnosis, behavioral concerns, and co-occurring mental health needs. Services include Psychiatry, individual and family therapy, as well as group therapy. Virtual Intensive Outpatient Program is also available for adolescents who want to receive these services from home.	3702 Via De La Valle #202, Del Mar, CA 92014 (877) 620-4598	Parents can call admissions directly. Insurance verification completed by program.

Partial Hospitalization Program (PHP)

Resource	Services Offered	Contact	Intake Process
Evolve Teen Treatment Centers - San Diego Outpatient	Ages 12-17. Teen PHP for substance use, behavioral concerns, and dual diagnosis. Services include Psychiatry, individual and family therapy, as well as group therapy.	3702 Via De La Valle #202, Del Mar, CA 92014/ n(877) 620-4598	Parents can call admissions directly.

Residential Treatment Programs

Resource	Services Offered	Contact	Intake Process
Evolve Teen Treatment Centers - Residential Programs	Ages 12-17. Residential treatment for adolescents with substance use, dual diagnosis, and behavioral concerns.	Locations in Encinitas, Mount Helix, and La Mesa/ n(877) 620-4598	Parents can call admissions directly for screening and insurance verification.