

ATTAIN NAV Resource Guide

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Psychiatry and Mental Health Providers

Resource	Contact Information	Description
Dr. Shereen Cohen	Phone: (858) 465-6495 Website: https://www.drshereencohen.com/	Dr. Cohen specializes in working with individuals with autism neurodiversity, anxiety, OCD, ADHD, depression, and trauma. Therapy is currently available only through telehealth. Accepts- Aetna, United Healthcare, Optum, Beacon, Sutter, and Western Health Advantage.
Fred Finch C.A.R.E.S	Phone: 858-444-8823 Website: https://www.fredfinch.org/	C.A.R.E.S. offers tailored support for children and families supporting autism, neurodevelopment disorders, mental health issues, and trauma. Provides testing services, diagnosis, and personalized interventions based on research and best practices. Molina, United Health Care Plan, Community Health Plans, and Aetna accepted.
Kaiser Permanente Psychiatry*	Phone: 866-530-8778	Provides therapy and psychiatric services to all KP members who may call (without referral) to schedule an appointment.
La Jolla Therapy Center	Phone: 858-224-3317 Website: https://www.lajollatherapycenter.com/victoria-kapper-lcsw	La Jolla Therapy Center specializes in treating a range of mental health issues, including anxiety, depression, trauma, and behavioral problems. Their focus extends from children

		to adults, with expertise in child and adolescent mental health. Private pay only.
NAMI National Alliance on Mental Health*	Available Mon-Fri 10am-10pm Call 1-800-950-NAMI (6264), Email: helpline@nami.org	Non-profit organization that provides free mental health education, support services, and advocacy to improve the quality of life of everyone affected by mental illnesses.
San Diego Kids First*	Phone: 858-692-4187 12625 High Bluff Drive, Suite 204 San Diego, CA 92130 Email: contact@sdkidsfirst.com Website: Social Skills Group – San Diego Kids First (sdkidsfirst.com)	Specialized psychology practice that provides screening, evaluation, evidence-based therapies, social skill groups, behavior management, parenting sessions, study/organization skills, and social-emotional learning. Accept most health insurance.
San Diego Therapy Group	Phone: 858-692-4187 Website: https://www.sdtherapygroup.com/	Specializes in treating anxiety, ADHD, autism, depression, and trauma. They use evidence-based approaches to provide individual therapy, group therapy, and support for parents. Private pay only.
Spectrum Psych LA	Phone: (310) 894-6292 Website: https://www.spectrumpsychla.com/	Spectrum Psych LA provides individual psychotherapy, occupational therapy, diagnostic services, medication management, parent services, therapy groups, and support groups. Additionally, they collaborate with school districts and SDRC through self-determination contracts and Mentaya to help clients save money on therapy. Private pay for diagnostic and therapy services.

U.S. Department of Veterans Affair Mental Health Services*	Phone: 858-642-3391	Provides free mental health therapy for veterans and their family members.
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Autism Services and Providers

Resource	Contact Information	Description
Autism Ask Line*	Phone: 858-715-0678	Experts answer all autism related questions.
Autism Society of San Diego*	Phone: 858-715-0678 Website: https://www.autismsocietysandiego.org/	Offers a free advocacy program to assist families build connections and empower everyone in the autism community with support resources.
Autism Speaks*	Website: https://www.autismspeaks.org/autism-grants-families	Autism Grants for Families offers financial aid to families for therapy and treatment services.
ECHO Autism*	Website: https://echoautism.org/	ECHO Autism connects individuals with autism to specialized teams and local care providers, enhancing and empowering individuals with autism and their advocates.

Parent Support Groups and Caregiver Services

Resource	Contact Information	Description
MyAutismTeam*	Website https://www.myautismteam.com/	MyAutismTeam is a social network for parents of children with autism to provide emotional support.
PACE* Program of All-Inclusive Care for the Elderly	Phone: 619-677-3800 Website: https://www.stpaulspace.org/contact-us/	Free supportive care and health services for elderly adults who are Medi-Cal recipients.
VA* VA caregiver program	Phone: 1-855-260-3274 Phone check status of application: 855-488-8440	Family members of veterans can receive financial assistance for taking care of their loved ones.

Social Skills Groups

Resource	Contact Information	Description
Autism Tree Project Foundation* Social Skill Groups	(619) 222-4465 4225 Executive Square Suite 600 Website: https://www.autismtreeproject.org/	Offers the following groups: -Musical Playgroup Program (0-5 years old) -Adaptive Arts (ages 6-12, Teens, Adults)

		<ul style="list-style-type: none"> -Adaptive Dance (ages 6-12, Teens, Adults) -Kids Fitness (ages 6-12) -Book Club (Teens and Adults)
Rady's Hospital Social Skills Groups AUTISM DISCOVERY INSTITUTE*	<p>Phone #: (858) 966-7453 Choose Option 2</p> <p>Website: https://www.rchsd.org/programs-services/autism-discovery-institute/services/diagnostic-treatment-center/social-skills-groups/</p>	Offers social skills groups for children from 12 months to 17 years old with suspected or known diagnosis of autism. Private pay and select insurance plans.

Advocates and Attorneys

Resource	Contact Information	Description
Disability Help Center San Diego*	<p>Phone: 1(888) 418-8860</p> <p>Website: www.disabilityhelpcenter.org</p>	Offers legal support throughout the Social Security application process, with payment contingent upon approval of benefits. Onetime fee charge of 20% of the awarded lump sum amount.
Seth Schwartz, Attorney at Brightside Law Group*	<p>2247 San Diego Ave, Suite 237, San Diego, CA, United States, California</p> <p>Phone number: (858) 939-0380</p> <p>info@brightsidelawgroup.com</p>	Assists parents in understanding their concerns within the context of the law, reviewing their child's educational records, filing formal complaints, navigating due process proceedings from mediation, and handling appeals. Consultations are free.
Special Needs Resource Foundation of San Diego*	<p>Main Office: 1475 6th Avenue, Suite 511 San Diego, CA 92101-3200</p> <p>Phone: 619-685-6970</p> <p>E-mail: specialneeds@sandiegofamily.com</p>	Linking individuals and families with disabilities to free resources, services, and opportunities that promote an inclusive community and improve quality of life.

Summer Camps and Recreational Programs

Resource	Contact Information	Description
Autism Society of San Diego-CAMP I CAN at the YMCA*	<p>Website: https://www.autismsocietysandiego.org/programs/camp-ican</p>	Offers a fun, safe, and nurturing camp experience developed by the Autism Society of San Diego in partnership with YMCA for youth ages 6-17 with autism.

		Financial Aid Available.
Autism Society of San Diego-Surf Camp*	<p><u>Website:</u> https://www.autismsocietysandiego.org/programs/surf-camp</p>	This 4-day camp provides one-on-one support for people with autism to fully participate in camp activities that include beach sports, arts & crafts, and beach adventures. It is open to individuals with autism aged 5 and up. The camp is held annually at La Jolla Shores. Financial aid is available.
Autism Society of San Diego-Swim Classes*	<p><u>Website:</u> https://www.autismsocietysandiego.org/swim</p>	Provides aquatic programs for individuals with autism aged 3 and older, as well as their families, at various locations throughout San Diego County. Cost is determined by individual sessions, and financial aid is available.
Banding Together (Music Therapy)*	<p>Phone: (858) 204-5370 7370 Opportunity Road, Suite E, San Diego, CA 92111 Website: Banding Together :: Home (bandingtogethersd.org)</p>	Non-profit organization providing music therapy to individuals with special needs. Offers adaptive lessons and camp scholarships to individuals aged 2-22. Provides music therapy scholarships and free programs such as Jam Sessions. Financial assistance is available.
Beaming Health Article: 7 Best Summer Camps for Kids with Autism*	<p>https://beaminghealth.com/article/7-best-summer-camps-near-san-diego-for-kids-with-autism</p>	This informative article provides a list of camps available and known to be best for neuro-divergent children.
Expressive Art Therapy*	<p>Phone: 619-208-6208 4101 University Ave, San Diego, CA 92105 Email: mwolskyexatherapy@gmail.com Website: Home - Michelle Wolsky Expressive Arts Therapy (mwolskyexpressiveartstherapy.com)</p>	Provides art therapy for neurodivergent individuals. Free 30-minute consultation. Private pay only.

Ivey Ranch Park Association*	<p>Phone: 760-722-4839 110 Rancho del Oro Oceanside, CA 92057</p>	<p>Non-profit organization that offers therapeutic riding lessons for individuals facing physical, mental, emotional, or behavioral challenges for individuals aged 4 and up. Private pay only.</p>
PARTNERS Therapeutic Horsemanship	<p>Website: info@partnersth.org 15665 El Monte RD. Lakeside, CA 92040</p>	<p>Horseback riding program for individuals from all age groups with a wide range of physical, cognitive, and/or emotional challenges. Private pay. Financial assistance available.</p>
Special Needs Resource Foundation Camps and Enrichment Resources in San Diego*	<p>Website: Camps & Enrichment Special Needs Resource Foundation of San Diego</p>	<p>Community-building events and activities for children with physical differences and disabilities, including weekend camps, online meet-ups, family outings, horse therapy, and caregiver support groups. Financial assistance available.</p>
The Music Therapy Center of California*	<p>Phone: 619-299-1411 Email: info@themusictherapycenter.com Website: The Music Therapy Center of California – Call for information 619.299.1411</p>	<p>Provides a variety of services, including music therapy sessions, telehealth, school-based consultation, and group sessions for all ages. Additionally, offers free music therapy groups through their non-profit community partners, The Autism Tree Project Foundation and Banding Together.</p>

San Diego Regional Center

Resource	Contact Information	Description
San Diego Regional Center	<p>Main Office Phone: (858) 576-2996 https://www.sdrc.org/contact</p>	<p>Provides services and resources for children, adults, and families with developmental disabilities. They also provide funding for extracurricular activities, Medi-Cal waivers for families that are over income, IEP advocacy and more.</p>

County Resources

Resource	Contact Information	Description
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2-1-1* San Diego	Call 2-1-1 to speak with a live person, 24/7. All calls are free and confidential. Email: 211help@211sandiego.org	Non-profit organization that connects individuals to community, health, and disaster resources, and provides assistance with CalFresh applications.
Emergency Screening Unit for Children and Youth*	4309 Third Avenue, San Diego, CA, 92103 Telephone: (619) 876-4502 Open 24 hours	Provides crisis stabilization for children and adolescents under 18 experiencing mental health emergencies.
In Home Support Services IHSS*	800-339-4661 AIS.295only.HHSA@sdcounty.ca.gov	IHSS offers support to elderly and disabled individuals covered by Medi-Cal, ensuring their safety and well-being in their own residences.
Medi-Cal and Covered CA*	(866)262-9881	Federal and State Health Care Insurance for low-income families.
Medi-Cal Billing*	(800) 541-5555	Medi-Cal Billing assists medical recipients in billing Medi-Cal and requesting transportation services.
Medi-Cal Health Care Options*	1-800-430-4263 Enroll online at www.healthcareoptions.dhcs.ca.	Medi-Cal recipients can receive assistance in enrolling in health plans, such as Molina Healthcare and Community Health Plans.
The San Diego Access & Crisis Line (ACL)*	Phone: 1-888-724-7240 or 988	Confidential and free support during a crisis and assistance connecting to behavioral health resources.

ATTAIN NAV Documents

Resource	Resource Source	Description
IEP/School Communication*	Template letter for families to request an evaluation for IEP/504 plan services from the school district	https://docs.google.com/document/d/1_Mt75Ln-KPE0FeoY7HgwGNYQ9x-DuStr9Krxlh8tBYY/edit?usp=sharing
Impact Profile	Access to Tailored Autism Integrated Care through Family Navigation (ATTAIN NAV) is a family navigation program to assist families of autistic children	Access to Tailored Autism Integrated Care through Family Navigation (ATTAIN NAV) (ucsd.edu)

	connect to health and family support services.	
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