Gateway to Recovery

At Gateway to Recovery, we believe in a whatever-it-takes approach to empower your recovery from within. To achieve this, our team provides intensive, person-centered, and recovery-based services to help you navigate the mental health system and take positive steps toward the things that matter in your life.

Services are designed using the Assertive Community Treatment (ACT) model and provided by a transdisciplinary team of professional and paraprofessional staff such as: counselors, social workers, peer specialists, vocational specialists, housing specialists, nurses, nurse practitioners, physician’s assistants, medical doctors, and alcohol and drug specialists.

Project 25 ACT is a sub-component of Gateway to Recovery and offers housing subsidies for members who are identified by San Diego County stakeholders as high utilizers of mental health services and may be at risk for homelessness. Housing subsidies are offered to 10 of the members through Housing Vouchers from the City of San Diego Housing Commission. The other 10 members receive housing subsidies through the County of San Diego and MHSA funding.

What to Expect

At Gateway to Recovery, we believe in a person’s right to full inclusion and to a meaningful life of their own choosing, free of stigma and discrimination from the moment you walk in the door. Central to our recovery paradigms are hope, self-determination, self-management, empowerment and advocacy.

Our culture is based on recovery. We believe in respect and non-judgment, and we celebrate individual uniqueness. We care about the interpersonal relationships we develop so we can foster a supportive program setting.

Our staff are passionate, resourceful, and motivated. They are your partners in recovery, and will be with you throughout your journey.

Our goal is to be a team that helps you thrive. We want you to be the leader of your recovery journey, and to create the life you want for yourself.

CONTACT
3132 Jefferson Street
San Diego, California 92110
619-683-3100 Main
619-682-4037 Fax

OFFICE HOURS
Monday-Friday: 8:00 a.m. to 5:00 p.m.
Decision Support Center: 9:30 a.m. to 4:00 p.m.

All services are provided 24 hours a day, 7 days a week.
Services at Gateway to Recovery

Services include, but are not limited to:

- Mental health assessment and treatment
- Case management – linkage/brokerage
- Crisis intervention
- Medication management, administration, and support
- Dual diagnosis assessment and treatment
- Whole Person Care
- Housing support and independent living skills training
- Vocational and prevocational training
- Representative payee
- Evidenced-based groups not limited to:
  - Shared decision making
  - Alcohol and other drugs
  - Vocational readiness
  - Illness Management and Recovery
  - Social skills building
  - Building natural supports
  - Wellness Recovery Action Plan (WRAP)

All ACT services are the fixed point of responsibility and provide a minimum of weekly face-to-face sessions to accomplish goals which lead to medication independence, employment, independent living, increased natural supports, and a decrease in hospitalizations and jail.

Becoming a Member

Telecare Gateway to Recovery ACT is a voluntary program that assist adults and Transition Age Youth (TAY) in their recovery. For questions about the referral process, please call: 619.683.3100

Admission Criteria

- Must be a resident of San Diego County
- Adults and Transition Aged Youth (TAY) with Medi-Cal
- Must have a qualifying Title IX diagnosis and may also have co-occurring substance abuse diagnosis

“**The goal of recovery is not to become normal. The goal is to embrace the human vocation of becoming more deeply, more fully human.**”

- Patricia Deegan, PhD, founder of CommonGround