# NEIGHBORHOOD HOUSE ASSOCIATION



The Neighborhood House Association (NHA) is one of San Diego County's largest multi-purpose human services agencies. NHA helps thousands of individuals and families improve their quality of life by providing vital social services including: employment, healthcare, child, family and senior services. Neighborhood House Association programs and services include:

- Adult Day Health Care
- Child Development/State Preschool
- Geriatric Specialty Program
- Head Start/Early Head Start
- HIV/AIDS Case Management and Peer Support Services/Transportation Services
- Homework Center
- HUD Approved Housing Counseling
- InnoVisions
- Nutrition Services
- Project Enable/Friendship Clubhouse
- Project In-Reach
- Senior Service Center

#### HEADQUARTERS

*Neighborhood House Association 5660 Copley Drive San Diego, CA 92111 858-715-2642* 



# **Neighborhood House Association**

"A neighbor you can count on...since 1914"

Project Enable Clinic Neighborhood House Association 286 Euclid Avenue, Suite 102 San Diego, CA 92114 Phone 619-266-2111 x113

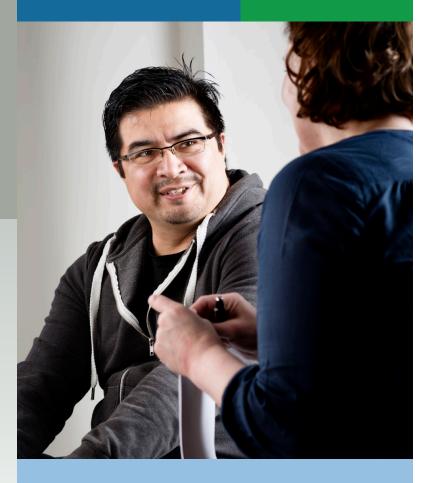
www.neighborhoodhouse.org



Neighborhood House Association

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# Project Enable: A Mental Health Program



A Wellness and Recovery Center

#### **ABOUT PROJECT ENABLE**



Neighborhood House Association's Project Enable BPSR Wellness & Recovery Center provides mental health services to adults 18 years of age and older who are affected by severe and persistent mental illness and/or cooccurring disorders that interfere with their ability to function in key life roles, as parents, students, spouses and employees. Services are recovery-oriented, culturally-relevant and focus on symptom reduction and stabilization. Comprehensive services include psychiatric evaluation, medication management, case management, individual and group therapy and urgent walk-in services.

Project Enable provides special outreach to diverse groups of underserved residents in the Southeast Central region of San Diego, including homeless, youth and older adults

#### PAYMENT

Project Enable BPSR Wellness & Recovery Center accepts MediCal insurance. Those who are not insured are charged an annual fee based on their ability to pay.

### ELIGIBILITY

Project Enable clients must:

- Be 18 years of age or older
- Meet the criteria for severe mental disorder and/or a co-occurring disorder
- Be insured by MediCal or uninsured and meet the financial eligibility criteria established by the County of San Diego

## SERVICES

- Urgent walk-in services
- Mental health assessment
- Medication management
- Case management
- Crisis intervention
- Individual therapy
- Group therapy
- Specialty services for transitional age youth (18-24 years of age) including independent living skills, employment and vocational support, anger management, healthy living, art therapy and socialization
- Specialty services for adults 60 years of age and older, including socialization, wellness support and case management



# **SERVICE AREA**



Neighborhood House Association's Project Enable serves residents of Southeast San Diego.

Urgent walk-in service areas include zip codes: 92112, 92113, 92114 and 92139.

CLINIC HOURS: Monday to Friday 8 a.m. to 5 p.m. WALK-IN HOURS: Monday to Friday 10 a.m. to 2 p.m.

Call for evening availability.

Project Enable is funded by the County of San Diego Health and Human Services Agency Adult/ Older Adult Mental Health Services.