

Vision

MCC is based on a holistic approach to service delivery, with an understanding that clients with mental health and substance abuse problems benefit from linkages to primary care physicians and access to non-traditional and culturally accepted healing practices .

We utilize an educational comprehensive approach that is community based, client and family driven, trauma informed and culturally competent. The location of the program is in a vibrant community thriving with limited English proficient immigrant and refugee community members from around the world.

All conversations with your therapist and family support partner are treated with the utmost of respect and privacy.



*We work with you,
we go to you".*

If you believe that a child
and/or youth can
benefit from our
services, please contact
Multicultural Community
Counseling.

Tel # (619) 578-2211
Email: mcc@upacsd.com

Visit us at:
www.upacsd.com

Funded by the County of San Diego
Live Well, San Diego!



5296 University Avenue
Suite # F2
San Diego, CA 92105
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www.upacsd.com



Multicultural Community Counseling



English



All children and youth need a nurturing, supportive, and secure surrounding in order to feel safe, to thrive, and mature successfully into adulthood.

The goal of the staff at the Multicultural Community Counseling program is to provide mental health therapy services to individuals in a meeting place of their choice where the environment is safe, comfortable and convenient, and clients can openly share their concerns.

Clients utilize our services for a variety of reasons from challenges with behavior, struggling with adjustment, experience of trauma, symptoms of depression and/or anxiety, and school and family relational problems. Because each child and family is unique, our therapists form an individualized connection with the youth and supporting family to work together to identify goals that will lead to a successful daily life.

We work very closely with the caregivers in order for treatment to be effective. Statistics show that caregiver involvement contributes to the significant increase in the success of therapy. A separate family support partner will be provided to work directly with the family member/caregiver(s).

The Multicultural Community Counseling treatment team consists of the Therapist, Family Support Partner and Psychiatrist.

Services Include:

- Individual, Family and/or Group Therapy
- Behavioral, Talk, Play and/or Art Therapy
- Medical Evaluation and Management
- Case Management
- Collaboration with support persons and/or relevant agencies

We are in collaboration with and based at the following schools:

Bethune K-8
Challenger Middle
Mason Elementary
Preuss School



Who Is Eligible

Services are focused on the Asian, Pacific Islander, and Latino population, ages 5-20 years. Medi-Cal Insurance is accepted. Services are provided to those with no insurance on a sliding scale.

UPAC MCC staff represents diverse cultural and ethnic backgrounds and are capable of providing services in Spanish and multiple Asian and Pacific Islander languages.

Locations

Services may be provided at

Multicultural Community Counseling
5296 University Ave, Suite F2
San Diego, CA 92105

or

A location of your choice, such as personal home or a community site.