

Service Locations

Union of Pan Asian Communities (UPAC)

(Main Site)

3288 El Cajon Boulevard, Suite 13
San Diego, CA 92104

Hoover High School

4474 El Cajon Boulevard
San Diego, CA 92115

San Diego High School

1405 Park Boulevard
San Diego, CA 92101

ALBA Community School

4041 Oregon Street
San Diego, CA 92104



LIVE WELL
SAN DIEGO

Teen Recovery Center



UPAC Adolescent
Alcohol and Drug Treatment Program
3288 El Cajon Blvd, Suite 13
San Diego CA 92104
(619) 521-5720 Phone
(619) 521-5728 Fax
www.upacsd.com
Take bus #215, #1, or #1A

MAIN SITE OPERATING HOURS:

Monday through Friday

10:00 AM — 6:30 PM

FOR INTAKE APPOINTMENT CALL:
619-521-5720
ext 310 Shola



ADOLESCENT Alcohol and Drug Treatment Program



Teen Recovery Center

"We welcome youth of all ethnicities, ages 12-17 with substance use issues and co-occurring conditions."

Union of Pan Asian Communities (UPAC) is a non-profit 501(c)(3) organization.
UPAC Adolescent Alcohol & Drug Treatment Program is funded by
the County of San Diego, *Live Well, San Diego!*

UPAC Teen Recovery Center

Our Mission

Our mission is to provide innovative and effective substance abuse treatment recovery services that empower youth to reach their full potential, improve their quality of life, strengthen their families, and benefit the communities we live in.



Adolescence

As children mature, it is natural for them to assert their independence, seek new challenges, and take risks. Adolescence is a time of change and growth, including behavior changes. These changes usually are a normal part of growing up but sometimes can point to an alcohol or drug problem.

Substance Abuse Warning Signs

Parents and teachers should pay close attention to the following warning signs that may indicate substance abuse.

- Changes in mood, including anger and irritability;
- Academic and/or behavior problems in school
- Rebelliousness
- Changing groups of friends
- Low energy level
- Less interest in activities and/or care in appearance
- Finding alcohol or drug paraphernalia among a young person's things
- Smelling alcohol on a young person's breath
- Problems concentrating and/or remembering
- Slurred speech
- Coordination problems

Treating Substance Abuse

Some young people can experience serious problems as a result of drinking alcohol or using drugs. These problems require intervention by trained professionals, such as a counselor, psychologist, psychiatrist, or through participating in an outpatient or inpatient substance abuse treatment facility.

Topic Areas

Our substance abuse treatment counselors are trained in the following topic areas: positive self-talk, stages of change, skill building, anger management, behavior modification, healthy relationships, sober living skills, introduction to 12-steps, and the physiological effects of substance use.



Our Services

Our treatment services are conveniently provided at one main site and four schools in central San Diego. Services include alcohol and drug screening & assessment, mental health screening, group counseling, family counseling, individual counseling, recovery activities, crisis intervention, case conferences, case management, and various referrals as needed.