

Mission

At FundaMental Health, we believe that **access to mental healthcare is a fundamental right** and it is our mission to **break down barriers and improve access**.

Bridge to Care is committed to advancing health equity by **connecting** Medi-Cal recipients with complex needs to compassionate, coordinated care. Through trauma-informed practices and strong community partnerships, **we help** individuals experiencing homelessness, serious health conditions, or behavioral health challenges **navigate services and build pathways to stability, wellness, and hope**.

Geographic Region

Bridge to Care proudly serves Medi-Cal recipients throughout **San Diego County**, with a focus on communities facing the greatest barriers to accessing coordinated care. Whether individuals reside in urban centers, transitional housing, or underserved neighborhoods, our team meets them where they are: **virtually, in the community, or in partnership with local providers**.

Client Populations of Focus

Bridge to Care serves individuals across the **lifespan** who face **complex health and social challenges**. This includes **homeless families, unaccompanied children, and youth** at risk for hospitalization or emergency care due to serious mental illness or substance use. We also support **children and youth** enrolled in California Children's Services (CCS) or involved in child welfare, **up to age 26**. For **adults**, our focus includes those experiencing homelessness with chronic health conditions, individuals with serious behavioral health needs, and those at risk for avoidable hospital or emergency department utilization.

Services & Capacity

FundaMental Health's **Bridge to Care** program offers **trauma-informed Enhanced Care Management (ECM) services** to adults and children with complex needs. Services include linkage to **Community Supports, medical, behavioral health, housing, transportation, and social service needs**. We currently serve Medi-Cal recipients with Blue Shield Promise Health Plan, Molina Healthcare, and Kaiser Permanente.

How to Refer

Referring to Bridge to Care is simple and secure.

Visit our website and complete the online referral form:
www.fundamental.health/bridge-to-care

We accept **self-referrals**, as well as those **from family members or other representatives, providers, and community partners** serving Medi-Cal recipients.



Other Important Information

We offer **virtual and in-person outreach** to help referring partners understand eligibility, referral pathways, and how ECM can compliment existing services.

Contact Information

Email: debon@fundamental.health

Phone Number: (619) 327-9145

Website: www.fundamental.health



Scan to Visit Website

PATH CPI Biannual Best Practices Webinar

"Strengthening Connections with Children & Youth Providers"

Hosted by DHCS & PCG

We are excited to announce that DHCS has selected to spotlight the Contra Costa PATH CPI Children & Youth Advocacy work for their CPI Best Practices Webinar! We invite you to join the webinar to learn more about partnerships to support CalAIM implementation for children & youth & show some love for our Contra Costa County!

The webinar will:

- Show how First 5 programs across California are working with ECM & Community Supports services & providers
- Explain how schools & school districts help connect children & families to local organizations, youth programs, & health plans

When: Friday, October 24, 2025, from 10am - 11am

Audience: Youth-serving organizations, schools, MCPs, counties, & more! This webinar is open to the public

Advanced Registration Required - Register Here!





YMCA OF SAN DIEGO COUNTY
**COMMUNITY
WELL-BEING
& BELONGING**



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San Diego
PATH CPI
October 2025

YOUR MEDI-CAL BENEFITS JUST GOT BETTER!

the YMCA
YMCA OF SAN DIEGO COUNTY
**COMMUNITY
WELL-BEING
& BELONGING**

If you or someone you care for has Medi-Cal, come learn about new services like Enhanced Care Management and Community Supports. You can also sign up for services at the onsite resource fair. If you work with the community, find out how you can share these resources with others!

FIND AN EVENT NEAR YOU:

- Sept 27 | 10-12pm: Border View Family YMCA, San Ysidro
- Oct 11 | 10-12pm: Copley-Price Family YMCA, City Heights
- Oct 25 | 10-12pm: Escondido YMCA, Escondido
- Nov 8 | 10-12pm: Ronald Reagan Community Center, El Cajon
- Nov 22 | 10-12pm: Mira Mesa Senior Center, Mira Mesa
- Dec 9 | 6-7:30pm: Virtual Session, Zoom link provided

FOR MORE INFORMATION & TO REGISTER, VISIT:

www.ymcasd.org/medi-cal

The first 100 people to register and attend an in-person event will receive a **\$50 gift card!** Must be 18 years or older to redeem.

A **free meal and childcare** will also be provided at every in-person event!

San Diego **SDWC**
An initiative of Wellness Collaborative

Neighborhood Networks Services

Neighborhood Networks provides the following services throughout San Diego County through local, trusted, community-based organizations:

- **Referral coordination** & community outreach
- **ECM** services to ALL Populations of Focus
- **CS Housing Trio** (navigation, deposits, tenancy)
- **CHW/P/R** services

Our model ensures that those providing services are connected to the community, understand the challenges faced by community members & have thorough knowledge of local resources.



Our care coordination team has served **over 1,200 individuals** who have complex physical &/or behavioral health issues & health-related social needs.



Neighborhood Networks has distributed **nearly \$200k** in funding to housing insecure individuals in 2024.

Be on your way to a better life!

You want a better life for you and your family. This includes good health, enough food, safe housing, and a strong support system. It can be hard to manage, but having someone to help connect you with needed health and community services can make your life easier.

We can help
Wellness starts with people who care. Our care coordination team is made up of experienced community members who understand your needs and work for trusted, community-based nonprofit organizations.

Care for you within your community
You will be connected with one dedicated care coordinator. Your care coordinator can support you on the phone, in your home, or at a community location. They will help you coordinate your care and be sure all your needs are met.

Physical and mental health: Help you find doctors, make appointments, arrange transportation, manage medications, and connect all of your healthcare providers.

Food: Connect you with assistance for groceries and meals.

Housing: Help you find and apply for housing and money for rental deposit and move-in assistance.

Support services: Connect you with programs for adults, children, and families such as legal aid, in-home support services, transportation, and applying for additional support.

Enroll today!
Care coordination services are offered at no charge as part of your Medi-Cal plan. Your current Medi-Cal services and doctors will remain the same, but now you may be eligible for extra support. Have questions and want to sign up for your care coordinator? Contact us today!

619-273-3295
referrals@sdwellnesscollaborative.org
<https://sdwellnesscollaborative.org>

"Thank you so much for everything you are doing for me. You make a big impact on peoples' lives and your dedication is very much appreciated."

NEIGHBORHOOD NETWORKS
An initiative of San Diego Wellness Collaborative

"Once I refer someone to Neighborhood Networks, I feel a sense of ease knowing they will receive individualized support & resources for their unique needs & circumstances. The Neighborhood Networks team supports individuals at their level of readiness & collaborates with all care team members to help individuals achieve their goals."

**Andria Del Real, LMFT
SAY San Diego**

3 Easy Ways to Refer to Neighborhood Networks services

1. Complete referral form & submit via secure email to:
referrals@sdwellnesscollaborative.org
2. Submit referral information via online form:



3. Call our outreach & referral team:
619-273-3295.

Streamlined Referral Process

Provide basic referral information & our team takes it from there to confirm eligibility, obtain health plan authorization, & make a warm hand-off to a care coordinator. We also follow up to let you know how things are going.

Contact us

For more information on how to refer or how to become a Neighborhood Networks provider, call us at 619-273-3295.



Mission

We dedicate ourselves to ensuring that our patients receive quality care that is customized to their needs so that true healing can begin. Our staff thrives from the opportunity to make a difference in the lives of those we treat. Whether it is a patient's first time receiving treatment or they have received services in the past, we will welcome them with the respect they deserve.

Geographic Region

Oceanside CTC	1905 Apple St Ste 3 Oceanside, CA 92054	760-547-1280
Capalina CTC	1560 Capalina Rd San Marcos, CA 92069	760-744-2104
Escondido CTC	161 N Date St Escondido, CA 92025	760-745-7786
San Diego CTC	8898 Clairemont Mesa Blvd San Diego, CA 92123	858-715-1211
Fashion Valley CTC	7545 Metropolitan Dr San Diego, CA 92108	619-718-9890
El Cajon CTC	234 N Magnolia Ave El Cajon, CA 92020	619-718-9890
Chula Vista CTC	1155 3 rd Ave Chula Vista, CA 91911	619-263-0433

Client Populations of Focus

Comprehensive treatment centers (CTCs) provide medication-assisted treatment & counseling to adults age 18 & older who are struggling with opioid use disorder.

Medications such as methadone, Suboxone®, buprenorphine, vivitrol, & naltrexone can alleviate the distress of opioid withdrawal & allow patients to regain physical strength & mental clarity, while counseling helps make the lifestyle changes that will enable a pursuit of an opioid-free future.

Counseling sessions at CTCs are safe & supportive environments where learning about addiction & recovery, identifying & addressing challenges that may have contributed to opioid use, & learning how to avoid relapse are possible.

Individual sessions are one-on-one meetings where processing experiences & receiving focused feedback from a member of the treatment team happen.

Group counseling sessions at CTCs involve a small number of individuals who are also receiving care for opioid use disorder, along with one or more treatment professionals where experiences are shared through learning more about opioid addiction, treatment, & recovery; practicing healthy communication & self-advocacy skills; & sharing support with others who have experienced similar struggles.



**SAME-DAY
ADMISSION**



**24/7 APPOINTMENT
SCHEDULING**



**WE ACCEPT
MOST INSURANCE**



**TAKE-HOME DOSING
AVAILABLE**



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The flyer features a large photograph of an elderly couple smiling warmly. The man is on the left, wearing a yellow shirt, and the woman is on the right, with her head resting on his shoulder. In the bottom right corner, there is a circular inset showing a plate of food, including a piece of fish, rice, and a vegetable salad. The 'modifyhealth' logo is in the top right corner of the flyer.

modifyhealth™
better health. delivered.

Better meals, designed for better health.

A free benefit for Medi-Cal patients.

**We believe better health
should be simple & delicious.**

Whether managing a chronic condition or
recovering from a stay in the hospital, we're here
to help your patients get the nutrition they need.

Referrals made simple.
Simply provide the member's ID,
address and DOB using one of the

2025 LIVE WELL ADVANCE & SCHOOL SUMMIT

Wednesday, October 22, 2025 | 8-5pm
San Diego Convention Center



Agenda / Materials



Breakout Sessions



Connection Hub



Event App

Get ready for the 10th Annual Live Well Advance & School Summit!

Enjoy a meaningful day connecting with thousands of partners
and colleagues as we reflect on 15 years of collective impact.

REGISTER NOW





Neighborhood House Association
"A Neighbor You Can Count On...Since 1914"

Neighborhood House Association
Project In-Reach/Project In-Reach Ministry

San Diego PATH CPI
October 2025

MISSION

To enrich lives through a continuum of education & wellness services.

VISION

Healthy & educated communities—where dreams become reality

GEOGRAPHIC REGION

San Diego County

HOW TO REFER

Email: PIR@neighborhoodhouse.org

Phone Number: 858-276-8631

SERVICES & CAPACITY

- Clinical assessments
- Pre & post-release clinical case management & care coordination
- Group & individual counseling
- Support & educational groups
- Linkages to treatment & community services (i.e., employment)
- Post-release transportation
- Peer support
- Short-term emergency housing assistance

CLIENT POPULATIONS OF FOCUS

Project In-Reach & Project In-Reach Ministry program receives referrals & serves the following detention facilities:

- Las Colinas Detention
- George Bailey Detention
- San Diego Central Jail
- Vista Detention
- East Mesa Detention
- Rock Mountain Detention
- Youth Detention
- CA department of Corrections & Rehabilitation

GENERAL CONTACT INFORMATION



Project In-Reach



**Project In-Reach
Ministry**



San Diego PATH CPI
October 2025

Mission

We deliver integrated behavioral health care & social services to advance health equity & mental well-being for children, adults & families.

Geographic Region

Pacific Clinics is a statewide CalAIM Provider. In San Diego county we can assist members anywhere in the county!

Client Populations of Focus

- Experiencing Homelessness
- At Risk of Avoidable Hospitalization
- SMI/SUD
- Complex Children/Youth + Child Welfare
- Justice Involved
- Birth Equity

Services & Capacity

We are currently contracted to offer Enhanced Care Management with Molina & Community Health Group, & CS – Housing Trio & Day Habilitation Services with Molina.

How to Refer

Self Refer: Email: CalAIMTeam@pacificclinics.org

Phone Number: 833-426-0754

Provider Referral: Email Jenalyn.Santos@pacificclinics.org

General Contact Information

Website: <https://www.pacificclinics.org/service/enhanced-care-management/>

Email: CalAIMTeam@pacificclinics.org

Phone Number: 833-426-0754

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San Diego County's Only Accredited Provider of Medically Tailored Meals

Mama's Kitchen is the region's only MTM provider accredited by the Food is Medicine Coalition. 35 years of experience delivering meals to San Diegans in need.

Who is a good fit for our Medically Tailored Meals?



Chronic & Critical Conditions:

Serving individuals with critical or chronic illnesses such as cancer, chronic kidney disease, heart failure, type 2 diabetes, HIV/AIDS, & other diagnoses.



Post-Hospitalization Care

Providing meals & nutrition education to clients recovering from a recent hospitalization, surgery, or skilled nursing stay.

What makes Mama's Kitchen stand out:



Meals tailored to medical condition(s) & dietary preferences



Locally made, blast chilled, & refrigerated for easy heat & eat



Medical Nutrition Therapy with bilingual Registered Dietitian Nutritionists



Face-to-face home delivery & wellness checks



Special holiday meals – including birthdays!



RD Access – Clients can speak with a registered dietitian at any time



Only The Healthiest Ingredients:

- No artificial food coloring or sweeteners
- No high fructose corn syrup
- No artificial preservatives
- No trans fats
- No ultra-processed foods (we allow flour & whole-grain bread staples)

Types of Meal Plans:

- Heart-healthy, low-sodium, & diabetic friendly
- Low acid
- Renal
- Low K+
- Add on preferences including low lactose, no beef, no pork, no fish, vegetarian

Mama's Kitchen Client Outcomes:

- 86% report decreased hospitalizations/ ER visits
- 89% report improved weight
- 94% report improved ability to correctly take medication
- 96% report improved or maintained health



Coast Care
San Diego PATH CPI
October 2025

Mission

Our guiding mission at Coast Care is making sure clients receive the utmost level of professional, compassionate care which translates into selecting & supporting high-quality caregivers who exhibit nothing but exceptional professionalism.

Geographic Region

Coast Care is locally owned & operated. We provide PERSONAL CARE, HOMEMAKER & RESPITE services to recipients ANYWHERE in SAN DIEGO COUNTY!

Services & Capacity

Under CalAIM, we currently provide in-home personal care & respite services, to those with CHG, Molina, & Blue Shield Promise, & Kaiser. We have thousands of caregivers waiting for work & we are ready to service any & all of your participating clients.

Client Populations of Focus

Our client population of focus with CalAIM is any Medi-Cal recipient that is currently with CHG, Molina, or Blue Shield Promise, or Kaiser.

How to Refer

You can refer by calling our office, emailing us or using one of our referral forms.

Referral Email: calaim@coastcare.org

Phone Number: 858-285-0938

Fax number: 586-261-6398

General Contact Information

Website: www.coastcare.org

Email: info@coastcare.org

Phone Number: 858-285-0938

Scan Me





Somali Family Service of San Diego

San Diego PATH CPI

October 2025

Mission

Somali Family Service, guided by its community champions, empowers immigrants, refugees, & other underserved communities in San Diego through its programs that promote health, educational & economic success, & leadership development.

Geographic Region

Central & East San Diego County

Client Populations of Focus

- Children & Family
- Youth
- Adult
- Older Adults
- People with Developmental Disabilities
- Multicultural Immigrants
- Refugees

Other Important Information

Providing services for monolingual Arabic-speaking, Somali & Swahili Speaking, Pashto & Dari speaking, Haitian speaking.

Services & Capacity

- Health & Mental Health
- Youth Development
- Economic Development
- Workforce Development
- Research & Development
- CalAIM CHW Services
- ECM CSS Housing Trio
- CSS Asthma Remediation

How to Refer

Fill out SFSSD Referral Form & Fax; Call Ihsan Center & talk to the Intake Coordinator.

General Contact Information

Website: <https://www.somalifamilyservice.org/index.php/about-us.html>

Email: ahajek@sfssd.org

Phone Number: 619-265-5821 Ext 234

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HOME-DELIVERED MEALS NATIONWIDE

Use our home-delivered medically tailored meals to help improve health outcomes & address SDOH, whether it's across the street or across the country.

There are tasty choices to make:

9 CONDITION-SPECIFIC MENUS

60+ MEAL OPTIONS

Helping Populations in Need of Meal Support



CHRONIC CARE

Providing nutrition support for most common chronic conditions to improve outcomes & reduce total cost of care.



POST-DISCHARGE

Supplying expedited nutrition to assist individuals in their recovery after a hospital or skilled nursing stay to reduce readmissions.



LONG-TERM CARE

Helping individuals maintain independence at home & avoid institutional care.



Meals can also be purchased directly through our **self-pay program**.

THE MOM'S MEALS[®] DIFFERENCE



Medically Tailored – Supports the needs of most common chronic conditions



Refrigerated – Ready to heat, eat & enjoy in minutes



Choice of Every Meal, Every Delivery*



Delivery to Any Address – No matter how remote



Compassionate Customer Service

*Initial deliveries will have a variety of meals based on dietary preferences.



How to Refer

Scan the QR code or visit momsmeals.com/csform



Learn more

momsmeals.com/communitysupport

888.701.5279



Rfoodx
Medically Tailored Meals
San Diego PATH CPI
October 2025

Mission

Supporting Healthy Outcomes through Food as Medicine

Geographic Region

Rfoodx serves medically tailored meals to Medi-Cal Members with Molina in the greater San Diego area (as well as in other counties & with additional MCPs throughout the state). No geographic limits for delivery.



How to refer

To refer, please email Kayla@rfoodx.com to utilize our HIPAA-compliant portal for a quick & simple referral process.

Population of Focus

Rfoodx serves adults with nutrition-sensitive chronic diseases + recent hospitalization or risk of hospitalization &/or extensive care coordination needs.

Contact Information

Kayla Valis, MCN, RDN
Rfoodx Community Supports Dietitian

Phone: 562-489-9003
Email: Kayla@rfoodx.com
Website: Rfoodx.com





Healthy Connect San Diego

Healthy Connect San Diego provides Enhanced Care Management (ECM) & Community Support (CS) services to Medi-Cal beneficiaries. Eligible individuals can receive this free service as part of their Medi-Cal managed care insurance coverage. Our services are available throughout San Diego County

What We Do



Assign our members with a Lead Care Manager to support all your health & wellbeing needs



Create a personalized care plan & work with you through every step of your health journey



Work with your medical providers to arrange for appointments, medications, & referral needs.



Set up free transportation through your insurance benefits



Provide follow-up after you leave the hospital or a skilled nursing facility



Help you find & apply for available benefits such as food stamps, social security, or housing



Serve as a liaison & advocate for your health needs



Connect you to community programs, agencies, & services

People We Serve

- Individuals Experiencing Homelessness
- Individuals At Risk for Avoidable Hospital or ED Utilization
- Individuals with Serious Mental Health &/or SUD Needs
- Adults Living in the Community & At Risk for LTC Institutionalization
- Adults Nursing Facility Residents Transitioning to the Community
- Children & Youth Enrolled in CCS or CCS WCM with Additional Needs Beyond the CCS Condition
- Children & Youth Involved in Child Welfare
- Birth Equity

We are open for referrals

Healthy Connect Adult Services (21+)

Phone: 619-507-9333

Fax: 619-467-4595

Healthy Connect Youth Services (Up to 21)

Phone: 619-507-9333

Fax: 619-467-4595

Completed Universal ECM Referral Form can be sent to HealthyConnectReferrals@comresearch.org

A Trusted Resource in the Community

About SDCC:

Serving over 1,000 children & families across San Diego County every day struggling with mental, emotional & behavioral disorders.

Services we Offer:

- ECM – youth POFs
- OP Mental Health Clinic
- PHP/IOP/Residential
- Wraparound
- Non-Public School
- Free Mental Health Screening & Referral

How to Refer:

ECM: [ECM External Referral Form](#)

Other Programs & Services:
Admissions@centerforchildren.org

Learn more at CenterforChildren.org
(833) 800-9105

Family Health Centers of San Diego

Mission: Family Health Centers of San Diego (FHCSd) is dedicated to providing caring, affordable, high-quality health care and supportive services to everyone, with a special commitment to uninsured, low-income and medically underserved persons.

FHCSd operates in more than 90 sites across San Diego County.

Services

- Community Supports (CS)
- Dental Services
- Enhanced Care Management (ECM)
- Insurance Enrollment Assistance
- LGBTQ Services
- Mental Health Services
- Mobile Medical Units
- Outpatient Substance Use Treatment
- Pediatric Services
- Pharmacy
- Physical Rehabilitation
- Primary Care
- Reentry Support
- Reproductive Health Services
- Urgent Care
- Vision Services
- And More...

General Contact Information

Website: www.fhcsd.org

Phone Number: 619-515-2300

ECM Populations of Focus

FHCSd serves all ECM Populations of Focus.

- Adults without Dependent Children/Youth Living with Them Experiencing Homelessness
- Homeless Families or Unaccompanied Children/Youth Experiencing Homelessness
- Individuals at Risk for Avoidable Hospital or ED Utilization
- Individuals with Serious Mental Health and/or Substance Use Disorder Needs
- Individuals Transitioning from Incarceration
- Adults Living in the Community and At Risk for LTC Institutionalization
- Nursing Facility Residents Transitioning to the Community
- Children and Youth Enrolled in CCS or CCS WCM with Additional Needs Beyond the CCS Condition
- Children and Youth Involved in Child Welfare
- Birth Equity

Community Supports

- Housing Transition Navigation Services
- Housing Deposits
- Housing Tenancy and Sustaining Services

How to Refer

Email: CalAIMReferrals@fhcsd.org

Phone Number: 619-876-4450

Website: <https://www.fhcsd.org/enhanced-care-management/>

