

San Diego County Psychiatric Hospital is located at 3853 Rosecrans Street. It is part of the County's Health Services Complex. It is just west of the corner of Rosecrans and Pacific Highway, near San Diego's Old Town.

Bus Routes 4 and 6 serve the hospital directly, and routes 9, 29, 34 and 35 stop at the corner Midway and Rosecrans, about 3 blocks away. Call (619) 233-3004 for bus route information.

#### IMPORTANT TELEPHONE NUMBERS

Emergency Psychiatric Unit Crisis Clinic.....692-8200  
Emergency Psychiatric Unit-A.....692-8222  
Unit B Telecare/CHOICES .....692-8224  
Unit C Telecare/CHOICES.....692-8225  
Unit D Crisis Recovery Unit.....692-8227  
Hospital Administration.....692-8232  
Financial Eligibility Workers.....692-5748  
.....692-5612

#### ACCESS & CRISIS LINE

From County Toll areas .....1-800- 479-3339  
Outside County of San Diego ..... (619) 641-6890  
TDD for the hearing impaired ..... 236-3187

County of San Diego – Health and Human Services Agency -Mental Health Services

**Board of Supervisors:**  
Greg Cox, *District 1*  
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**CHIEF ADMINISTRATIVE OFFICER:**  
Walter F. Ekard

San Diego County Psychiatric Hospital  
3853 Rosecrans Street  
San Diego, CA 92110-3115



County of San Diego  
Health and Human Services Agency  
Mental Health Services



## San Diego County Psychiatric Hospital

**3853 Rosecrans Street  
San Diego, CA 92110-3115  
(619) 692-8200**

## **AN INTRODUCTION TO THE HOSPITAL**

The San Diego County Psychiatric Hospital (SDCPH) is a publicly funded, free-standing psychiatric hospital. It is a locked facility and a component of the San Diego County Mental Health Services' continuum of care. The mission of the hospital is to provide psychiatric evaluation, crisis intervention-oriented acute and subacute treatment and long-term care in the contracted Telecare/CHOICES Program for citizens of San Diego County over 18 years of age, including seniors. The goal of the hospital is to help patients deal with a mental health crisis, become stabilized, and move ahead to a less restrictive level of care.

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## **HOSPITAL OVERVIEW**

### **ADMISSION**

Voluntary or involuntary admission to the hospital is based on the Lanterman-Petris-Short (LPS) Act, a California state law regulating involuntary psychiatric detention. To be admitted, a person must be determined to have a mental disorder and be a danger to self, or a danger to others, and/or gravely disabled (unable to provide for one's own food, clothing or shelter) due to a mental disorder.

Decisions about admission are made in the Emergency Psychiatric Unit of the Hospital. People needing care and not meeting the criteria for admission may be referred to other resources in the community. The decisions are made by a highly trained professional staff led by board-certified or qualified psychiatrists.

### **TREATMENT**

Using a combined medical, biopsychosocial and rehabilitation model, the treatment teams are led by a psychiatrist and include psychologists, social workers, nurses, activities therapists and dietitians. Various levels of care within the hospital allow patients to be treated at the lowest level of care compatible with swift stabilization and recovery.

The hospital operates a continuum of care at the Hospital including the Crisis Recovery Unit (CUR) adult acute inpatient services, the Emergency Psychiatric Unit for crisis intervention and stabilization and, a walk-in Crisis Clinic for urgent outpatient services. Under a contractual arrangement with SDCPH, Telecare Corporation operates 2 units for sub acute and long-term services in a licensed MHRC (Mental Health Rehabilitation Center. Called "CHOICES", it serves chronic mentally ill patients needing ongoing secured residential care once acute symptoms have been stabilized. This program has received patients who previously were residents of state hospitals, the acute inpatient unit and from area acute hospitals. Patients from state hospitals have been able to reunite with family and friends in San Diego County.

Treatment on all units includes use of techniques for improving each person's skills in managing his/her own medication, understanding and recognizing his/her symptoms, and developing improved social skills plus supportive psychotherapy.

### **WORKING WITH A PATIENT'S FAMILY**

When possible, hospital staff members work closely with the patient's family. With the patient's permission, family members or significant other are invited to family conference and/or a weekly support group. Family involvement helps create a supportive patient-family relationship. In addition, it provides emotional support for those not involved in the patient's on-going care and helps educate them about mental illness and related issues. It is also believed that family involvement can help prevent later re-hospitalizations for the patient.

### **DISCHARGE AND AFTERCARE**

Discharge planning is an integral part of the continuum of care that begins with initial evaluation. It is chiefly the responsibility of the Social Work staff, with input from other clinical staff involved with the patient. In accordance with California State Mental Health regulations, patients will be treated at the least restrictive level of care compatible with their functioning. Patients are referred to all appropriate community resources. The hospital's Transition Team assists patients with community placements, and offers support services until the patient is fully integrated into community treatment options.

## **FINANCIAL ELIGIBILITY**

There is a charge for hospital services. However, no one is denied treatment because of an inability to pay. Patients with limited resources may be eligible for Medi-Cal or Medicare, or Short-Doyle Medi-Cal funding. Payment of the hospital bill is based on income, family size and asset under a state formula called UMDAP (Uniform Method of Determining Ability to Pay). Patients are assigned an eligibility worker to help with completing the necessary financial forms.

## **ACCREDITATION/LICENSURE**

The San Diego Psychiatric Hospital meets the strict accreditation standards of the California Department of Health, Licensing and Certification Division, the Joint Commission on Accreditation of Health Care Organizations (JCAHO), the Center for Medicare and Medicaid Services (CMS) and California State Department of Mental Health for MHRC's. The facility is administered by the County of San Diego Health and Human Services Agency, Mental Health Services.

## **CONFIDENTIALITY AND NON-DISCRIMINATION**

All patients are guaranteed the right of strict confidentiality in accordance with provisions of both state and federal laws. Additionally, pursuant to Title VI of the Civil rights Act of 1964, Section 5604 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975, and the Americans with Disabilities Act of 1992, San Diego County Psychiatric Hospital does not discriminate on the basis of race, color national origin, handicap, disability or age. Patients and family may receive consultation from the hospital's Ethics Committee and the Patient Advocate. For further information to file a complaint contact the Hospital Administrator, (619) 692-8211.

## **VISITING HOURS AND POLICIES**

Regular visiting hours are 1-2 PM and 7-8 PM on week days. On Saturday, Sunday and holidays, visiting hours are 1-3 PM and 7-8 PM. Patients may have two visitors at a time. Occasionally, the psychiatrist may not allow visitors until patient is ready. Also, patients may request not to have certain visitors.