

UCSD Gifford Clinic TAY Program
140 Arbor Street
San Diego, CA 92103
619-543-6250

UCSD Gifford Transitional Age Youth Program integrates prevention concepts aimed at stabilizing and potentially minimizing the progression of specific mental illnesses for transitional age youth clients. To better understand and serve this population, UCSD TAY program collaborates with UCSD's CARE Program, UCSD's Co-Occurring Disorders Program, UCSD's Bridges to Recovery Program, and other treatment research programs to incorporate up-to-date diagnostic and treatment concepts for youth in the program.

The UCSD TAY Program operates within the overall treatment structure of UCSD Gifford Clinic, but specialized procedures allow the needs of transition age youth to be addressed from the perspective of Bio-Psycho-Social Rhythm Therapy. This focus supports TAY youth to develop behaviors and a supportive environment that both optimizes his or her functioning and minimizes his or her dysfunction. Treatment supports the youth, not only in managing mental illness, but also in maintaining daily life self-management and functioning within social relationships and vocational experiences

Treatment services include medication management, targeted counseling, psycho-education and psychotherapy in individual and group therapy, family and community interventions, and well-ness and recovery plans. A specialized TAY treatment team also considers very specialized diagnostic needs as well as complicating health conditions or developmental disorders, which require appropriate diagnostic services and specialized interventions and community interface. UCSD Gifford TAY program is partially funded under the Mental Health Systems Act, and clients must meet medical and financial necessity criteria set by San Diego County Mental Health. Clients interested in setting up an Intake appointment must present for screening by appearing during Walk-In Clinic hours Monday through Friday 11:00 a.m.—3:00 p.m.