



San Diego Dual Diagnosis (SDDD) Services

Our San Diego Dual Diagnosis (SDDD) Services offers a comprehensive array of intensive services for adolescents aged 12 to 22 who face both developmental disabilities and significant behavioral health challenges.

Our specialized treatment model includes the Short-Term Residential Therapeutic Program (STRTP) in addition to opportunity to attend our Fred Finch Youth Center Non-Public School (NPS), both designed to meet the complex needs of this traditionally underserved population. The STRTP provides out-of-home care and delivers mental health, behavioral, and psychiatric support for youth who require additional intervention to thrive in a community setting.

This innovative array of services is the result of a collaboration between Fred Finch, the Regional Center of San Diego, San Diego County Mental Health, and the special education departments of local school districts. Our services create a safe and stable environment, combining intensive staffing, a trauma-informed therapeutic milieu, and skills development through applied behavioral analysis.

By focusing on the unique challenges faced by each participant, we empower youth and their families to achieve lasting resilience and wellness.

Our Services Include:

- Comprehensive Academic and Behavioral Assessment
- Crisis Stabilization
- Individual, Group, and Family Therapy
- Milieu Therapy
- Behavioral Management and Skill-Building Support
- Special Education and Related Services
- Pre-Vocational and Vocational Training
- Family Advocacy and Support
- Medication Support and Monitoring
- Expressive Arts Therapy
- Speech and Language Development
- Occupational Therapy

Our primary goal is to maximize each participant's functioning within the community and school settings, enabling them to safely engage in the tasks of daily living without the need for intensive interventions. A key objective is to enhance the youth's ability to thrive in less restrictive environments.

Eligibility Criteria

Residential treatment participants must meet the following criteria:

- A diagnosis of a developmental disability and a DSM V mental health diagnosis.
- Demonstration of medical necessity per criteria for mental health services.
- Students not residing at the Fred Finch may also receive mental health treatment based on assessed needs or eligibility for educationally related mental health services.



Contact/Referral

To submit a referral please complete the referral form:
[Residential Referral Form](#).

For questions or additional information about our program please contact residentialreferrals@fredfinch.org

FredFinch
Youth & Family Services

