

**SmartCare Integrated Behavioral Health Comes to North San Diego County  
- Continued**

Our partnering agencies are North County Health Services, Neighborhood Health Care, the Borrego Community Health Foundation and the County of San Diego - Behavioral Health Services. Behavioral health services are extended to the communities of Ramona\*, Pauma Valley\*, Julian\*, Santa Ysabel, Ranchita and a half dozen other north inland areas.

SmartCare clinicians and behavioral health specialists are placed within three primary care clinics in rural North Inland County. They serve as team members at the clinics, working closely with primary care staff to provide patients with comprehensive medical care.

Services include assessments, intervention, psychoeducation, motivational interviewing, individual therapy, medication management and patient care psychiatric consultation. This innovative endeavor also includes the electronic technology known as telemedicine. This enables SmartCare psychiatrists to provide real time consultation to primary care physicians and their patients in these rural locations.

Many people in the rural communities experience the same kinds of mental health concerns as those in urban areas. The added challenges of little or no access to the kind of critical services needed to address issues like depression and anxiety, and thereby prevent them from becoming more severe. These new services can dramatically improve thousands of lives over the next few years, and Vista Hill is honored to have the opportunity.

David Taylor, Ph.D., is the Director of North Inland Behavioral Health Services at Vista Hill and oversees this program. He also directs the Learning Assistance Center that provides mental health services for school children in Ramona, Escondido, and the back country districts.

Funds are provided by the County of San Diego - Mental Health Services Act (Prop. 63).

(\* community clinic sites)

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