TELEMENTAL HEALTH SERVICES

SmartCare Behavioral Health Connect is an innovative telemental health program that is specifically designed to engage chronically unconnected patients as they are discharging from an emergency setting. We eliminate barriers to treatment by providing patients with telehealth devices and technical training to make accessing services easy. Our ultimate aim is to reduce acute episode recidivism.

BHConnect is funded by San Diego County Health and Human Services Agency. All referrals must be made by a County-approved service partner.

FAX a referral today: 858-227-2953
Request a referral form by email: bhconnect@visthill.org
Interested in becoming a referral partner? Contact us!

Thank you,
Trang Phan, LMFT
Program Manager
SmartCare BHConnect
Vista Hill Foundation
Ph: (858) 877-0179
Fax: (858) 227-2953

Our Services:
- Onsite warm hand-offs offered.
- Community-based intakes.
- Individual and Family Teletherapy. If clinically indicated, limited in-person sessions.
- Rehab Counseling/skills education such as parenting support, coping, etc.
- Case management.
- Medication management for youth up to age 21 through our partnership with the Center for Child & Youth Psychiatry. Adults are referred to a community partner for psychiatry.
- Regular check-ins by phone or confidential texting post-discharge.
- After-hour medical call service for urgent/emergent triage and referral.

Benefits:
- Evening and weekend availability. Urgent referrals are offered an assessment within 48 hours post-discharge.
- Treatment frequency and duration is based on client need. Clients may also pause and return to services anytime.
- Clients access services anywhere, and may use our device or their own.
- We also serve siblings and immediate family members.

Eligibility Criteria:
- Client desires services and is unconnected to any other behavioral health provider.
- Medi-Cal beneficiaries, under or uninsured.
- All ages. Children, adults and their families.
- Resident of San Diego County.
- Severe and/or co-occurring mental health needs.
- Client is oriented, not currently homicidal or suicidal, and able to engage in talk therapy.
- Able to use, store and charge a telehealth device.
- Discharging from an emergency provider within the last 90 days.
- MUST be referred by a County approved referral partner.