

San Diego Youth Services Spotlight

Rachelle Amini

East County Behavioral Health Clinic Program Manager



Meet Rachelle Amini!

Licensed Clinical Psychologist, Rachelle Amini, Psy.D., MSW is San Diego Youth Services' Program Manager at the East County Behavioral Health Clinic (ECBHC). ECBHC is a full-service outpatient mental health clinic for youth and their families residing in the East County Region of San Diego. Services are individually tailored and uniquely adapted to cultural and linguistic backgrounds. As the Program Manager, Rachelle oversees the clinic's mental health professionals including marriage and family therapists, social workers, psychologists, psychiatrists, volunteers and interns.

Rachelle plays a vital role at the clinic by supervising, training, consulting, providing co-therapy and conducting live supervision, all while still holding her own case load. As if her plate wasn't full enough with her SDYS work load, Rachelle also has her own private practice on the side!

What sets ECBHC apart from other mental health clinics is that ECBHC implements Brief Strategic Therapy. ECBHC's primary model of intervention is Brief Strategic Therapy which involves all members of the family in the service delivery process. This approach recognizes the important role that family members have in each other's lives, and tries to support each family member in his or her unique role in the healing process. Rachelle believes that one of the best parts of being involved with San Diego Youth Services is working with a very supportive staff in a team atmosphere. She describes ECBHC as an environment where everyone is working together toward the common goal of helping families in need.

Rachelle is a very driven, goal-oriented young lady who is passionate about personally feeling good, growing and finding a healthy balance between work, friendships and her family. It's quite apparent that she has found that healthy balance in life, Rachelle has made tremendous achievements in the past few years! Rachelle did her pre-doctoral internship and post-doctoral work at ECBHC, and now as a Licensed Clinical Psychologist, she manages the clinic. When Rachelle isn't serving the youth and families in San Diego County, you will most likely find her doing yoga, being with friends, traveling or enjoying live music.

Fun Facts

Favorite Book: The Wisdom of Lao Tse

Favorite Restaurant: Cucina Urbana

Favorite San Diego Spot: Bird Rock beach

Favorite Vacation Spot: Italy

Favorite Food: Mexican Food

Motto: "Drive & Unwavering Patience (most of the time)"