



ORGANIZATION SPOTLIGHT:

One-Eighty Teen Center, Lodi, CA

Kids are the future. A popular phrase, and one the One-Eighty Teen Center, located in the City of Lodi, takes to heart as they, “strive to help youth make positive one-eighty-degree changes and to help them thrive.” Even at its start in 2002, the Teen Center drew in as many as 200 adolescents at a time who were eager to visit the safe space loaded with fun activities and events operated by caring staff. After recognizing that many of the kids that walked through the center’s doors participated in at-risk behaviors, or were at-risk of homelessness, or were in other tough situations, they modified their programming to include youth mentoring.

The One-Eighty Teen Center offers counseling to youths and families in the community. Co-Executive Director Alison McGregor, armed with a master’s degree in Psychology and licensed as a therapist, shares that they are a “resource for the whole community. If you’ve ever needed to find a counselor and realized you didn’t know where to start looking, a place like this where a large number of counselors are congregated is an invaluable resource.” Additionally, One-Eighty works with multiple schools in the county to provide mental health counseling to students who suffer from depression or anxiety, suicidal ideation, or have relational questions or conflicts.

With dedicated staff, numerous activities, and programs to enrich the lives of adolescents, and it’s focus on mental health support, it’s no wonder the One-Eighty Teen Center continues to be an indispensable resource in San Joaquin County.