

## The Hume Center's Mission

The Hume Center's mission is to promote the psychological well being of the community we serve through implementation of services to assist the development of community based Peer Consultation self help groups, to strengthen existing resources in the community by the provision of Behavioral Health Consultation, to provide the highest quality of culturally sensitive Behavioral Health Psychotherapy services to underserved and un-served populations, to provide training to mental health professionals and to utilize and share program evaluation processes for assurance of quality in each service.

## The Hume Center's Philosophy

The staff of The Hume Center believes:

- In the inherent potential for ongoing growth and maturation of all people.
- That psychological pain, dysfunction, and symptoms are teachers, signaling the arrest of our ability to be engaged in the fulfillment of life.
- That with acceptance and the proper therapeutic support, provided in an atmosphere of respect and multicultural competence, people can heal, learn new ways to deal with difficulties, and lead satisfying lives.

## History of The Hume Center's Services in Contra Costa County

The Hume Center was initially incorporated as Neurobehavioral and Psychological Institute (NPI) in 1993. Contra Costa Outpatient Services was the first program delivered by what was soon called The Hume Center. The agency developed a broader continuum of care by achieving Community Mental Health Center status and opening our Partial Hospitalization Program in 1994. In 2001, the program expanded out to East County by opening our office in Pittsburg. In 2013, The Hume Center became a Full Service Partner with Contra Costa County to utilize MHSA funding to implement a Community Support Program.

To contact this department directly, please call our Concord or Pittsburg office.

## These Services are Offered at:

### Concord Hume Center

1333 Willow Pass Road, Suite 102  
Concord, CA 94520  
Tel: (925) 825-1793 Fax: (925) 825-7094

### Pittsburg Hume Center

555 School Street, Pittsburg, CA 94565  
Tel: (925) 432-4118 Fax: (925) 432-6799

## The Hume Center Provides Other Services at:

### Fremont Hume Center

39465 Paseo Padre Pky, Suite 2100  
Fremont, CA 94538  
Tel: (510) 745-9151 Fax: (510) 745-9152

### Pleasanton Hume Center

5776 Stoneridge Mall Road, Suite 340  
Pleasanton, CA 94588  
Tel: (925) 223-8047 Fax: (925) 223-8048

### Hayward Satellite Office

24100 Amador St, 3<sup>rd</sup> Floor, Hayward, CA 94544  
Tel: (510) 745-9151 Fax: (510) 745-9152



THE HUME CENTER  
*For Humanity's Sake*

A Licensed Non-Profit Community Mental Health Center providing a comprehensive continuum of multicultural and multilingual behavioral health care services since 1993.

The Contra Costa Programs of The Hume Center



# Contra Costa Behavioral Health Services

The Hume Center's Contra Costa Behavioral Health Service Department offers weekly individual, group, couples, and family psychotherapy and operates a Partial Hospitalization Program and a Community Support Program.

Services available in multiple languages.

**THE HUME CENTER**

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[www.humecenter.org](http://www.humecenter.org)

## Contra Costa Behavioral Health Services

The Hume Center offers three levels of care in Central and East Contra Costa County, including Outpatient Services, a Partial Hospitalization Program (PHP), and a Community Support Program (CSP). Psychiatric symptoms commonly treated in these programs include anxiety, depression, mania, psychosis, suicidal thoughts, co-occurring substance abuse, and others.

### Outpatient Services

We provide weekly therapy to adults, adolescents, and children facing moderate psychiatric disabilities. These services are provided in a comfortable office-based setting and aim to support the wellness and recovery of those receiving services.

**Individual Therapy:** Your therapist will aim to create a safe place where the work you do each week in therapy will enhance your life, inspire new awareness, and develop adaptive skills.

**Couples Therapy** aims to provide a contained space where you can work on your relationship together, seeking to build a relationship that enhances both of your lives and brings growth and new experiences to you both.

**Family Therapy:** Families are systems, and sometimes the whole system needs to work together to find new ways to relate to each other and strengthen the system.

**Group Therapy** allows you to understand each others' challenges and learn from them in a supportive group environment.

This program accepts Medicare and private payment on a sliding fee scale. Private health insurance and Medicare Advantage accepted with prior authorization.

### Partial Hospitalization Program (PHP)

**PHP is a voluntary program that assists adults with severe acute psychiatric disabilities by providing intensive therapeutic services five days a week from 9:30 a.m. to 2:30 p.m. at our Concord Clinic.** Participants are evaluated by a treatment team to create an individual treatment plan that includes group and individual psychotherapy, psychoeducation, and psychiatric services.

The program aims to help participants:

- Reduce symptoms and relapse
- Prevent hospitalization
- Stabilize by reintegrating into the community
- Recover in a supportive environment

#### Program Details:

- Transportation to and from parts of Central and East County and lunch are provided.
- Weekly visits with our psychiatrist are provided during your stay in the program
- Program graduates are usually eligible for weekly Aftercare services to help maintain stability.

This program accepts Medicare and accepts private payment on a sliding fee scale. Private health insurance and Medicare Advantage accepted with prior authorization.

### Community Support Program (CSP)

**CSP provides intensive and comprehensive community-based psychosocial rehabilitation services for adults with chronic and severe psychiatric disabilities residing in East and Central County.** The program operates as a continuous treatment service to provide evidence-based, recovery-oriented services to assist individuals to:

- Prevent repeat hospitalizations
- Transition from institutional settings
- Attain and/or maintain medication compliance
- Improve community tenure and quality of life
- Attain and/or maintain housing stability
- Attain self-sufficiency through vocational and educational support

#### Services Offered:

- Comprehensive Case Management
- Medication Management
- Individual, Family, and Group Psychotherapy
- Integrated Dual Diagnosis Treatment
- Housing, Vocation, and Education Support
- Peer-Support Services
- Family Psychoeducation
- 24/7 Crisis Support
- Social Skills Training
- Direct navigation of community supports

This program accepts Medi-Cal and uninsured Contra Costa residents. Authorization by Contra Costa Mental Health required.

**CSP has been funded by the Mental Health Services Act in partnership with Contra Costa Mental Health.**