

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

Hume Center initially began as Neurobehavioral and Psychological Institute (NPI) in 1993, offering psychotherapy and psychological evaluations out of a single room at a local graduate school. The agency renamed itself as The Hume Center and developed a broader continuum of care by achieving Community Mental Health Center status and opening a Partial Hospitalization Program in 1994. In 2001, the agency expanded out to East County by opening an office in Pittsburg. In 2013 we expanded our services in Pittsburg to include Psychiatry and Case Management as we opened our first Full Service Partnership (FSP) program. In 2016, we proudly opened our Richmond office as we added two new programs: FSP services were expanded to serve West County and we started a new Outpatient Program.

To contact these programs directly, please call your local Hume office.

These Services are Offered at:

Concord Hume Center

1333 Willow Pass Road, #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: (844) 436-5135

Richmond Hume Center

3095 Richmond Pkwy, #201, Richmond, CA 94806
Tel: (510) 778-2816 Fax: (844) 389-4917

The Hume Center Provides Other Services at:

Fremont Hume Center

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

Pleasanton Hume Center

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



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 Services Department offers psychotherapy and case management and operates a Partial Hospitalization Program and two Community Support Programs. Services available in multiple languages.

THE HUME CENTER
For Humanity's Sake

www.humecenter.org

Contra Costa Behavioral Health Services

Hume Center offers three levels of care in Contra Costa: Outpatient Services, Partial Hospitalization, and Community Support. Psychiatric symptoms commonly treated include anxiety, depression, mania, trauma, psychosis, suicidal thoughts, co-occurring substance abuse, and others.

Outpatient Services

Individual Psychotherapy: aims to create a safe place where the work you do each week will enhance your life, inspire new awareness, and develop adaptive skills.

Couples Psychotherapy: offers a contained space to work on your relationship together, seeking to build a relationship that enhances both of you.

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

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

Case Management: helps you connect to community resources, attain appropriate housing, and learn skills and find opportunities to support your recovery and become more independent.

Concord and Pittsburg

Contra Costa Outpatient Services (CCOS) provides weekly psychotherapy to adults, adolescents, and children facing moderate psychiatric disabilities in our Concord and Pittsburg offices.

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

Richmond

Community Integrated Outpatient Services (CIOS) provides psychotherapy and case management to adults of all ages facing moderate to severe

psychiatric disabilities. Services are provided in our Richmond clinic and in the community.

This program accepts Medi-Cal insurance. Authorization by Contra Costa Mental Health required.

Partial Hospitalization Program (PHP)

PHP 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 Contra Costa County and lunch are provided.
- Twice-monthly visits with our psychiatry provider are provided while in the program
- Program graduates are usually eligible for Aftercare services to help maintain stability.

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

Community Support Program (CSP)

Pittsburg and Richmond

Our Community Support Programs in East and West County provide intensive and comprehensive community-based psychosocial rehabilitation services for adults (aged 26 to 59) with chronic and severe psychiatric disabilities. 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 or maintain medication compliance
- Improve community tenure and quality of life
- Attain or maintain housing stability
- Attain self-sufficiency through vocational and educational support

Services Offered:

- Comprehensive Case Management
- Psychiatry (Pittsburg only)
- Individual, Family, and Group Psychotherapy
- Integrated Dual Diagnosis Treatment
- Housing, Vocation, and Education Support
- Peer-Support Services
- Family Support and 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 (MHSA) in partnership with Contra Costa Mental Health.