The Hume Center's Mission

The Hume Center’s mission is to provide high quality, culturally sensitive, and comprehensive behavioral health care services and training.

We strive to promote mental health, reduce disparities and psychological suffering, and strengthen communities and systems in collaboration with the people most involved in the lives of those we serve.

We are committed to training behavioral health professionals to the highest standards of practice while working within a culture of support and mutual respect.

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 Early Childhood and Family Services Program

The ECFS program seeds were planted at The Hume Center in 2004 through our prevention services for CalWORKs recipients. Our professionals were prompted to gain specializations in Early Childhood mental health. Having served families and individuals in the CalWORKs system and through our Outpatient program, it became apparent that when caregivers were struggling with issues of unemployment, poverty, and mental health, their children would inevitably be affected in some way. Through partnership with ACBHCS, First5, and ECC in 2010, The Hume Center has developed a specialty 0-6 program to focus on infants and toddlers in the context of their families.

To contact this program directly, please call (510) 745-9151.

This Program is Offered in the Community and also at:

Fremont Clinic
39420 Liberty St, Suite 140, Fremont, CA 94538
Tel: (510) 745-9151  Fax: (510) 745-9152

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

Hayward Satellite Clinic
24100 Amador St, 3rd Floor, Hayward, CA 94544
Tel: (510) 745-9151  Fax: (510) 745-9152

The Hume Center Provides Other Services at:

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

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

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

www.humecenter.org
Early Childhood and Family Services

The Early Childhood and Family Services (ECFS) program offers services to the early childhood population (0-6) and their caregivers. Once a referral is received by The Hume Center, the client is matched with an individual clinician based on language specialties and enrolled in therapy modalities depending upon treatment plan. The goals and aspirations of our Early Childhood program are to provide Prevention, Intervention, and Treatment to children and their families who are at risk or in the throes of social, emotional, behavioral or developmental difficulties. We believe that if these difficulties are addressed early, with support and compassion, suffering can be minimized in later life and there can be progress toward successful development and positive family relationships.

Assessment

What families should expect upon accessing our services is a comprehensive interview from a clinician about the history of the presenting difficulty, child development, and family. Additionally, any questions or concerns the caregiver(s) has will be elicited. We also utilize screening measurements around socio-emotional development, child development, and any exposure to trauma. Clinician will outline strengths of the child and family before beginning treatment. This generally occurs over 3-5 meetings, which includes 2-3 sessions with only the caregiver(s).

Parent-Child Dyadic Therapy

We take a family-centered, strength-based approach in working with children 0-6 and their caregiver(s) with the goal of healthy developmental progress of the child. What this means is the primary caregiver(s) is central to the work. We prefer to do this work in the environment that is most comfortable for the family, whether that be at our office, their home, or a community location such as a Preschool. Our team includes psychologists and mental health specialists, and we work closely with pediatricians, occupational therapists, speech and language specialists, and child care providers with the goal to enhance their work objectives in relation to a client and/or strengthen their program delivery.

Mental Health Consultation

We provide consultation services to parents both with the goal of working with them and their child, as well as without the child present in adjunct meetings. We provide consultation services to other providers, such as pediatricians, occupational therapists, speech and language specialists, and child care providers in an effort to best serve the child and family needs. We believe that close collaboration with those in the child and family's life assists the child and family in a successful outcome.

Common Issues We Address Include:

- Does not seek caregiver for comfort
- Toileting difficulties
- Difficult to soothe
- Excessive Crying or Tantrums
- Excessive fears
- Withdrawn
- Easily frustrated
- Attention issues
- Hurts self/ hurts others
- Sexualized behavior
- Communication problems
- Loss of skills (toileting, language)
- Exposure to trauma (car accidents, dog bites, witnessing violence)