The Hume Center's Mission

The Hume Center strives to create an environment of psychological well-being both internally for our work community and externally for the community we serve, with special consideration for the under- and un-served, through practicing an enabling consultation process. We believe in serving our community through strengthening existing and developing new resources; providing the highest caliber of culturally sensitive behavioral health services, professional training, and clinical research; and focusing on consistent improvement through outcomes, data-based quality assurance, and program evaluation.

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 our South Asian Community Health Promotion Services

The Hume Center, established in 1993, is a behavioral health agency which offers preventative services and provides support to diverse communities. Starting in 2010, a comprehensive program was formed in order to serve the South Asian Community. This program, with major funding provided by Alameda County Behavioral Health Care Services Mental Health Services Act funding, offers community programs and services that are uniquely and best suited for our consumers, whether an individual, family, community, or organization.
Prevention Services

Consultation and Prevention Counseling: When life becomes too overwhelming, the result can bring changes in how an individual thinks, feels, and acts. We offer Early Intervention services for individuals, couples or families in distress. These short-term, culturally sensitive and language-specific services offer therapeutic help aimed at developing knowledge and skills to work through those challenges effectively. These services are provided not only at our clinic but we have the flexibility of providing home visits and of offering services at schools, religious establishments and other community locations.

Groups and Workshops

Highly trained professionals can offer a variety of groups and workshops focused on the needs of the South Asian Community:

**Parenting:** Supporting parents in coping with the challenges of parenting in the modern world.

**Youth:** Supporting youth in addressing intergenerational communication difficulties and helping them learn healthy coping strategies to address challenges they face.

**Elders:** Help elders share their experiences and the exceptional situations they face in the United States and learn to cope with them effectively.

Healthy Coping: Helping the South Asian community members in increasing healthy coping strategies through practicing mindfulness. Through narrative practices encourage the community to rely on the richness of their cultural and religious protective factors.

Helping the Helpers

Sometimes, the helping person may not understand the psychological significance or cultural component of their client’s behavior. We are available to collaborate with helping professionals to assist them in developing a better understanding of the South Asian cultural so they can become better at meeting the needs of their clients.

Presentations

We also make presentations to any individual, agency or group that is interested in learning more about promoting psychological and emotional health within the South Asian community in addition to any inquiries regarding our services or are interested in a particular topic.

Please contact our office if you want to join any of the groups listed above or if you have any specific need that was not mentioned here.

South Asian Community Health Promotion Services

Every person experiences challenges at different stages in their life, such as falling in love, marriage, divorce, parenting, the developmental challenges following the birth of a child, a child’s first day of school, work relationships, aging, and retirement. Other types of challenges can be unpredictable, such as accidents and sicknesses. Working with the South Asian population has shown us that these challenges may increase remarkably if you are an immigrant. In order to help people cope with such challenges successfully, The Hume Center has developed the following programs: