## 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.

## 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

## 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
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.

### 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)

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.