

History

THE HUME CENTER; A UNIQUE APPROACH TO MENTAL HEALTH SERVICES

The seeds for The Hume Center were planted in 1993 when Dr. Harmesh Kumar applied to be a Psychological Assistant with Dr. R.K. Janmeja Singh (also known as Dr. Meji Singh). One of Dr. Kumar's assignments was to develop a non profit psychological services center under Dr. Meji Singh's supervision. After receiving approval from the State of California, an outpatient clinic was opened and Neurobehavioral Psychological Services, Inc. (NPI) was born. Within six months Dr. Khalil Rahmany also joined the staff as a psych assistant, allowing NPI to render mental health services to the Afghani population.

In 1994, seeing the need for a partial hospitalization program (PHP), Mr. Stu McCullough, Former Mental Health Director of Contra Costa County, asked Dr. Singh to develop this service as a sub-contractor of LaCheim. Shortly thereafter, PHP was created and Dr. Gil Weisman joined the Center as our Medical Director. The goal of PHP is to prevent hospitalization or stabilize the patients who are discharged from a hospital. The Partial Hospitalization Program also offers clients transitional groups and out-patient services.

With the growth of NPI and to honor Portia Bell Hume, one of California's pioneers in community psychiatry, a change of name was agreed upon and NPI quickly became the Portia Bell Hume Behavioral Health and Training Center.

As clients' and communities' needs arose, a number of trainees and employees were empowered under the support of Dr. Singh's leadership to develop a variety of programs, which were added to meet those needs. Unique to Hume Center's organization is its empowerment model of administration and supervision, which trickles to staff and trainees to then empower the clients we serve. Comprehensive Outpatient Services provide psychotherapy to all age groups, from children to seniors, at Hume Center clinics in Concord, Fremont, and Pittsburg. We also have satellite offices in Hayward and Pleasanton. Dr. Muriel Sharpe, as a Post-Doc Fellow, along with Dr. Sikand, as a Practicum trainee, and Ms. Fawada Mojaddidi, as a volunteer, developed the Fremont clinic. Dr. Lisa Keller expanded outpatient services in Pittsburg. Dr. Harmesh Kumar, as an employed staff, developed the geropsychiatric program. Dr. Joty Sikand, as trainee also developed. Prevention Services, which is a program that strives to solve stressful life problems before they result in dysfunction and prolonged suffering. Dr. Fatemeh Bani-Taba developed the Neurobehavioral Assessment Program offers comprehensive psychological evaluation in a variety of languages for children, adolescents and adults. Dr. Lisa Keliher developed Behavioral Consulting Services, which is a program that focuses on the improvement of the lives of developmentally delayed consumers and offers behavioral health consultation services for their families or other caregivers.

Trainees' contributions also strengthen our professional training program. Dr. Megan Kilgore, Dr. Juve Vela and Dr. Fatemeh Bani-Taba, along with other trainees, contributed by having the Hume Center become a member of the California Psychological Internship Council (CAPIC), The Hume Center is recognized statewide as a professional training center for pre-doctorate and post-doctoral trainees in psychology. Similarly, through the additional collaboration between Dr. Megan Kilgore and Mr. Avi Anand, the Hume Center became a member of the American Association of Psychological Internship Council (AAPIC), The Hume Center is recognized nationally as a professional training center for pre-doctorate and post-doctoral trainees in psychology. To date, the number of trainees that have graduated from the program exceeds at least 260 individuals pursuing their career in psychology. All programs are founded on the word CURE, which is at the heart and soul of The Hume Center. Compassion, Understanding, Respect, and Empathy are the guidelines by which therapists and clients work together in a non-judgmental supportive community that fosters one to reach their highest potential. All programs are lead by a multi-cultural team whose vast linguistic skills include English, Spanish, Cantonese, Mandarin, Dari, Farsi, French, Portuguese, Hindi, Punjabi, Pashto, Tagalog, Taiwanese, and Vietnamese. The team strives to offer a therapeutic atmosphere for their clients and they look for opportunities to be helpful, stress the positive, and listen rather than advice giving and lecture.

The Hume Center believes each person is a "work in progress", and each individual deserves to be treated with courtesy and consideration. For instance, there was a client who had been in the mental health system for 17 years, which included 8 years spent in Napa State Hospital. Nobody expected him to re-enter mainstream society. He joined our Partial Hospitalization Program. His goals during the first few months were simple: attend groups regularly; shower at least once a week, etc. Through the efforts of Hume Center staff, it was discovered that he had been misdiagnosed with schizophrenia. After regaining his social skills and self-confidence, he took computer classes to refresh his skills and soon thereafter was able to contribute in society.