

## 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 Partial Hospitalization Program (PHP)

The Hume Center was started in 1993 as an outpatient clinic operating out of a single room at a local graduate school. Soon after opening, the staff and trainees realized there was a need for a treatment program for people suffering from chronic mental illness to prevent frequent hospitalizations and improve their quality of life in the community. Thus The Hume Center developed its PHP in 1994. The program was initially designed and is constantly revised through collaboration with program participants, their families, members of their support network, community partners, referral sources, and others who have a stake in their wellbeing.

To contact this department directly,  
please call (925) 825-1793.

To leave a message after hours,  
dial extension 382.

## This Program is Offered at:

### Concord Clinic

1333 Willow Pass Road, Suite 102

Concord, CA 94520

Tel: (925) 825-1793 Fax: (925) 825-7094

Transportation to and from the program provided  
from areas in Central and East Contra Costa County.

## The Hume Center Provides Other Services at:

### Fremont Clinic

39420 Liberty St, Suite 140, Fremont, CA 94538

Tel: (510) 745-9151 Fax: (510) 745-9152

### Pittsburg Satellite Clinic

555 School Street, Pittsburg, CA 94565

Tel: (925) 432-4118 Fax: (925) 432-6799

### Hayward Satellite Clinic

24100 Amador St, 3<sup>rd</sup> Floor, Hayward, CA 94544

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



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.

A Program of The Hume Center



# Partial Hospitalization Program

A structured, comprehensive behavioral health treatment program in Contra Costa County which helps people suffering from moderate to severe mental health conditions.

Transportation and lunch are provided.

THE HUME CENTER

For Humanity's Sake

[www.humecenter.org](http://www.humecenter.org)

## Partial Hospitalization Program

The Partial Hospitalization Program (PHP) provides **intensive therapeutic services five days a week from 9 a.m. to 2:30 p.m.** Program participants are evaluated by a treatment team to create an individual treatment plan that includes group therapy, psycho-educational sessions, individual therapy, and psychiatric services.

The PHP program assists adults with severe mental health disabilities to:

- o Prevent hospitalization
- o Have an alternative to in-patient hospitalization
- o Reduce symptoms and relapse
- o Stabilize by reintegrating into the community
- o Recover in a supportive environment



### Who We Serve

The program is helpful for anyone recently released from the hospital or in danger of hospitalization. Psychiatric symptoms commonly treated include anxiety, depression, mania, psychosis, suicidal thoughts, and dual diagnosis when addictions co-occur with psychiatric symptoms.

### Collaboration

Collaboration with referral sources and other important members of a participant's support network is a routine part of treatment.

### Program Features

- o Group Psychotherapy led by well trained and supervised facilitators
- o Individual Psychotherapy
- o Psychiatric Services including weekly meetings and medication management with a psychiatrist
- o Symptom Management
- o Empowerment of participants through development of Collaborative Treatment Plans
- o Family Therapy
- o Creative Arts/Activity Therapy
- o Psychological Testing
- o Dual Diagnosis treatment using empirically validated programming
- o Transportation and lunch are provided

### Community Transition Planning

Individual Psychotherapy, After-Care groups and Psychiatric Services are available when participants are ready to transition out of the program and re-integrate into the community.

### Admission

#### Insurance

We accept Medicare and private health insurance (with prior authorization).

#### Admission into PHP Requires:

- o A psychiatric diagnosis that severely interferes with the person's ability to perform their usual activities of daily living (ADL)
- o Difficulty maintaining oneself adequately in the community
- o Treatment is necessary to prevent hospitalization
- o Participants must voluntarily enter the program and commit to the full five day treatment schedule

#### Steps to be Admitted:

- o Contact our Concord Office to verify eligibility for Medicare or private insurance
- o A face-to-face admission evaluation by clinical staff and program psychiatrist will be scheduled
- o Insurance cards are required

For information or to arrange for an evaluation, please call our Concord Clinic at (925) 825-1793.

### The 2011-2012 Trainees and Staff of the Partial Hospitalization Program

