

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.

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 creative lives.



Medi-Cal and Medicare are accepted at all sites. CalWORKs and HealthPAC are accepted at Alameda County sites. Private insurance is accepted for some services with preauthorization. Sliding scale fees are available.

Contra Costa County Sites

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

Alameda County Sites

Fremont Clinic

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

Hayward Satellite Clinic

24100 Amador St, 3rd 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

Services available in multiple languages and vary by location.

Portia Bell Hume Behavioral Health & Training Center



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

THE HUME CENTER

For Humanity's Sake

www.humecenter.org

Who Was Portia Bell Hume?



Portia Bell Hume, M.D. was a pioneer in developing community mental health and was instrumental in the writing and passage of California's Short-Doyle Act in 1957. She had the foresight

to provide professional training by creating the Center for Training in Community Psychiatry. Her legacy of dedication to the betterment of the community lives on today, as the Portia Bell Hume Behavioral Health and Training Center was named after her to continue her vision to provide comprehensive mental health services and best practices in professional training and research.

The History of The Hume Center

The Hume Center was initially incorporated as Neurobehavioral and Psychological Institute (NPI) in 1993, providing outpatient services in a room rented from Rosebridge Graduate School. Soon after the founding, the name was changed to Portia Bell Hume Behavioral Health and Training Center as the services offered expanded into a continuum of care. Mental Health Consultation has always been a specialty of The Hume Center by Founding President R.K. Janmeja "Meji" Singh, PhD. He is recognized internationally as a trainer in community mental health and organizational consultation. The agency's consultation practices are grounded in the work of Gerald Caplan, who developed the theory and practice of Mental Health Consultation, and have been modified based on experiences and successful practice by Dr. Singh. Current President Joty Sikand, PhD has utilized enabling leadership to facilitate the expansion of the



agency to twelve programs. Each program has been developed by trainees and this expansion has resulted in the agency now training over 40 doctoral trainees and serving over 1,500 people directly each year.



Supervisors of Portia Bell Hume Behavioral Health and Training Center

The Hume Center’s supervisory team is made up of highly dynamic and diverse professionals who practice an enabling model of leadership. Each team member has a strong dedication to community mental health along with unique specialty areas that have helped shape services to not only offer the best possible services to the community, but also exceptional quality training to behavioral health professionals.

South Asian Community Health Promotion Services

We promote mental health, prevent psychological suffering, and treat mental health conditions through cultural- and language-specific services focusing on South Asian communities, including:

- Mental Health Consultation for helping professionals and caregivers
- Community outreach and education
- Early Intervention for individuals and families

School-Based Program

We create optimum learning environments by offering a comprehensive system-wide approach that includes:

- Organizational and Mental Health Consultation for school administrators and teachers
- Support groups for parents and students
- Early Intervention for families and students

Neurobehavioral Evaluation Services

We perform comprehensive psychological and neuropsychological evaluations, including:

- Learning disability evaluations
- Cognitive evaluations
- Differential diagnosis and personality profiles
- Disability evaluations

Outpatient Services

We provide psychotherapy to adults, youth, and children through cultural- and language-specific services, including:

- Individual, couples, family, and group psychotherapy
- Parent-Child Dyadic Therapy for children aged 0-5
- Assessment and case management
- Psychiatric services
- These services are Clinic-Based in our Contra Costa program and Community-Based in our Outpatient and Early Childhood and Family Services programs in Alameda County.

Behavioral Consulting Services

We offer services focused on individuals with developmental disabilities, including:

- Parent training programs on behavior management strategies
- Functional Behavioral Assessments and on-going consultation for caregivers and group home staff
- Continuing education for residential facilities and group homes

Integrated Intensive Community Outpatient Program

We provide an intensive behavioral health treatment program in Alameda County to those suffering from moderate to severe mental health conditions.

- Coordinated services, including individual psychotherapy, group psychotherapy, and psychiatric services
- Community engagement, case management, systemic intervention, and follow-up services
- Smooth transition to primary care settings

Partial Hospitalization Program

We provide a structured, comprehensive behavioral health treatment program in Contra Costa County which helps people suffering from moderate to severe mental health conditions, including:

- Intensive treatment five days a week, five hours each day, including group, individual, and family psychotherapy; psychoeducation; creative arts therapy; dual diagnosis treatment; psychological testing, and psychiatric services.
- Collaboration with those involved in the care of those we serve
- Transportation and lunch are provided

Training

We are an internationally known training center for behavioral health professionals. Our internship and post-graduate training program is a member of APPIC, CAPIC, and BAPIC and includes training in:

- Mental health promotion, prevention, treatment, and rehabilitation
- Program development and evaluation
- Supervision skills

Professional Development and Research

Our diverse and highly competent professional team offers professional development workshops and conduct evidence and practice based research.

Professional Development

- Continuing Education for licensed professionals
- Train-The-Trainers workshops
- Mental health and organizational development consultation

Research Department

- Community needs assessments
- Outcome research
- Program evaluation

Supervisors and Training Class of 2011-2012

The direct impact of The Hume Center in the community is multiplied exponentially by the amount of trainees, licensed professionals, and community leaders trained each year.

