

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 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 Hume Center

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 for participants who qualify for transportation.

The Hume Center Provides Other Services at:

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

Fremont Hume Center

39465 Paseo Padre Pky, Suite 2100

Fremont, CA 94538

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

Pleasanton Hume Center

5776 Stoneridge Mall Road, Suite 340

Pleasanton, CA 94588

Tel: (925) 223-8047 Fax: (925) 223-8048

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 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

Partial Hospitalization Program

The Partial Hospitalization Program (PHP) provides **intensive therapeutic services five days a week from 9:30 a.m. to 2:20 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 bi-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 Referral to Psychological Testing when appropriate
- o Breakfast and lunch are provided
- o Transportation may be provided if a participant qualifies for it and based on need

Community Transition Planning

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

Admission

Insurance

We accept Medicare, Medi/Medi, private health insurance (with prior authorization), and private payment on a sliding-scale.

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 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 psychiatric provider 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.

