

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.

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.



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 Hume Center

1333 Willow Pass Road, Suite 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

Alameda County Sites

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

Hayward Satellite Office

24100 Amador St, 3rd Floor, Hayward, CA 94544
Tel: (510) 745-9151 Fax: (510) 745-9152



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 Mental Health Services Act in 1957. She had the foresight to provide

professional training by creating the Center for Training in Community Psychiatry. R.K. Janmeja "Meji" Singh, PhD, Founding President of The Hume Center, worked with her as the Assistant Director for 14 years. 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 behavioral 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. Behavioral Health Consultation has always been a specialty of The Hume Center by Dr. Singh. 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 and current President Joty Sikand, PsyD. Dr. Sikand has utilized enabling



leadership to facilitate the expansion of the agency and its positive impact on community health. This expansion has resulted in the agency now impacting thousands of people each year.





Supervisors of Portia Bell Hume Behavioral Health and Training Center

Our supervisory team is made up of diverse professionals who practice an enabling model of leadership. Each has a strong dedication to community mental health along with unique specialty areas that help shape services to offer the best possible services to the community and 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 Behavioral Health Consultation for school administrators and staff
- Peer Consultation groups for parents and students
- Early Intervention for families and students
- Treatment services for students and families who have Medi-Cal

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 0-6
- Assessment
- Psychiatric services
- Some services provided in the community

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

Homelessness Diversion Services

We are working in collaboration with Contra Costa's Continuum of Care to interrupt homelessness and help save housing placements or divert adults and families to other housing.

Community Integrated Outpatient Services (CIOS)

CIOS is an integrated outpatient program in Contra Costa serving adults with moderate to severe mental illness. It combines psychotherapy and case management services for individuals with Medi-Cal insurance.

Partial Hospitalization Program (PHP)

PHP is a structured behavioral health treatment program in Contra Costa which helps people suffering from moderate to severe behavioral health conditions. Services include: intensive treatment five days a week, five hours each day, including:

- Group, individual, and family psychotherapy;
- Psychoeducation
- Creative arts therapy;
- Dual diagnosis treatment
- Psychiatric service
- Transportation and lunch are provided

Community Support Program (CSP)

CSP provides comprehensive community-based psychosocial rehabilitation services for adults with chronic and severe behavioral health conditions residing in Contra Costa. It includes:

- Individual, family, and group psychotherapy
- Comprehensive case management and navigation of resources
- Psychiatric services
- Education, vocational, and housing support

Comprehensive Assessment Services

We perform comprehensive psychological and neuropsychological evaluations, including:

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

Training and Research

Internships and Fellowships

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

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

Professional Development

We offer professional development opportunities for licensed clinicians and other providers

Program Evaluation and Research

We offer the following research programs and tools:

- Community needs assessments, outcomes research, and program evaluation

Our impact in the community is multiplied exponentially by the amount of trainees, licensed professionals, and community leaders trained annually.

