

COMMUNITY COUNSELING RESOURCES

Bay Area American Indian Counseling

1436 Clarke Street, San Leandro

Nancy Whitney (510) 282-6088 [incfa@sbcglobal.net]

Provides free individual and family counseling to any student with American Indian heritage. Can travel to the client.

Anthropos Counseling Center

326 South L. Street, Livermore CA 94550

(925) 449-7925

Cost: \$90/hour, also offers sliding scale fees.

Provides marriage, family, child, individual and group counseling for both children and adults. Includes counseling for substance abuse and codependency. Mix of both licensed therapists and trainees/interns.

Asian Community Mental Health Services

310 8th Street, Suite 201

Oakland, CA 94607

(510) 869-7200

Cost: Self-pay on a sliding scale

Provides adolescent services, including psychotherapy, working with families jointly if necessary, case management for linkage to resources, and medication support if needed. Languages available include: Cantonese, Mandarin, Spanish, Vietnamese, Korean, Japanese, Khmer, and a few others.

Asian Pacific Psychological Services

431 30th St. Suite A, Oakland, CA 94609

(510) 835-2777

Cost: Only take Medi-Cal insurance, but sometimes accept clients pro-bono if there is room. *Services are provided to bi-lingual and mono-lingual clients in Asian languages and dialects. Language availability varies between the case managers and therapists on staff. Treatment services are for youth 12-18 years of age and include assessment, treatment planning, individual/group/family counseling, as well as social and recreational activities. Medication support is provided, including prescribing, administering, dispensing and monitoring for individuals with symptoms of mental health impairment.*

Axis Community Health Center

6666 Owens Drive, Pleasanton CA 94588

(925) 462-1755 (select #2 for mental health)

Cost: Covered through insurance (except Blue Shield or Covered CA) or pay out of pocket on sliding scale (\$30-125)

Provides counseling services, anger management, domestic violence, adolescent and adult drug and alcohol programs, and DUI program.

Birthright

1010 Murrieta Blvd, Suite B, Livermore CA 94550

(925) 449-5887 OR (800) 550-4900 (free 24-hour hotline)

Cost: Free

Provides information and referrals for pregnancy support services. Also provides infant clothing and supplies, pregnancy counseling, emergency casework and transportation services. Livermore office is run by volunteers, so it is hit or miss when someone will pick up the phone on the Livermore line.

CAPE Head Start

3095 Independence Dr, Bldg B, Suite A, Livermore CA 94551
(925) 443-3434 ext. 121

Cost: Full-scope Medi-Cal clients only

CAPE Mental Health Services provides early childhood mental health services to the birth to six population and their families with full scope Medi-Cal Serving Both CAPE Enrolled and Non-enrolled Families. Services provided: Psychosocial assessment, developmental screening, crisis intervention referrals to community resources (school district, speech and physical therapy assessments), classroom therapeutic intervention, play therapy, parent/child relationship therapy, family therapy. Therapists can work with children in both the clinical office setting, as well as in the home or a natural environment up until age 8.

Community Presbyterian Counseling Center (CPCC)

3180 Crow Canyon Place, Suite 140, San Ramon 94583
(925) 820-1467

Cost: Does not take any type of insurance, and ranges from \$65-130 depending on whether therapist is trainee, intern or licensed.

Covers a wide range of issues, including grief, substance abuse, sex addiction, eating disorders, major life transitions, cutting and self-harm, sexuality, divorce, parenting, stress, anger management, anxiety, depression, marital communication and conflict resolution. Specializes in sexual addiction treatment groups.

Community Psychiatry

5776 Stoneridge Dr. Suite 300, Pleasanton, CA 94588
(925) 556-6274

Cost: Works with most insurance companies and if they don't work with your insurance, they will help connect you with someone that is a provider for your insurance. They accept: Aetna, Anthem Blue Cross Medi-Cal, Anthem Blue Cross Commercial, APS, Beacon Health Strategies, Blue Cross, HAI, HMC, Humana Medicare, Humana Commercial, Lifesynch, Magellan, PacificCare, UMR, United Behavioral Health, United Health Care, U.S. Behavioral Health, Value Options, Western Health Advantage.

Specialize in long-term psychotropic medication management, but do not provide therapy.

Discovery Counseling Center

115 Town and Country Drive, Danville, CA 94526
(925) 837-0505

Cost: \$90-120/hour, but sliding scale available with the lowest being \$25/hr. Take very little insurance.

Provides counseling for adolescent issues, divorce, family disharmony, parenting issues, codependency, drug recovery and many other areas. Staffed with interns, MFTs, and psychologists.

Family Education and Resource Center (FERC)

(925) 583-3772

Direct Contact: Mark Rahman (Family Advocate) mark@mhaac.org (510)459-4143
202 S 'L' Street, Livermore

Cost: Free

Seeks to provide support to friends, family, partners and other caregivers who care for or care about one of any age with a serious emotional disturbance or mental health issue. A family advocate can provide referrals for things like housing, employment, varying levels of care, access to benefits, medications, the criminal and juvenile justice systems, safety, dual diagnosis or co-occurring disorders options, support groups and crisis stabilization. Besides referrals, can help provide information, education, resources, offer validation and discussion for "what do now". Family advocate can also serve as an advocate for IEP meetings.

Hope Hospice

6500 Dublin Blvd #100, Dublin CA 94568

(925) 829-8770

Cost: Free

Jamie Schellenberger offers up to 10 individual counseling sessions for kids, workshops throughout the year, children's group (6-12 yo) and teen groups (13+ yo) that focus on grief. Willing to start groups whenever there is a need. There is an intake process to determine if the need is greater than what they can offer. Willing to come in and do drop-in individual and group counseling for the day when crises happen as long as the district can cover consent.

Horizons Family Counseling

1110 South Livermore Ave, Livermore, CA 94550

Lynn Gardner (925) 371-4747 [lgardner@cityoflivermore.net]

Cost: First 5 sessions are free, and then based on sliding scale of \$2-30.

Provides family counseling for Tri-Valley area and individual counseling for clients who are on probation or victims of a crime. To get services as a victim of a crime, you must have a crime authorization number. If you don't have this authorization number, they can assist you in obtaining one. There is typically a long waiting list, but if the student was referred by the SARB board, they have priority.

The Hume Center

5776 Stoneridge Mall Rd, Suite 340, Pleasanton CA 94588

(925) 223-8047

Hillary Burke [hburke@humecenter.org]- School Based Services

Christina Rosetti- [crosetti@humecenter.org]- Program Coordinator for Outpatient Services & On Site Provider at Village

Jessica Martins [jmartins@humecenter.org]- On Site Provider at Village

Cost: Medi-Cal, or pay out of pocket with sliding scale from \$40-175/hr.

Provides neurobiological evaluations to assess for things such as ADHD, learning disabilities, cognitive deficits, dementia, etc. Hume also provides therapy for relationship issues, adjustment, grief, trauma, anxiety, mood disorders, attention and behavioral problems, emotional disturbances, psychotic disorder. If a student is receiving Medi-Cal, Hume can come see them at school, in the home, or a public place.

John George Psychiatric Pavilion

2060 Fairmont Drive, San Leandro

(510) 346-7500

Cost: Services provided for anyone that needs them regardless of economic status

Crisis telephone and walk-in services 24 hours a day, 7 days a week for anyone regardless of economic or social status. Serves adults only (adolescents would go to Willow Rock) and services can be both voluntary and involuntary. Treatment includes: medication,

psychotherapy, milieu therapy, group therapy, occupational therapy, and activity therapy. Both inpatient and outpatient services are available.

La Familia Counseling Services

1401 Almond Avenue, Livermore CA 94550

Martha Hernandez (510) 862-3423

Cost: Free

Provides bilingual, bi-cultural mental health counseling to students, parents and families without insurance. Mental Health counselor can come to PUSD schools to meet with students for 6 sessions (combination of individual and family work). Underlying causes will be evaluated and treatment plan developed, meeting every 2-3 weeks. After 6 sessions, the student will be referred out to something that can be more long-term and fits their financial situation. To refer a student or family for services, email Martha [mhernandez@lafamiliacounseling.org] and request a referral form.

Livermore Pregnancy Resource Center

4200 East Ave, Livermore, CA 94550

Tina Harrell (925) 447-1111

hiscenter@yahoo.com

Cost: Free

Offers pregnancy testing, information on pregnancy and alternatives, pre and post abortion counseling, court-approved parenting classes, abstinence and STD education, assistance in obtaining medical care, referrals to community resources

NAMI Tri-Valley

Services Occur at Different Locations Throughout Tri-Valley

Marsha McInnis (925) 980-5331 marsha@nami-trivalley.org

Cost: Free

Resource for families of students who struggle with mental health issues. Collaboration with other community agencies to improve the quality of life of all those whose lives are affected by mental illness by providing support, resource information, education programs and advocacy. Free trainings, classes and support groups. Most services are provided by peers. You do not need a formal diagnosis to receive services.

Support Group Schedule:

- *Family/Caregiver Support (Anyone that you are caring for that is over 18 yo)- Second Monday of the Month from 7:15-9pm (Livermore Public Library, 1188 South Livermore Ave, Livermore)*
- *Parent Resource and Support Group (Caring for a child under 18 yo)- Third Tuesday of each Month from 7-9pm (5674 Stoneridge Dr., Suite #114, Pleasanton)*
- *Family/Caregiver Support Group (Anyone that you are caring for that is over 18 yo)- Fourth Monday of the Month from 7:15-9pm (5674 Stoneridge Dr., Suite #114, Pleasanton)*
- *Depression and Bipolar Support- Every Wednesday from 7:15-8:45pm (St. Clare's Episcopal Church, Classroom 1, 3350 Hopyard Rd, Pleasanton)*
- *Depression and Bipolar Support- Every Friday at 7:15pm (Baywood Court Retirement Community, 21966 Dolores St. 3rd Floor, Castro Valley)*
- *Survivors of Suicide- 2nd Monday of each Month from 7-9pm (Private Home- Contact Shirley Kaminsky (925)872-5634 or Cyndi Deal (925)828-2011 to get address)*
- *Children and Adults with Attention Deficit/Hyperactivity Disorder- Second Wednesday of the Month from 7-8:45pm during the school year (Characters Café and Coffee Roasters, 5424 Sunol Blvd, Pleasanton)*

Pathways to Wellness

5674 Stoneridge Drive, Suite 207
(800) 975-7284

Cost: Downstairs clinic: takes almost all insurances (United Behavior Healthcare, Etna, MHN, Magellan), except Cigna and Kaiser. Also takes of pocket private pay for an adult \$330/hr for adult and \$400/hr for child to see an MD and \$202/hr for adult and child for nurse practitioner. Upstairs clinic: only takes Medi-Cal. Must go through Access to get Medi-Cal services.

Provides psychiatric evaluation and assessment, medication management and support services, individual, group and family therapy, as well as intensive case management services. Individual counseling not available at Pleasanton office.

Referral Process:

HMO or PPO insurance: Call directly 925-460-0500 and talk to Nadia (manager)

Medi-Cal insurance: Need to call Access at 1-800-491-9099. Referral will be faxed to Pleasanton Pathways office and then they will call the family to let them know they can schedule an appointment.

Alameda County Medi-Cal: they can go to their family practitioner or pediatrician. They can also do a phone assessment for a referral for Pathways to Wellness. Typically a licensed therapist is able to provide some kind of diagnosis and then pediatrician can provide psychotropic medication.

Planned Parenthood

130 Ryan Industrial Court #115, San Ramon CA 94583
(925) 838-2108

Cost: Free

Family Planning Services, birth control, pregnancy testing and referrals, as well as complete GYN exams, STI treatment and screening for all, as well as mid-life services and HIV testing.

Pleasanton Community Counseling Center

4444 Black Ave, Pleasanton CA 94588
(925) 600-9762

Cost: Sliding scale \$15-90/hr but won't turn anyone away.

Provide a full range of counseling services, including addressing marital problems, addictions, depression, parenting, grief, abuse, stress and more.

REACH Wellness Center

16335 E 14th Street, San Leandro CA 94578

Referrals: Shawna Hernandez (510) 481-4591 or wellness.referral@acgov.org

Fax: (510) 481-4527

Serves 11-24 year-olds county-wide. In order to receive services, they need to complete an application and attend the youth orientation. Counseling provided is free, and Medi-Cal covered counseling services are available through the Fuente Wellness Center. Complete REACH Wellness referral form and you will hear back within 7-10 days.

Resilience- Teen Mental Health Treatment

(866) 850-4559

Cost: In network with all major insurance companies, and offers complimentary insurance benefit verification. Assessments are free. Will take Medi-Cal clients on an individual basis.

Residential treatment for adolescents with primary concern being a mental health condition. Mostly stabilization and medication management. Clients most often come as a step-down from an inpatient hold to help them reintegrate into normal life.

Ruby Hill Counseling

173 Spring Street #200, Pleasanton CA 94566

(925) 426-1575

Cost: Doesn't accept insurance, but will provide therapy as an out-of-network provider. Contact your insurance provider to see if your insurance company covers out of network providers and to verify the terms of your policy. Therapists set their own rates and some do sliding scale. One therapist said that as an example, she charges \$125 for individuals, \$135 for couples.

Licensed therapists and interns see clients on days, nights and weekends. Provide services to individuals, couples, families, teens, and children. Also offer a variety of support groups.

R-Quest Counseling

440 Boulder Ct. Suite 100B, Pleasanton CA 94566

(925) 426-0501

Cost: \$125/hr out of pocket unless they can get reimbursed by a PPO

Provides services for adults, and youth in the area of drug and alcohol addiction, eating disorders, and more. Both individual and family counseling are available.

Sausal Creek Outpatient Stabilization Clinic

2620 26th Ave, Oakland

(510) 437-2363

Cost: No private pay clients accepted, but services are free for individuals with Medi-Cal or no insurance.

Walk in services for adult psychiatric care Monday-Friday 8am-8pm, Saturday 8am-4:30pm, closed on Sundays. No different schedule for holidays. Services are outpatient and provided for individuals in acute distress or discomfort as a result of mental illness, difficulty with medications or personal/family crisis.

Sequoiah Counseling Center

21168 Redwood Road, St 100A, Castro Valley 94546

(510) 886-3300

Cost: \$90-150/hr

Offers services for children, teens, adults, couples, families, or corporate grief and loss by 4 licensed therapists.

Stars Community Services

545 Estudillo Ave, San Leandro, CA 94577

Rachel Pepper- Program Director (510) 359-8756 [rpepper@starsinc.com]

Cost: Free

If a student has been in foster care for at least 1 day, has Medi-Cal, and have the capacity to have a mental health diagnosis, they qualify for counseling. Therapist comes to the student at home, school, or somewhere in the community about twice a month.

Support Group for Students Living with Persons with Mental Health Issues

Fremont Family Resource Center (Enterprise Room Suite C320), 39155 Liberty St, Fremont

Rashad Eady (510) 435-7239 or rashad@mhaac.org

Cost: Free

Group for ages 16-24 years old for family member experiencing mental challenges. This is a peer group that meets every 1st Friday of the month from 4-6pm and every 4th Friday of the month from 4-6pm.

Trevor Life Line

866-488-7386 (Suicide call for LGBTQ Adolescents 24/7)

202-304-1200 (Suicide text for LGBTQ Adolescents Thursdays and Fridays 1-5pm)

Trinity Life Counseling

4625 First Street, Suite 235, Pleasanton

(925) 262-1155

Cost: Services may be covered in full or in part by your insurance (Blue Cross, Blue Shield, Etna, Magellan, Value Options). Interns charge \$50-75/hr and licensed therapists charge \$80-150/hr. Reduced fee services available on a limited basis.

Counseling center with experts who specialize in adjustments, adoption, anger, anxiety, children's issues, crisis counseling, depression, EMDR, foster parenting, grief, infertility, life transitions, pre-marital, marital issues, parenting, sexual and physical abuse, step-family issues, teen issues, terminal illness and trauma.

Tri-Valley Haven

3663 Pacific Ave, Livermore CA 94550

Counseling or Administration: 925-449-5845

Crisis Counseling or Shelter: 925-449-5842 or 800-884-8119

Cost: 6 free session for domestic violence or sexual assault and then sliding scale fees, but will still provide services even if can't pay

Services for sexual assault victims and battered women and children. Also provides shelter, counseling, support groups, legal services for temporary restraining orders, information and referral.

Tri-Valley YMCA

5000 Pleasanton Ave, Pleasanton

Main Office: (925) 263-4444

Susan Mancino direct confidential intake line: (925) 354-1392

Cost: Sliding scale \$20-125, but does not accept insurance.

Case management to connect families to community resources, as well as parent education and support for all ages. This can look like one-on-one consultation for parents, as well as workshops. Behavioral health care services include behavior management, parent education, and individual play therapy. Specialization in ADHD, Autism, trauma, and behavior management. Referrals will be assessed by mental health staff. Mental health team evaluates and develops behavioral plans, consults with teachers and works with parents to come up with treatment plans. Call Susan Mancino to schedule an intake session.

Valley Pregnancy Center

5776 Stoneridge Mall Rd #200, Pleasanton CA 94588

Main Line: (925) 425-0414

Post-Abortion Counseling: Marianne.Dellner@valleypregnancycenter.com (510)566-4020

Cost: Free

Provides pregnancy testing, ultrasound, information on pregnancy options, support and counseling, early prenatal care, Earn While You Learn Program (baby clothes, diapers, formula, etc.), STD testing, monthly prenatal classes, as well as community assistance referrals, and post-abortion recovery groups.

Valley Community Support Center

3730 Hopyard Rd, Suite 103, Pleasanton CA 94588

(925) 560-5880 for information and (800) 491-9099 to receive a referral

Cost: Free for those with Medi-Cal

Outpatient for adults and children, psychiatric services, medication therapy, screening for psychiatric hospitalization, case management, consultations and referrals for persons with chronic and persistent mental health services. For students with mild or severe emotional disturbance.

Willow Rock Center

2050 Fairmont Drive, San Leandro, CA

Crisis Services: (510) 483-3030

Inpatient Services: (510) 895-5502

Cecilia Mendoza Crisis Program Supervisor: (510) 760-6611

Cost: On crisis unit, they attempt to send a bill if the family has insurance, but won't send a bill if they are uninsured. For psychiatric inpatient unit, they only take Uninsured, Kaiser & Medi-Cal and bill separate insurances if the family has insurance (will take PPO plan). The rate is \$2,200/day and insurances typically do not cover the majority of the cost.

Serves adolescents 12-17 years old. Includes a crisis response service through Seneca and an inpatient psychiatric health facility through Telecare. Short-term program designed to reduce and stabilize acute psychiatric symptoms with an emphasis on working the recovery process as a means of returning to the community. Crisis response is for issues that can be resolved in 23 hours or less. Average length of stay is 3-7 days for inpatient services. Services include evaluation and risk assessment, collaborative treatment planning, crisis stabilization, medical evaluation and management, counseling, neuropsychological assessment and discharge planning. Are not able to serve clients who have substance abuse or eating disorder as primary diagnosis. Most clients arrive in an ambulance, but they also take walk-ins. Center really wants to work with outside providers to create a viable discharge plan.