

Mental Health Services in Alameda County for Women and Families - Low Cost, Sliding Scale Fees June 2009

Prepared by Community Forum for Perinatal Health– A collaboration of organizations in Alameda County

This is not meant as a complete list of all mental health resources.

For more information or to make changes, call: (510) 208-5992

How to Use this Guide:

- Call ACCESS first.
- If the client is not eligible through ACCESS, services may be available through the following agencies.

Name	Address	Contact/Phone	Eligibility	Services	Transportation	Payment Source	Languages
*ACCESS (Acute Crisis Care and Evaluation for System wide Services)	N/A	Clinical Review Specialist Mon.- Fri. 8:30 – 5 After hours, automatically transferred to Crisis and Support Services line 1 (800) 491-9099	Alameda County adults, adolescents, and children	Telephone screening and referrals for mental health and alcohol and other drug treatment services for Alameda County residents	N/A	Medi-Cal and other select private plans	English, Spanish, Asian languages, and uses AT&T translation services for all other languages
OUTPATIENT COUNSELING							
Asian Community Mental Health Services	310 8 th St., Ste. 201 Oakland, CA 94607	Receptionist (510) 451-6729 For Intake call (510) 869-7200	Primarily Asian Pacific Islanders; adults, adolescents, children from pre-school age. (Contracted community school and pre-school programs with Early Childhood Mental Health/ Infant MH)	Individual, family, couple, child therapy, groups and classes (including substance abuse, and domestic violence), case management, crisis intervention, dual diagnosis treatment, services for developmentally disabled. Medication and psychiatric testing also available.	Direct access to AC Transit BART (12 th Street and Lake Merritt stations)	Sliding scale (dependent on services requested), Medi-Cal	English, Cambodian, Cantonese, Japanese, Korean, Mandarin, Tagalog, Vietnamese, Mien
Community Health for Asian Americans (formerly Asian Pacific Psychological Services)	255 International Blvd., Oakland, CA 94606	Receptionist (510) 835-2777	Asian, Pacific Islander, immigrants and refugees, children 5+	Individual, family, couple, group counseling; substance abuse treatment for youth ages 12-20; medication treatment; crisis intervention; clinical case management	Near AC Transit and 12 th St. BART	Sliding scale \$25-90, Medi-Cal	English, Cantonese, Mandarin, Mien, Cambodian, Vietnamese, Tagalog, Burmese

Name	Address	Contact/Phone	Eligibility	Services	Transportation	Payment Source	Languages
Oak Creek Counseling Center (formerly Bay Area Psychotherapy Services)	2901 Shattuck Ave., Berkeley 94705	Intake 1-888-637-7404	Adults, adolescents, children 4+	Individual, couple, family, child, and group counseling	Near Ashby BART and AC Transit	Sliding scale \$35-95, private insurance accepted	English, Spanish
Berkeley Therapy Institute	1749 Martin Luther King Jr. Way Berkeley, CA 94709	Receptionist (510) 841-8484	Adults, adolescents, children	Individual, couple, family, and group psychotherapy, psychological testing & assessment, consultation, medication	North Berkeley BART Station (3 long blocks) and AC Transit lines 15 and 79	Sliding scale \$35-195 (psychotherapy), private pay, Medi-Cal (psychotherapy only), psychiatrists take Medi-Cal only through referrals	English
Blue Oak Therapy Center	3101 Telegraph Ave. Berkeley, CA 94705 (Entrance is at Prince St.)	Intake (510) 649-9818	Adults, adolescents, children, couples, families	Individual, couple, family, adolescent, and child counseling, trauma counseling	Near Ashby BART and AC Transit lines 40 and 40L	Sliding scale \$35-90	English, Spanish, French, and Japanese
CARE Program - Children's Hospital – Early Childhood Mental Health Department	638 3 rd Street, Oakland, CA 94607	Intake (510) 428-3885 x7229	Caregivers with children 0-5 years, children who have witnessed or suffered violence/abuse and children at risk of attachment disorders.	Parent-child psychotherapy, home visiting	Near AC Transit and 12 th St. BART	Children with full-scope Medi-Cal	English and Spanish
California State University East Bay, Community Counseling Center	Art & Education Bldg., Room 260 Hayward, CA 94542	Intake Worker (510) 885-3007 Hours: 9am-9pm (T, W, Th) Open September 23, 2009	Adults, adolescents, children Low acuity only. Students provide services under licensed supervision. No Cal State students, no court ordered treatment	Individual, couples, and family counseling, play therapy & sand tray for children, career and life planning counseling	Take #92 AC Transit bus from Hayward BART	Services are free, but asks for a minimum donation of \$5; no Medi-Cal	English, Spanish. Mandarin, Cantonese

Name	Address	Contact/Phone	Eligibility	Services	Transportation	Payment Source	Languages
City of Fremont Youth and Family Services	Family Resource Center 39155 Liberty Street, Ste. E500, Fremont, CA 94536	Receptionist (510) 574-2100	Must be a City of Fremont resident or Newark/ Union City resident w/ Medi-Cal to receive services and participate in the Infant/Toddler program. Toddlers must be ages 0-5.; youth must be ages 5-18 and Fremont residents.	Family and child therapy and some parenting groups and workshops. Infant/Toddler program available for residents of Fremont, Newark or Union City; crisis intervention	Near AC Transit and Fremont BART	Sliding scale \$10-135, Medi-Cal (full scope only)	English, Spanish, Taiwanese, Cantonese, Mandarin, Hindi
	City of Fremont Police Dept. 2000 Stevenson Blvd., Fremont, CA94538	Receptionist (510) 790-6938	Must be a City of Fremont resident to receive services. First time offenders must be arrested in Fremont.	Diversion counseling for first time juvenile offenders; trauma/crisis counseling; crisis intervention; family and parenting intervention following a child abuse investigation	Near AC Transit	No charge for crisis services; sliding scale \$10-135 appointments; Medi-Cal	English
Catholic Charities of the East Bay Counseling	433 Jefferson Street Oakland, CA 94607	Call for availability Receptionist (510) 768-3100	Adults, adolescents and children (limited services). Clients don't have to be Catholic	Short-term individual, couple & family therapy, play therapy	Near 12 th St. BART and AC Transit	Sliding scale \$10-90, negotiable. Private insurance and Medi-Cal	English, Spanish
Center for Family Counseling	9925 International Blvd., Ste. #6, Oakland, CA 94603	Receptionist (510) 562-3731	Families/guardians with children 8-17 years of age	Youth, family, individual counseling, counseling for families w/ children involved in juvenile justice system	Near AC Transit bus lines: 1 and 98; both lines go to BART	Services are free of charge	English, Spanish

Name	Address	Contact/Phone	Eligibility	Services	Transportation	Payment Source	Languages
Clearwater Counseling and Assessment Services (formerly La Cheim Children and Family Services)	345 38 th St. Oakland, CA 94609	Leave message (510) 596-8137	Adults, adolescents, children 3+	Individual and family counseling, psychosocial and learning disability testing, ADHD evaluation, DBT groups, and ADHD coaching	Near McArthur BART and AC Transit bus lines near Broadway. AC Transit tickets available to clients	\$120/psychotherapy session, sliding scale of \$400-\$3200 for comprehensive evaluations Free for Victims of Crime clients	English, Spanish
Earth Circles Counseling Center	560 Oakland Ave. Suite C Oakland, CA 94611	Leave message (510) 601-1929	Adults, adolescents, children 5+, families, groups	Individual, couple, family, child play therapy, therapy groups	Near 12 th St. and MacArthur BART Stations, and AC Transit lines 11 and 57	Sliding scale \$25 – up, Medi-Cal , some private insurances accepted	English, Chinese (call for dialect), Spanish, French, Swedish
East Bay Counseling Choices	Referral Line to licensed therapists with East Bay California Association of Marriage and Family Therapists	Intake (510) 525-6678 or toll free 1 (877) 525-6678	Adults, adolescents, children	Individual, couple, family, child play, group therapy	Access to public transportation is dependent upon the therapist's office	Some sliding scale \$45-125; some therapists bill Medi-Cal or private insurance	English
Family Paths, Inc. (formerly Parental Stress)	3 locations: 1727 Martin Luther King Jr. Way, #109 Oakland, CA 94612 22455 Maple Ct. #402, Hayward, CA 94541 39155 Liberty St. #F600, Fremont, CA 94536	Family Support 24-hour hotline 1 (800) 829-3777	Adults, adolescents, and children 0+	Individual, couple and family therapy, and support groups. Early Childhood Mental Health program for children 0-5 years. 24-hour Parent Support & Resource Line. 24-hour Foster Parent Advice Line. Emergency respite childcare and positive parenting classes.	Near AC Transit and 19 th St. BART	Sliding scale, Medi-Cal , private insurance and Victims of Crime funding accepted	English, Spanish

Name	Address	Contact/Phone	Eligibility	Services	Transportation	Payment Source	Languages
Family Service of the Tri-Cities	39217 Liberty Street, Ste. B10 Fremont 94538	Intake (510) 791-3322	Adults, adolescents, children 4+	Individual, couple, family, child play therapy, group counseling	Accessible by AC transit and Fremont BART	Sliding scale \$35-100, Medi-Cal , private insurance	English, Spanish, and Mandarin
Family Services Counseling and Community Resource Center	2208 San Leandro Blvd., San Leandro, CA 94577	Intake (510) 483-6715	Adults, adolescents, children 5+	Individual, couple, family, child play, group therapy (for CALWORKS only)	4 blocks from San Leandro BART, and near AC Transit	Sliding scale \$25-100, Medi-Cal , private insurance	English, Spanish
GOALS for Women	3356 Adeline St., Berkeley, CA 94703	Receptionist (510) 985-0500	Women, adolescent girls, and their families	Individual, support group, peer counseling, mentoring Afro-centric model.	Near Ashby BART and AC Transit	No fee, CalWORKs	English, Spanish
Hume Center	39420 Liberty St. Ste. 140, Fremont, CA 94538	Intake (510) 745-9151	Adults, adolescents, children 5+	Individual, couple, family, child play, call for group availability (variable); psychodiagnostic and neuropsychological assessment	Near AC transit and Fremont BART	Sliding scale \$40-60, Medi-Cal , insurance and Champus	English, Farsi, Spanish, Hindi, Punjabi, Vietnamese, Cantonese, Mandarin, Hebrew, Korean, Japanese
JFK University's Center for Holistic Counseling	2501 Harrison St. Oakland, CA 94612	Leave message (510) 444-3344	Adults, adolescents, children	Individual, couple, and family therapy. Group sessions include women's group, stress/anxiety, and depression.	Near 19 th St BART station; Near AC Transit	Sliding scale: \$5 - \$70; Therapy group fees: \$15/session	English, Spanish Japanese
La Clinica de la Raza Mental Health Services (Casa del Sol)	1501 Fruitvale Ave. Oakland, CA 94601	Call for an intake appointment (510) 535-6200	Spanish speaking Alameda County adults, adolescents, children ages 1-18(do <u>not</u> have to be client of La Clinica de la Raza)	Crisis intervention, for severely mentally ill, co-occurring disorders (w/substance abuse), youth w/ severe emotional and/or behavioral problems, domestic violence. Parent support and education groups (Spanish), child abuse intervention (Spanish), HIV+/AIDS, Psycho-Education groups on Depression, Anxiety, Trauma, Grief	Near Fruitvale BART station and AC Transit	Medi-Cal , Alameda Alliance for Health, uninsured, California "Healthy Families" insurance not accepted	English, Spanish
La Familia Counseling Service	26081 Mocine Ave. Hayward, CA 94544	Ask for Intake Worker (510) 881-5921	Adults, adolescents, children 3+	Individual and family counseling, counseling for children w/ Medi-Cal	Near Hayward BART station	Medi-Cal for school aged youth (up to 18 years old)	English, Spanish

Name	Address	Contact/Phone	Eligibility	Services	Transportation	Payment Source	Languages
Low Fee Psychotherapy Network	Offices are from Berkeley to Emeryville	Intake (510) 433-9499	Adults, adolescents, children, families, and couples	Network of 6 therapists that can either counsel over the phone or in-person at their offices. Services can include: Individual, couple, family therapy. Can address substance addiction , PTSD, grief, depression, anxiety, relationship, and sexuality issues	Access to public transportation is dependent upon the therapist's office	Sliding scale \$60 and up (negotiable) Medi-Cal , some private insurance accepted	English
Pathways Counseling Center	13666 E. 14 th St. San Leandro, CA 94578	Ask for Intake Worker (510) 357-5515	Adults, adolescents, children 3+	Individual, couple, family therapy	Near AC Transit	Sliding scale, Medi-Cal , private insurance, Victims of Crime funding accepted	English, Spanish
Psychological Services Center	519 -17th St., Ste. 210 Oakland, CA 94612	Intake (510) 628-9065, Ext. 234	Adults, adolescents, children 3+, families	Mostly individual counseling but some couple & family counseling, psych. testing	Near AC Transit 1 block from 19 th Street BART	Sliding scale \$25-90 (1 st assessment session is \$35 - \$100), Medi-Cal	English
The Psychotherapy Institute	2232 Carleton St. Berkeley, CA 94704	Leave message on intake line (510) 548-2250	Adults	Individual & couple therapy; specializing in psychodynamic therapy	Near AC Transit	Sliding scale \$25-90, limited very low fee slots, some insurance accepted	English
Rainbow Psychotherapy Associates	4003 Howe St. Oakland, CA 94611	Leave message (510) 420-8083	Adults, families adolescents, children 5+. Afrocentric therapy.	Individual, couple, family, child play therapy, educational testing, substance abuse counseling, survivors of childhood abuse. No perpetrators.	AC Transit from Rockridge BART. One block from Piedmont Ave., near Kaiser	Sliding scale (varies with the therapist), Victims of Crime, private insurance, Medi-Cal	English

Name	Address	Contact/Phone	Eligibility	Services	Transportation	Payment Source	Languages
San Leandro Community Counseling at Davis Street Resource Center	3081 Teagarden St. San Leandro, CA 94577	Receptionist (510) 347-4620	Adults, adolescents, children 3+, families	Individual, family, and group counseling, limited childcare, crisis counseling, psychological assessments	Near AC Transit, 1 mile from BART	Sliding scale \$25-105, Medi-Cal , Pacificare insurance	English, limited Spanish
University of California Psychology Clinic	2205 Tolman Hall Berkeley, CA 94720-1650	Clinic Receptionist (510) 642-2055	Adults, adolescents, children 4+	Individual, couple and family counseling, psych. testing	Near AC Transit, a few blocks from Downtown Berkeley BART	Sliding scale \$20-80	English
Westudillo Counseling	474 W. Estudillo Ave. San Leandro, CA 94577	Receptionist (510) 895-5636	Adults, children 4+	Individual, couple & family counseling	Near AC Transit, 1 block from BART	Sliding scale \$25-90; some private insurance	English
The Wright Institute	1950 Addison St. #109, Berkeley, CA 94704	Leave message (510) 548-9716	Adults, adolescents 15+, couples, some groups (call)	Individual, couple, counseling	Near AC Transit and Downtown Berkeley BART	Sliding scale starts from \$20; Medi-Cal	English, Spanish
CRISIS LINES							
Crisis and Support Services of Contra Costa and Alameda	N/A	Anywhere in Alameda County: 1-800-309-2131	Anyone in need of crisis intervention services	Telephone crisis counseling and support; suicide prevention	N/A	Free	English, and uses AT&T language translation services for other languages
Covenant House Ninline Teen Hotline	N/A	24 hour crisis hotline 1-800-999-9999	Teenagers, children, and parents	Free, confidential, immediate crisis intervention services	N/A	Free	English, uses AT&T language translation services for other languages
Family Paths (formerly Parental Stress)	3 locations: 1727 Martin Luther King Jr. Way, #109 Oakland, CA 94612 22455 Maple Ct. #402, Hayward, CA 94541 39155 Liberty St. #F600, Fremont, CA 94536	Family Support 24-hr Hotline 1 (800) 829-3777	Family, caregivers, children	24-hour Parent Support & Resource Line. 24-hour Foster Parent Advice Line. Emergency respite childcare and positive parenting classes.	Oakland location is near AC Transit and 19 th St. BART. Hayward and Fremont locations are near AC Transit.	Sliding scale, Medi-Cal , private insurance and Victims of Crime funding accepted	English, Spanish

Name	Address	Contact/Phone	Eligibility	Services	Transportation	Payment Source	Languages
Bay Area Postpartum Depression Stress Hotline (formerly Postpartum Assistance for Mothers)	Provides counseling services in Berkeley, Hayward, and Oakland	Survivors answer line 1 (888) 678-2669	Women experiencing postpartum depression and anxiety	Telephone hotline that provides assistance in coping with postpartum stress, and provides referrals to counseling services that focus on postpartum stress.	Transportation access depends on location of counseling program referred	Depends on the clinic	Able to refer caller to a counseling clinic that speaks the language needed
PARENTING SUPPORT							
Alameda County Public Health Clearinghouse	Information and Referral line only	Toll-Free: 1-888-604-INFO or 1-888-604-4636	Alameda County residents seeking referrals to health-related services	Provides information and referrals to health-related services of Alameda County.	N/A	N/A	English and Spanish speaking staff , 100+ languages through translation services
Family Paths (formerly Parental Stress)			See “Family Paths” under “Crisis Lines”				
La Clinica de la Raza Mental Health Services (Casa del Sol)	1501 Fruitvale Ave. Oakland, CA 94601	Call for an intake appointment (510) 535-6200	Spanish speaking Alameda County adults, children and adolescents 1-18 (do <u>not</u> have to be client of La Clinica de la Raza)	12 session parent education and support groups begin every January, April, July and September. Childcare provided	Near AC Transit and Fruitvale BART station	Open to all Spanish-speaking parents and caretakers. No fee	English and Spanish
New Parent Support (formerly Smart Healthy Babies)	2325 Clement Ave., Alameda, CA 94501	Receptionist (510) 629-6362	Families w/children birth – 5 years from the city of Alameda.	Breastfeeding support, breast pump loans, new parent groups, post partum depression workshops	Near AC Transit	Services free, donations accepted	English, Cantonese, Spanish
Alameda County Family Justice Center	470 27th Street Oakland, CA 94612	(510) 267-8800 Monday – Friday, 8:30 a.m. – 5:30 p.m. After hours, information and referral services are provided by Eden Information & Referral (Eden I & R) Shelter space availability info. updated twice daily	Women, children, men and family members are welcome; No services for offenders	Services for domestic violence and their families including: *crisis intervention, survivor support, advocacy *legal assistance services *medical care, counseling for victims and their children impacted by family violence *employment assistance, info. and referral *law enforcement investigation and offender prosecution	Near 12 th , 19 th or MacArthur BART stations, accessible to AC transit on Broadway and Telegraph Avenues	All services are free	Multiple language capabilities (call main line); services for deaf or hearing impaired