

Contra Costa
Psychological Association's
Community Referral List
2009

Referral Services

ALAMEDA COUNTY PSYCHOLOGICAL REFERRAL SERVICE	www.alamedapsych.org
ALAMEDA/CCC MEDICAL ASSOCIATION 6230 Claremont Ave., Oakland, CA 94618 (Free) Referrals to psychiatrists/medical providers	510-654-5383 x6306
Concord Adult Mental Health Center 1420 Willow Pass Rd., Concord, CA 94520 Provides services to mentally-ill adults. Fees are Sliding Scale	925-646-5480
CONTRA COSTA MENTAL Access Line	1-888-678-7277
CONTRA COSTA COUNTY PSYCHOLOGICAL ASSOCIATION I & R SERVICE	925-939-9024
CONTRA COSTA EMPLOYMENT AND HUMAN SERVICES DEPARTMENT Medical Information	925-313-7987
F.I.R.S.T. (Family Information & Referral Service) 1801 Adeline Suite 203, Oakland, CA 94607 (Free) Information & referrals for families.	510-835-0188

Hospitals

ALTA BATES MEDICAL CENTER, HERRICK CAMPUS 2001 Dwight Way, Berkeley, CA 94705 Acute psychiatric disorders, no alcohol or drug therapy. Inpatient: locked ward, open ward, adolescent ward. Partial hospitalization: older adult, adult, adolescent.	510-204-1303 510-204-4444
CC COUNTY HOSPITAL/REGIONAL MEDICAL CENTER 2500 Alhambra, Martinez, CA 94553 Provides inpatient and outpatient mental health treatment.	925-370-5000
GLADMAN MHRC 2633 East 27 th St., Oakland, CA 94601 Psychological Services (Alameda County Clients)	510-536-8111
JOHN MUIR BEHAVIORAL HEALTH 2740 Grant St., Concord, CA 94520 Inpatient psychiatric treatment Drug & alcohol treatment Children and Adults	925-680-6500
VA Northern CA Health Care System 150 Muir Rd., Martinez, CA 94553 Full range of services for military veterans	925-372-2000 Appointment 1-800-382-8387

Crisis Services

A SAFE PLACE P.O Box 23006, Oakland, CA 94623 Battered women and their children shelter, support groups, counseling (free)	24/hr Crisis line, call collect 510-536-7233
STAND (Formally known as BATTERED WOMEN'S ALTERNATIVE) 1410 Danzig Plaza, Suite 200, Concord, CA 94520 Transitional housing, legal assistance, emergency shelter, counseling, support groups, domestic violence treatment, youth groups, speakers for events.	Crisis 1-888-215-5555 Domestic Violence Treatment 925-676-2968 Main Number 925-676-2845

<p>CONCORD ADULT MENTAL HEALTH CENTER 1420 Willow Pass Rd., Concord, CA 94520 Provides services to mentally-ill adults. Fees are sliding scale.</p>	925-646-5480
<p>CHILDREN AND FAMILY SERVICES 2530 Arnold Drive, Suite 200, Martinez, CA 94553 Child abuse investigations, 24 hrs. availability (Free)</p>	925-646-1680
<p>CONTRA COSTA CRISIS CENTER Telephone counseling and referrals (Free) www.crisis-center.org</p>	24 hr hot line 1-800-833-2900
<p>PSYCHIATRIC EMERGENCY SERVICES (COUNTY HOSPITAL) 2500 Alhambra Ave., Martinez, CA 94553 Drop-in and 5150 holds for the county.</p>	925-646-2800
<p>GRIEF COUNSELING HOTLINE Telephone Counseling and referrals (Free) www.crisis-center.org</p>	24 hr hot line 1-800-837-1818
<p>HOMELESS HOTLINE First point of contact for access to Contra Costa County continuum of care for homeless families (Free) www.crisis-center.org</p>	24 hr Hot Line 1-800-808-6444
<p>SCHOOL VIOLENCE TIP LINE Anonymous reporting of weapons, threats, bullying, homophobic behavior, other acts of violence at school www.crisis-center.org</p>	1-800-863-7600

FAMILY PASS

Families at risk of abusing children or actively abusing children. Parent education classes and counseling; sliding scale; early childhood mental health; out of home placement.

1-800-829-3777
24 hour hotline

RAPE CRISIS

Telephone Counseling and referrals (Free)

1-800-670-7273
Care Coordinator
510-307-4127

CONTRA COSTA CRISIS CENTER - Formerly SUICIDE PREVENTION

P.O. Box 3364
Walnut Creek, CA 94598
www.crisis-center.org

1-800-833-2900
Office
925-939-1916

Child Care

BAY AREA CRISIS NURSERY (24 HRS)

1506 Mendocino Dr., Concord, CA 94521
Birth to 11 years residential care, while parents in crisis;
children stay minimum of 24 hrs.

925-685-8052

CONTRA COSTA CHILD CARE COUNCIL

3104 Delta Fair Blvd., Antioch, CA 94509
Council offers a wide variety of child care programs and services to support and empower parents and child care providers. The Child Care Council also educates decision makers and the general public about child care trends and issues.

925-778-KIDS

Child Abuse/Protection

CHILD ABUSE PREVENTION COUNCIL

925-798-0546

1485 Treat Blvd, Suite 202, Walnut Creek, CA 94597
Referrals to prevent child abuse, information sharing,
Education, advocacy (Free)

CHILDREN'S PROTECTIVE SERVICES

2530 Arnold Drive, Suite 200, Martinez, CA 94553
Investigations into child abuse (Free)

Central	925-646-1680
East County	925-427-8811
West County	510-374-3324
Supervisor's Office	925-646-2881

FAMILY STRESS CENTER

925-827-0212

2086 Commerce Ave., Concord, CA 94520
110 G Street, Antioch, CA 94509
Parenting, child care, respite nursery, teen parents
program, head start program, support groups for
children who have been sexually abused, individual
therapy (sliding scale, low to no fee based on income).

925-706-8477

Contra Costa County Community Services Department - HEAD START Program

925-646-5540

2425 Bisso Lane, Suite 120, Concord, CA 94520
A federally funded comprehensive child and family
development program designed to meet the needs of
low-income families with pre-school children. The
primary target population is children between the ages
of 3 - 5 from families living below the federal poverty
line.

AIDS

AIDS/HIV SUPPORT	925-945-0941
Mary Richards provides supportive materials to help those diagnosed with HIV/AIDS	
HIV/AIDS SUPPORT GROUP	925-674-2190
Meets biweekly in Concord. Partners, caregivers, friends, family welcome.	
SENIOR OUTREACH SERVICE	925-937-8311
Frozen meals for <i>anyone</i> ; AIDS patients included. \$2 for 5 meals or more. Home delivery. Meals on Wheels, Friendly Visitors, Jobs, Care Management. Retired and Senior Volunteer Programs, Registry for those who will work in the home with seniors.	
CALIFORNIA HIV/AIDS HOTLINE	1-800-367-2437
English, Filipino, Spanish	

Parenting

PLANNED PARENTHOOD	
Serving men and women. Broad scope services.	
	Concord 925-676-0300
	San Ramon 925-838-2108
	Walnut Creek 925-935-3010
SAFE EXCHANGE	800-799-7233
Arranges safe custody exchanges in domestic violence situations, and provides supervised visitation.	

Gay & Lesbian Resources

THE TREVOR HELPLINE

866-4U-TREVOR

Established in 1998 to coincide with the HBO airing of the award winning short film "Trevor", hosted by Ellen DeGeneres, The Trevor Helpline is the only national 24-hour, toll-free suicide prevention hot line aimed at gay and questioning youth.

LESBIAN, GAY, BISEXUAL YOUTH HOTLINE

1-800-268-YOUTH
416-962-9688

PEER LISTENING LINE

1-800-399-PEER

25 and under

P-FLAG (Parent and Friends of Lesbians and Gays)

P. O. Box 640223, San Francisco, CA 94164

Helpline: 415-921-8850
e-mail: PFLAGSF@aol.com
Web: www.pflag.org

EAST BAY P-FLAG

510-562-7692

RAINBOW COMMUNITY CENTER

N/A

2637 Pleasant Hill Rd.
Pleasant Hill, CA 94523

SPECTRUM CENTER FOR GAY, LESBIAN, AND BISEXUAL CONCERNS

415-457-1115

Adolescents

CONTRA COSTA COUNTY - MENTAL HEALTH, AB 3632 PROGRAM SPECIAL EDUCATION PUPILS 925-646-5665

1026 Oak Grove Rd, Suite 11, Concord, CA 94518

Provides outpatient mental health services for school aged children. AB 3632 Program services are accessed by referral and may include: assessment; individual, group and/or collateral therapy; consultation with school staff; day treatment, residential treatment, and case management.

R.E.A.C.H. Rehabilitation, Education & Awareness for Community Humanitarianism 925-754-3673

1915 D Street, Antioch, CA 94509

Primary: Adolescents/Parents support groups. Staffed by MFCC interns. Program with Antioch police for adolescents to avoid probation. Do not take sexual abuse cases. (No Fee)

TOUGHLOVE 215-348-7090

7485 Village Parkway, Dublin, CA 94568

A non-profit educational organization offering self-help materials to parents, kids in trouble and the professionals working with them.

http://toughlovenca.org/home/group_locations.htm

Parent Support Groups

C.A.R.E. (Center for Access to Resources & Education)

1350 Arnold Drive, Suite 203, Martinez, CA

Resource center for families of children with special

needs (Free). www.contracostaarc.com/html/care.html

925-313-0999

1-800-281-3023

Alcohol & Drugs

ALCOHOL & DRUG COUNCIL OF CONTRA COSTA Education, information, referrals, & counseling	925-932-8100
CONTRA COSTA COUNTY HEALTH SERVICES LINE Drug and alcohol addiction, triage, and referral	1-800-846-1652
EAST COUNTY COMMUNITY DETOX CENTER 500 School Street, Pittsburgh, CA 94565 ETOH and Drug detox program funded by County & state. Serves all income levels. Detox service is non-medical, no methadone. Have 3 female beds, 7 male beds.	925-427-1384
FREDERICK OZANAM CENTER 2931 Prospect St., Concord, CA 94518 Recovery program for women 18+. Clients stay up to 6 months. Self-paid or through county assistance.	925-676-4840
MERRIT PERALTA INSTITUTE 3012 Summit St., 5 th Floor, C wing, Oakland, CA 94609 Inpatient treatment, adults.	510-652-7000 510-869-8850
PEUBLO DEL SOL 2090 Commerce Ave., Concord, CA 94520 Age 18+, 3-5 day inpatient, non-medical detox center (social detox model), and referral service for men. Fee: \$7.00 / day or sliding scale.	925-676-2580
SUNRISE HOUSE 135 Mason Circle, #M, Concord, CA 94520 90-day, live-in social detox model drug/etoh therapy facility. 18+ year-old men & women; accepts third party reimbursement; also has indigent services.	925-825-7049

THE OTHER BAR

1-800-222-0767

P.O. Box 318006, San Francisco, CA 94131-8006
Provides help to people who have legal problems with drugs or alcohol (Free)

WOLLUM HOUSE

925-458-1978

Women's detox program; 90-day live-in program and 30-60 days re-entry (sliding scale fee)

Adoption

PACER (Post Adoption Center for Education & Research)

www.pacer-adoption.org

Volunteer staffed; program offering workshops and training on subjects related to adoptions. Some support groups.

Seniors

DIABLO VALLEY FOUNDATION FOR AGING - DVFA

925-945-8040

10:00 a.m. - 2:00 p.m.
1936 Tice Valley Blvd., Walnut Creek, CA 94596
Provides a variety of services for seniors, age 60+, including conservatorship services, case management, money management, trustee and power of attorney services.

SENIOR SERVICES DIVISION

925-937-8311

Frozen meals for *anyone*; AIDS patients included. \$2 for 5 meals or more. Home delivery.
Meals on Wheels, Friendly Visitors, Jobs, Care Management. Retired and Senior Volunteer Programs, Registry for those who will work in the home with seniors.

LOW FEE & SPECIAL SERVICE COUNSELING AGENCIES

ANTIOCH MENTAL HEALTH CLINIC (FOR CHILDREN) 925-427-8664

2400 Sycamore Drive Suite 33, Antioch, CA 94509
Children only. Psychologists, MFCCs, MD.
Take Medi-Cal , Contra Costa Health Plan, Sliding scale fees.

BAY AREA PSYCHOTHERAPY TRAINING INSTITUTE 925-284-2298

3468 Mt. Diablo Blvd., Ste B201, Lafayette, CA
Individual, couple & family therapy. Eating disorders.
gay & Lesbian Issues, AIDS, and addictions. \$25 - \$60.

CATHOLIC COUNSELING SERVICE

Individual, couple, family & children. Occasional groups. Premarital counseling. \$10 - \$75. Spanish /English. Mostly MFCCs.

Concord 925-825-3099
925-825-3135

COMMUNITY PRESBYTERIAN COUNSELING CENTER 925-820-1467

375 Diablo Rd., Ste. 109, Danville, CA 94526
Individual, couple, family & adolescents. Eating disorders & addictions, women's issues, divorce, recovery. Groups on divorce, relationships, anger management etc. Interns: \$65, Licensed Therapist: \$85 with sliding scale

CHILDREN'S MENTAL HEALTH SERVICES 925-646-5468

Have to be Contra Costa County resident. Medi-cal or Contra Costa Health Plan accepted. 5 - 18 years old.

CONCORD ADULT MENTAL HEALTH 925-646-5480

- DIABLO VALLEY COLLEGE COUNSELING CENTER** 925-685-1230
 321 Golf Club Rd., Pleasant Hill, CA 94523
 For DVC students only: academic, personal and vocational counseling, usually short term (Free)
- DIABLO VALLEY COUNSELING CENTER** 925-210-1414
 3000 Citrus Circle, Ste. 110, Walnut Creek, CA 94598
 Individual, couple & family. Play therapy, EMDR. \$40 - \$75.
- DISCOVERY CENTER** 925-837-0505
 530 La Gonda Way, Ste. A, Danville, CA 94526
 Individual, couple, family. Short term & long term counseling. Groups for recovery, stress management, co-dependency, mid-life transition, mood disorder. \$10 - \$80; \$10 - \$30 for groups.
- FAMILY SUPPORT SERVICES OF THE BAY AREA** 510-834-2443
 401 Grand Ave., Suite 500, Oakland, CA 94610
 Provides respite care, kinship support, and intensive home-based services to families.
- FAMILY STRESS CENTER**
 2086 Commerce Avenue, Concord, CA 94520 925-827-0212
 315 G Street, Antioch, CA 94509 925-706-8477
 Individual, couples, child, family, adult therapy.
 Low to no fee sliding scale. Respite care services, STEP parenting groups, various groups.
- HAIGHT-ASHBURY PSYCH. SERVICES** 415-221-4211
 2166 Hayes St., San Francisco, CA
- IMPULSE TREATMENT CENTER** 925-680-4477
 1226 Contra Costa Blvd., Pleasant Hill, CA 94523
 Sex addiction treatment, anger management (women & men). Groups for both. Also groups for spouses of sex addicts. \$40 - \$85

JOHN F. KENNEDY UNIVERSITY COMMUNITY COUNSELING CENTER 925-798-9240

380 Civic Dr. Ste 200, Pleasant Hill, CA 94523
Individual, couple, families & children. \$8 - \$40.
Therapists are MFCC trainees.

LIFESTYLES COUNSELING ASSOCIATES 925-746-7178

3478 Buskirk Ave., Pleasant Hill, CA 94523
Group, couple, individual, ACOA, addictions, women's
and co-dependency groups.

MAITRI PSYCHOTHERAPY INSTITUTE 925-934-8246

2930 Camino Diablo, #305, Walnut Creek, CA 94596
Low to moderate fee for individuals, couples, families.
Various groups available. Mediation offered to the
community. (Contact Sue Wong)

CONTRA COSTA COUNTY ACCESS LINE 1-888-678-7277

PORCHE-BELL HUME CENTER - NEURO-BEHAVIORAL AND PSYCHOLOGICAL INSTITUTE 925-825-1793

2151 Salvio St., Ste. T, Concord, CA 94520
Adolescents, and adults. Multi-cultural mediation
groups. Languages spoken include English, Hindi,
Punjabi, Urdu, Persian, and Arabic. Therapy in other
languages can be arranged.

NEW DIRECTIONS COUNSELING 925-798-7500

996 Oak Grove Rd., Concord, CA 94518
Individual, family, couples & children. No drug or
alcohol use. Clients must be clean and sober 60 days.
Low cost counseling.

NORTHERN CALIFORNIA FAMILY CENTER 925-939-8050

1621 North Broadway, Walnut Creek 925-370-1990
2244 Pacheco Blvd., Martinez, CA 94553 1-800-718-4357

Individual, couple, family and children. Primary
emphasis on runaways. Special assessment and
diversion program for youth 10 to 18 called "Right
Direction Project". \$5 - \$80 and CCHP.
Short-term crisis placement for runaway children no
older than 18.

<p>PSYCHOTHERAPY INSTITUTE 2232 Carlton St., Berkeley, CA 94704 Individual and couple, long-term therapy. \$20 - \$65. Consultation to professionals: \$35</p>	<p>510-548-2250</p>
<p>REDWOOD CENTER PSYCHOLOGY ASSOCIATES 2428 Dwight Way, Berkeley, CA Affiliated office in Walnut Creek. Serving: Individuals, couples, family, & children. Languages: Spanish, Japanese, Contemporary Hebrew. Specialties: Mediation, custody, divorce, dissociative disorders, hypnotherapy, systems orientation. Interns available at both offices. \$25 - \$125</p>	<p>510-843-1396</p>
<p>TURNING POINT COUNSELING CENTER 1399 Ygnacio Valley Rd., Ste 12, Walnut Creek, CA Individual, couple, and family therapy for child molestation issues. Groups for victims (adults & children) and perpetrators. Long & short-term therapy. Teen groups for sexually abused girls. \$20 - \$60.</p>	<p>925-934-8925</p>
<p>ALAMEDA COUNTY BEHAVIORAL HEALTH CARE SERVICES: ACCESS PROGRAM Information, consultation and referral for mental health and substance abuse. Serving Alameda county only.</p>	<p>1-800-491-9099</p>
<p>WOMEN'S THERAPY CENTER & COUPLES CLINIC 501 Kearney St, El Cerrito, CA 94530 Individual therapy for women of all ages. Counseling for couples of all kinds. Response within 24 hrs. Wheelchair access.</p>	<p>Women's Clinic 510-524-8288 Couples & Adolescents Office 510-524-4822</p>
<p>WEST COAST CHILDREN'S CLINIC 545 Ashbury Ave., El Cerrito, CA 94530 Children, families, groups. Medi-Cal, low fee, full fee. 3301 12th St. #259, Oakland, CA 94601</p>	<p>510-527-7249 510-269-9030</p>
<p>WRIGHT INSTITUTE 2728 Durant St., Berkeley, CA 94701 Individual therapy for one year by doctoral interns. Some Spanish spoken. \$15 - \$67</p>	<p>510-548-9716</p>

SELF-HELP & SUPPORT GROUPS

AMERICAN CANCER SOCIETY 1885 Oak Park Blvd., Pleasant Hill, CA 94523 Provide information on treatment & other needs for cancer patients or their families.	925-934-7640 1-800-227-2345
ANXIETY DISORDERS ASSOCIATION OF AMERICA Referrals for therapists across the nation specializing in the treatment of anxiety disorders.	240-485-1001
AUTISM SOCIETY OF AMERICA Groups for parents of autistic children	800-328-8476
CENTER FOR HUMAN DEVELOPMENT 391 Taylor Blvd # 120, Pleasant Hill, CA 94523 Adolescents and parents. Support groups for teens dealing with substance abuse issues and for parents dealing with acting-out teens.	925-687-8844
CONTRA COSTA CRISIS CENTER 24 hr line. Individual and group grief counseling.	1-800-837-1818
JOHN MUIR MEDICAL CENTER 2540 East St., Concord, CA 94520 Support groups "Heart to Heart", cardiac patients and families, stroke survivors and families. Resource line, including info regarding cancer Support Groups Pulmonary Rehab Groups Grief Support Group Diabetes Support Group John Muir Senior Services	925-682-8200 925-674-2190 925-674-2351 925-674-2132 925-674-2077 925-674-2586
CENTER FOR HUMAN DEVELOPMENT 391 Taylor Boulevard, Suite 120, Pleasant Hill, CA 94523 301 W. 10th Street, Antioch, CA 94509 Mobilizes peer pressure to promote positive change through prevention and early intervention educational support groups for adolescents. Teen family support, drug/etoh.	925-687-8844 925-753-1004

UNITED WAY HELP LINKS	1-800-273-6222
Community service referral, serving S.F., Napa and Solano counties	
EDEN	510-537-2552
Community service referral serving Alameda County	
CROSSROADS PROGRAM SERVICES of RECOVERY MANAGEMENT SERVICES, INC.	925-682-5704
2449 Pacheco Street, Concord, CA 94520	
Help if someone has difficulty with substance abuse. Monday through Friday, 8:00 am to 5:00 pm. Arrange for assessment and admissions counseling, or leave a message after hours or on weekends.	
WOMEN FOR SOBRIETY	510-758-7564
Orinda Community Church, 10 Irwin Way, Orinda, CA 94563	Janet Heckman
Self-help group for women with chemical dependency problems. Meets at Orinda Community Church. Saturday morning, 9:30 - 11:00.	

12-STEP SELF-HELP GROUPS

Al-Anon	925-932-6770
Alcoholics Anonymous	925-939-5371
AA Hotline	925-939-4155
Cocaine Anonymous - SF	415-821-6155
National	1-800-347-8998
Debtors Anonymous	415-522-9099
Emotions Anonymous	www.allone.com/12/ea
Gamblers Anonymous	1-800-287-8670
Narcotics Anonymous	925-685-4357
Overeaters Anonymous	925-825-0448
Sex & Love Addicts Anonymous	415-979-4715
Women for Sobriety	215-536-8026

WEBSITES

CONTRA COSTA PSYCH ASSOCIATION

Website links to various organizations,
support groups, psych association's
nation wide and in California.

www.cocopsych.org

APA WEBSITE

www.apa.org

CPA WEBSITE

NATIONAL DEPRESSIVE-MANIC

www.ndmda.org

DEPRESSIVE ASSOCIATION

ASSOCIATION FOR BEHAVIORAL AND COGNITIVE THERAPIES

www.aabt.org/aabt

BREAST CANCER

www.racefortheure.com

NATIONAL ALLIANCE OF BREAST

www.nabco.org

CANCER ORGANIZATIONS

NATIONAL INSTITUTE OF MENTAL

www.nimh.nih.gov

HEALTH

LEARNING DISABILITIES OF AMERICA

www.ldanatl.org

LEARNING DISABILITIES ASSOCIATION OF CALIFORNIA

www.ldaca.org

NATIONAL DISSEMINATION CENTER FOR CHILDREN WITH DISABILITIES

www.nichcy.org

PARENT TO PARENT SUPPORT

www.NPPSIS.org