










Behavioral Health Services & Programs

FEBRUARY 2025




SAN MATEO COUNTY HEALTH
**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

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Glossary of Acronyms

- AARS:** Asian American Recovery Services
- AAS:** Aging and Adult Services
- ACE:** Access and Care for Everyone
- ACEs:** Adverse Childhood Experiences
- ALAS:** Ayudando a Latinos a Soñar
- AOD:** Alcohol and Other Drugs
- AOT:** Assisted Outpatient Treatment - Laura's Law
- ARF:** Adult Residential Facility
- ARISE:** Adult Residential In-Home Support Element
- ARM:** Adult Resource Management
- ASIST:** Applied Suicide Intervention Skills Training
- BAART:** Bay Area Addiction Research and Treatment
- B&C:** Board & Care
- BEAM:** Bipolar Disorder Early Assessment and Management
- BHAGAT:** Behavioral Health Advisory Group Ambassador Team
- BHC:** Behavioral Health Commission
- BHP:** Behavioral Health Plan
- BHRS:** Behavioral Health and Recovery Services
- BSBB:** Be Sensitive Be Brave
- CalMHSA:** California Mental Health Services Authority
- CARE Court:** Community Assistance, Recovery, and Empowerment Court
- CBHDA:** California Behavioral Health Directors Association
- CBO:** Community Based Organization
- CBT:** Cognitive Behavioral Therapy
- CCT:** Collaborative Care Team
- CDEP:** Community-Defined Evidence Practices
- CES:** Coordinated Entry System
- CHPU:** Community Health Promotion Unit
- CIPN:** Community Integrated Provider Network
- CIT:** Crisis Intervention Team
- COYC:** Canyon Oaks Youth Center
- CPP:** Community Program Planning
- CSAC:** California State Association of Counties
- CWCRT:** Community Wellness Crisis Response Team
- CYSOC:** Children and Youth System of Care
- DBT:** Dialectical Behavioral Therapy
- DCPP:** Daly City Peninsula Partnership
- DEC:** Diversity and Equity Council
- DEJ:** Deferred Entry of Judgment
- DHCS:** Department of Health Care Services
- DMC-ODS:** Drug MediCal Organized Delivery System
- DMV:** Department of Motor Vehicles
- DOH:** Department of Housing
- DUI:** Driving Under-the-Influence
- EBP:** Evidence Based Practices
- ECCT:** Early Childhood Community Team
- ECM:** Embedded Case Management
- EMDR:** Eye Movement Desensitization Reprocessing
- EPABHAG:** East Palo Alto Behavioral Health Advisory Group
- EPAPBHO:** East Palo Alto Partnership for Behavioral Health Outreach
- FAST:** Family Assertive Support Team
- FOP:** First Offender Programs
- FSP:** Full Service Partnership
- FUM:** Facilities Utilization Management
- FY:** Fiscal Year
- GARE:** Government Alliance for Race and Equity
- GGRC:** Golden Gate Regional Center
- HACSM:** Housing Authority of the County of San Mateo
- HAP:** Health Ambassador Program / HAP-Y: HAP for Youth
- HCH:** Health Care for the Homeless
- HEAL:** Homeless Engagement Assessment and Linkage
- HEI:** Health Equity Initiatives

HIPAA: Health Insurance Portability and Accountability Act of 1996 (HIPAA)

HIV: Human Immunodeficiency Virus

HOP: Housing Operations and Policy Committee

HOPE: Helping Our Peers Emerge

HOT: Homeless Outreach Team

HPSM: Health Plan of San Mateo

HR360: HealthRIGHT 360

HSA: Human Services Agency

ICC: Intensive Care Coordination

ICM: Intensive Case Management

IEP: Individual Education Plan

IHBS: Intensive Home-Based Services

IHSS: In-Home Support Services

IMAT: Integrated Medication Assistance Team

IMHD: Intensive Mental Health Diversion

INSPIRE: Innovative Strategies for Prevention and Intervention through Restorative Education

JPA: Joint Powers Authority

JSRP: Juvenile Sexual Responsibility Services

KKC: Kapwa Kultural Center and Cafe

LEA: Lived Experience Academy

LEEW: Lived Experience Education Workgroup

LGBTQIA+: Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, and Asexual

LOC: Level of Care

LPS: Lanterman-Petris-Short Act

MAT: Medication-Assisted Treatment

MBSAT: Mindfulness-Based Substance Abuse Treatment

MCOD: Multicultural Organization Development

MCP: MediCal Managed Care Plan

MCRT: Mobile Crisis Response Team

MDD: Major Depressive Disorder

MDUI: Multiple Driving Under-the-Influence (Court)

MHA: Mental Health Association

MHFA: Mental Health First Aid / **YMHFA:** Youth MHFA / **tMHFA:** Teen MHFA

MHM: Mental Health Month

MHP: Mental Health Plan

MHRC: Mental Health Rehabilitation Centers

MHSA: Mental Health Services Act

MI: Motivational Interviewing

MOP: Multiple Offender Programs

NAMI: National Alliance on Mental Illness

NCOC: North County Outreach Collaborative

NEMS: North East Medical Services

NHPI: Native Hawaiian/Pacific Islanders

NMT: Neurosequential Model of Therapeutics

NPLH: No Place Like Home

OASIS: Older Adult System of Integrated Services

OCG: Our Common Ground

OCFA: Office of Consumer and Family Affairs

ODASA: Outpatient Drug & Alcohol Services for Adults

ODE: Office of Diversity and Equity

OEPA: One East Palo Alto

OOD: Opioid Use Disorder

PBAP: Provider Based Assistance Program

PCI: Primary Care Interface

PEI: Prevention and Early Intervention

PERT: Psychiatric Emergency Response Team

PES: Psychiatric Emergency Services

PHF: Psychiatric Health Facilities

PIONEERS: Pacific Islanders Organizing, Nurturing, and Empowering Everyone to Rise

PTSD: Post Traumatic Stress Disorder

QI: Quality Improvement

QIC: Quality Improvement Committee

QM: Quality Management

RTX: Residential Treatment Team

SAMHSA: Substance Abuse and Mental Health Services Administration

SAYFE: Short-Term Adjunctive Youth and Family Engagement

SBMH: School-Based Mental Health

SDOH: Social Determinants of Health

SED: Serious Emotional Disturbance

SMCOE: San Mateo County Office of Education

SMART: San Mateo Assessment and Referral Team

SMHS: Specialty Mental Health Services

SMI: Serious Mental Illness

SMMC: San Mateo Medical Center

SNF: Skilled Nursing Facilities

SOGI: Sexual Orientation Gender Identity

SPC: Suicide Prevention Committee

SPM: Suicide Prevention Month

SPPN: Specialty Mental Health Private Provider Network

SRO: Single Room Occupancy

STRTP: Short Term Residential Therapeutic Program

SUD: Substance Use Disorder

TAY: Transition Age Youth

TCM: Targeted Case Management

T-Con: Temporary Lanterman-Petris-Short Act (LPS) Conservatorship

TDS: Therapeutic Day Services

TFC: Therapeutic Foster Care

TLS: Transformative Life Skills

TPP: Tobacco Prevention Program

TRISI: Trauma- and Resiliency-Informed Systems Initiative

TTY: Teletypewriters

Tx: Treatment

VRS: Vocational Rehabilitation Services

WET: Workforce Education and Training

WRAP: Wellness Recovery Action Plan

YCM: Youth Case Management

YMHFA: Youth Mental Health First Aid

VORSMC: Voices of Recovery San Mateo County

YSC: Youth Services Center

YTAC: Youth Transition Assessment Committee

BHRS Mission, Vision & Values

Our Vision

We envision safer communities for all where individuals may realize a meaningful life and the challenges of mental health and/or substance use are addressed in a respectful, compassionate, holistic, and effective manner. Inclusion and equity are valued and central to our work. Our diverse communities are honored and strengthened because of our differences.

Our Mission

We provide prevention, treatment, and recovery services to inspire hope, resiliency, and connection with others to enhance the lives of those affected by mental health and/or substance use challenges. We are dedicated to advancing health and social equity for all people in San Mateo County and for all communities. We are committed to being an organization that values inclusion and equity for all.

Our Values

Person and Family Centered: We promote culturally responsive person-and-family centered recovery.

Potential: We are inspired by the individuals and families we serve, their achievements and potential for wellness and recovery

Power: The people, families, and communities we serve, and the members of our workforce guide the care we provide and shape policies and practices.

Partnerships: We can achieve our mission and progress towards our vision only through mutual and respectful partnerships that enhance our capabilities and build our capacity

Performance: We use proven practices, opportunities, and technologies to prevent and/or reduce the impacts of mental illness and additions and to promote the health of the individuals, families, and communities we serve.

About BHRS Services

The Behavioral Health and Recovery Services (BHRS) division of San Mateo County Health provides mental health and substance use services across the core continuum of behavioral health services including prevention and early intervention, wellness and recovery supports, outpatient and inpatient treatment, residential¹, rehabilitation², detoxification³, medication assisted treatment⁴, and other services. BHRS is committed to supporting treatment of the whole person to achieve wellness and recovery, and promote the physical and behavioral health of individuals, families, and communities of all ages in San Mateo County including the uninsured and undocumented. BHRS strives to provide integrated and culturally responsive services and employs mental health clinicians, psychiatrists, alcohol and drug counselors, peers, family partners and other professionals through county clinics, contracts with community agencies and a network of private providers.

Core Continuum of Care



BHRS is the designated Mental Health Plan (MHP) as well as the Drug Medi-Cal Organized Delivery System (DMC-ODS) Plan⁵ for San Mateo County. The Department of Health Care Services (DHCS) administers California's Medicaid program, known as Medi-Cal and contracts with MHPs across the State to provide or arrange for Medi-Cal Specialty Mental Health Services (SMHS)⁶ and substance use treatment services.

As the MHP and DMC-ODS provider, BHRS is responsible for SMHS to San Mateo County uninsured and Medi-Cal beneficiary adults living with Serious Mental Illness (SMI) or children living with Serious Emotional Disturbance (SED)⁷ and Substance Use Disorder (SUD)⁸ treatment services. For mild-to-moderate⁹ mental health service needs, the Health Plan of San Mateo (HPSM) is the Medi-Cal managed care plan (MCP) in San Mateo County. During 2007- 2021, BHRS served as the mild-to-moderate mental health and substance use disorder provider, as delegated at the time by the HPSM.

Medi-Cal Specialty Mental Health Services

Specialty Mental Health Services (SMHS) include a variety of mental health services covered by Medi-Cal. Generally, SMHS are more intensive than the mental health services that are covered by a Managed Care Plan (e.g., Health Plan of San Mateo) for mild-to-moderate mental health needs including:

- Rehabilitative mental health services such as individual or group therapy, medication support, community-based rehabilitation and treatment, intensive therapy programs, crisis intervention and crisis stabilization, 24/7 residential treatment and crisis residential treatment
- Inpatient psychiatric hospital services
- Targeted case management
- Psychiatrist and psychologist services
- Psychiatric nursing services in skilled nursing facilities

SMHS services are provided through seven outpatient clinics in Daly City, San Mateo, Half Moon Bay, Redwood City and East Palo Alto, in school-based locations, and through a network of community agencies and independent providers. In FY 2022-23 BHRS provided SMHS service to 9,482 clients and contractors served 2,341 clients.

Drug Medi-Cal Organized Delivery System

Drug Medi-Cal Organized Delivery System (DMC-ODS) significantly enhances services and expands the provider network for substance use treatment services including:

- Community-based substance use disorder prevention, intervention, treatment, and recovery services
- Case management services
- Housing supports

The BHRS Alcohol and Other Drug (AOD) unit contracts with a network of providers to offer substance use treatment for those eligible for publicly funded services and prevention and recovery support services to the community at large. They offer a wide range of services to assist with preventing, identifying, treating, and supporting individuals of all ages and stages, and their family members, who may be affected by substance use conditions. Programs for specific populations, such as infants and their mothers, youth transitioning to adults, foster youth, older adults, and for various levels of care are also available. In FY 2022-23 BHRS provided AOD services to 950 clients and AOD contractors served 1256 clients.

How to Request BHRS Services

BHRS welcomes individuals of all cultures, race, ethnicities, and ages who need mental health and/or substance use supports and serves many specialty need groups including individuals that are uninsured, unhoused, conservatees, living with developmental disabilities, perinatal, children ages 0-5 and their parents, foster youth, children in schools, justice-involved, and/or experiencing a behavioral health crisis.

Access Call Center

The Access Call Center is the main entry point for Medi-Cal beneficiaries seeking mental health and/or substance use treatment services in San Mateo County. The Access Call Center is available 24/7.

Call: 1 (800) 686-0101 or TTY (for hearing impaired): dial 711

- A trained professional will ask questions to help find the right care for you.
- Receive a referral for a telephone/ video appointment to a mental health or substance use treatment provider.
- *Language Services* - Access Call Center staff speak English, Spanish, and Chinese. For other languages, they will assist you through a free telephone interpreter service.
- *Insurance* - BHRS serves individuals who are uninsured or have the following insurances plans: Medi-Cal¹⁰, CareAdvantage¹¹, Medicare¹², San Mateo County Access and Care for Everyone (ACE)¹³, or HealthWorx¹⁴.



If Experiencing a Behavioral Health Emergency

Call or text 9-1-1 and ask for a Crisis Intervention Trained (CIT) officer or go to your nearest hospital emergency room if you can safely get there.

See Guidelines for calling 911 in a mental health emergency to help prepare yourself:
<https://www.smchealth.org/mh911>

Psychiatric Emergency Services (hospital emergency rooms):

San Mateo Medical Center

Address: 222 West 39th Ave., San Mateo, CA 94403
Telephone: (650) 573-2662

Mills-Peninsula Medical Center

Address: 1501 Trousdale Dr., Burlingame, CA 94010
Telephone: (650) 696-5915

Additional crisis services programs are listed and described in the Behavioral Health Program Descriptions section of this document.

Behavioral Health Directory

BHRS contracts with a network of community agencies and independent providers and operates and staffs a variety of services across the spectrum of mental health and substance use treatment, prevention and early intervention, recovery and support services and other administrative functions. See the BHRS Organizational Chart in Appendix 1. **The following directory provides a quick view of behavioral health services. Click on the heading link(s) to view more detailed descriptions.**

BHRS Website: www.smchealth.org/bhrsservices

Find a Behavioral Health Provider/Program: www.smchealth.org/bhrsproviders

SERVICES & PROGRAMS <i>*Contracted Providers</i>	AGENCY AND/OR ADDRESS	CONTACT	REQUEST SERVICES
BHRS Access Call Center		1-800-686-0101 TTY (for hearing impaired): 711	Call
	2000 Alameda de las Pulgas, Ste. 235, San Mateo, CA 94403	(650) 573-2541	Call or Walk-in
BHRS Regional Clinics			
North County Adult	375 89th St., Daly City, CA 94015	(650) 301-8650	Call or Walk-in
North County Youth	350 90th St., Daly City, CA 94015	(650) 301-8650	Call or Walk-in
Central County Adult	1950 Alameda De Las Pulgas, San Mateo, CA 94403	(650) 573-3571	Call or Walk-in
Central County Youth	1950 Alameda De Las Pulgas, 2nd Floor, San Mateo, CA 94403	(650) 573-3571	Call or Walk-in
Coastside Youth & Adult	225 S. Cabrillo Hwy, #200A, Half Moon Bay, CA 94019	(650) 726-6369	Call or Walk-in
East Palo Alto Community Counseling Center – Adult & Youth	2415 University Ave., Ste. 301, East Palo Alto, CA 94303	(650) 363-4030	Call or Walk-in
South County Adults	802 Brewster Ave., Redwood City, CA 94063	(650) 363-4111	Call or Walk-in
Shasta Youth & Transition Age Youth	727 Shasta St., Redwood City, CA 94063	(650) 599-1033	Call or Walk-in

Substance Use Treatment Services

Alcohol & Other Drug Services (AOD) Program Administration	310 Harbor Blvd., Building E, Belmont, CA 94002	(650) 802-6400	Call
AOD Integrated Medication Assisted Treatment (IMAT)	SMMC Emergency Dept. 222 West 39th Ave., San Mateo, CA 94403	(650) 573-2735	Call or Walk-in
AOD Residential Treatment Team (RTX)	310 Harbor Blvd., Building E, Belmont, CA 94002	(650) 802-6400	Call or Walk-in Tue & Thu: 10am-12pm; 1pm-3pm

Alcohol and Other Drug (AOD) Providers

BayMark Health Services*	BAART Programs 795 Willow Rd., Bldg. 332, Menlo Park, CA 94025	(650) 324-1470	Call
Project Ninety*	Caminar 114 S. Delaware St., San Mateo, CA 94401	(650) 579-7881 Email: info@caminar.org	Call, Drop -in or Email
The Camp Recovery Center*	3192 Glen Canyon Rd., Ste. 1, Scotts Valley, CA 95066		Referrals only
El Centro De Libertad / The Freedom Center*	500 Allerton St., 2 nd floor, Redwood City, CA 94063	(650) 599-9955	Call
	225 S. Cabrillo Hwy, Ste. 105, Half Moon Bay, CA 94019	(650) 560-9995	Call
Fort Help Mission*	1101 Capp St., San Francisco, CA 94110	(415) 821-1427	Call
Free At Last*	1796 Bay Rd., East Palo Alto, CA 94303	(650) 462-6999 Email: info@freetatlast.org	Call or Email
HealthRIGHT 360 (HR360)*	2015 Pioneer Court, Ste. B, San Mateo, CA 94403	(415) 762-3700	Call
HR360 - Asian American Recovery Services*	1115 Mission Rd., South San Francisco, CA 94080	(415) 337-0140	Call
HR 360 Medication - Assisted Treatment (MAT) Health Clinic*	117 North San Mateo Dr., Ste 1, San Mateo, CA 94401	(650) 425-9408 After 4:45pm M-F (415) 746-1940	Call

Horizon Services - Palm Ave. Detox*	2251 Palm Ave., San Mateo, CA 94403	(650) 513-6500	Call
The Latino Commission*	1001 Sneath Lane, Ste. 307, San Bruno, CA 94066	(650) 244-1444	Call
Our Common Ground*	631 Woodside Rd., Redwood City, CA 94061	(650) 367-9030	Call
Recover*	N/A – only provides telehealth services	(858) 208-0121	Call
Service League (Hope House)*	3789 Hoover St., Redwood City, CA 94063	(650) 363-8735	Call
Sitike*	306 Spruce Ave., South San Francisco, CA 94080	(650) 589-9305 Crisis Line: (650) 573-2662	Call
StarVista Insights (Youth Outpatient)*	333 Gellert Blvd., Ste. 206, Daly City, CA, 94015 420 Brewster Ave., Redwood City, CA 94063	(650) 366-8436	Call
Driving Under-the-Influence (DUI)			
Free at Last*	1796 Bay Rd., East Palo Alto, CA 94303	(650) 462-6999 Email: info@freetatlast.org	Call or email
Sitike Counseling Center*	306 Spruce Ave., South San Francisco, CA 94080	(650) 589-9305 Crisis Line: (650) 573-2662	Call
Deferred Entry of Judgment (DEJ)			
El Centro de Libertad/The Freedom Center*	500 Allerton St., 2nd floor, Redwood City, CA 94063	(650) 599-9955	Call
Sitike Counseling Center*	306 Spruce Ave., South San Francisco, CA 94080	(650) 589-9305 Crisis Line: 650-573-2662	Call
County of San Mateo Collaborative Courts			
Drug Court	400 County Center, 4th floor, Redwood City, CA 94063	(650) 261-5200 or (650) 261-5100 option 1	Call
Multiple Driving Under-the-Influence (MDUI) Court	400 County Center, 4th floor, Redwood City, CA 94063	(650) 261-5200 or (650) 261-5100 option 1	Call
Crisis Services			
Crisis Hotline*	StarVista	9-8-8 General: (650) 591-9623 Crisis Hotline: (650) 579-0350	Call

Mobile Crisis Response Team (MCRT)*	Telecare San Mateo, CA	(650) 579-0350	Call
Community Wellness Crisis Response Team (CWCRT)*	StarVista Daly City, Redwood City, San Mateo, and South San Francisco	9-1-1	Request a CIT Officer
San Mateo Assessment and Referral Team (SMART) *	American Medical Response 1510 Rollins Rd., Burlingame, CA 94010	9-1-1	Request a CIT Officer
County of San Mateo Psychiatric Emergency Response Team (PERT)	San Mateo County Sheriff's Office 400 County Ctr., Redwood City, CA 94063	9-1-1 Clinician: (650) 802-4294 Detective: (650) 802-4285	Call
Family Assertive Support Team (FAST) and Mobile Support Services*	Mateo Lodge 420 Cassia St., Redwood City, CA 94063	FAST: (650) 368-3178 Cassia House: (650) 363-8125	Call Mon-Sun 9am-9pm
Integrated Medication Assisted Treatment (IMAT)	SMMC Emergency Dept. 222 West 39th Ave., San Mateo, CA 94403	(650) 573-2735	Call or Walk-in
Serenity House*	Telecare 3701 Hacienda St, San Mateo, CA 94403	(650) 539-0340	Call
Adult and Older Adult Treatment Services			
Facilities Utilization Management (FUM)	1950 Alameda de las Pulgas, San Mateo, CA 94403		Referrals Only
Collaborative Care Team (CCT)	1950 Alameda de las Pulgas, San Mateo, CA 94403		Referrals Only
Temporary Conservatorship (T-Con)	802 Brewster Ave., Redwood City, CA 94063	(650) 363-4117 DLacampagne@smcgov.org ATeopaco@smcgov.org	Call or Email
Provider Networks	Specialty Mental Health Private Provider Network (SPPN)*	(650) 573-3476 Email: hs_bhhrs_sppn_inquiries@smcgov.org	Referrals Only
Older Adult System of Integrated Services (OASIS)	1950 Alameda de las Pulgas, San Mateo, CA 94403	(650) 573-3689	Call or Referrals

Older Adult Peer Counseling*	Peninsula Family Service 24 Second Ave., San Mateo, CA 94401	(650) 403-4300 x4322 Email: info@pfso.org	Call or Email
Puente Clinic	1950 Alameda de las Pulgas, San Mateo, CA 94403	(650) 372-6117	Referrals Only
Primary Care Interface	1950 Alameda de las Pulgas, San Mateo, CA 94403	(650) 573-2630	Referrals Only
Ravenswood Family Health Center*	1885 Bay Rd, East Palo Alto, CA, 94303	(650) 330-7400	Call
Full Service Partnership (FSP)- Adult and Older Adult*	Telecare 1692 El Camino Real, San Carlos, CA 94070	(650) 817-9070	Referrals Only
FSP Recovery, Empowerment And Community Housing (REACH) Program	Caminar 1410 Marshall St., Redwood City, CA 94063	(650) 372-4080	Referrals Only
North and South County Embedded FSP*	North County Adult Clinic - Caminar 375 89th St., Daly City, CA 94015	(650) 301-8650	
	South County Adults – Mateo Lodge 802 Brewster Ave., Redwood City, CA 94063	(650) 363-4111	Referrals Only
Supported Education*	Caminar 1410 Marshall St., Redwood City, CA 94063	(650) 578-8691 Email: info@caminar.org	Call or Email
Supported Employment	County of San Mateo, Vocational Rehabilitation Services 550 Quarry Rd., San Carlos, CA 94070	(650) 802-6486 bcrabbe@smcgov.org	Referrals Only
Jobs Plus*	Caminar 1410 Marshall St., Redwood City, CA 94063	(650) 578-8691 Email: info@caminar.org	Call or Email
Representative Payee Services*	Benefits Management Corp/LIFE, P.O. Box 168045, Sacramento ,CA 95816	(877) 707-2933 email support@webpayee.com	Referrals Only
Adult Forensic and Specialty Court Services			
David Lewis Community Reentry Center / Service Connect*	2277 University Ave., East Palo Alto, CA 94303	(650) 853-3120 (650) 508-6745	Referrals Only
Pathways Programs	400 County Center, 5th floor, Redwood City, CA 94063	(650)363-4244 (650) 670-5964	Referrals Only
Assisted Outpatient Treatment (AOT)	2000 Alameda Blvd, Ste 200, San Mateo, CA 94402	(650) 372-6125 AOT@smcgov.org	Call or Email

Community Assistance, Recovery, and Empowerment Court (CARE) Courts	400 County Center, Redwood City, CA 94063	(650) 372-6125 CAREBHRS@smcgov.org	Call or Email
Adult Housing and Homeless Outreach Services			
Adult Resource Management (ARM)	1950 Alameda de las Pulgas, San Mateo, CA 94403	(650) 573-3928	Referrals Only
Healthcare for the Homeless (HCH)	1950 Alameda de las Pulgas, 2nd floor, San Mateo, CA 94403	HS_BHRS_HEAL@smcgov.org	Email
Homeless Engagement Assessment and Linkage (HEAL)	1950 Alameda de las Pulgas, 2nd floor, San Mateo, CA 94403	HS_BHRS_HEAL@smcgov.org	Email
County of San Mateo Coordinated Entry Services (CES)	See website https://www.smcgov.org/hsa/core-service-agencies-emergency-safety-net-assistance	See website https://www.smcgov.org/hsa/core-service-agencies-emergency-safety-net-assistance	Call or Walk-In
Independent Housing Vouchers	2000 Alameda de las Pulgas Ste. 200, San Mateo CA 94403	(650) 573-2538	Referrals Only
Permanent Supportive Housing	2000 Alameda de las Pulgas Ste. 200, San Mateo CA 94403	(650) 573-2538	Referrals Only
Shelter Beds*	Navigation Center 275 Blomquist St., Redwood City, CA 94063	(650) 364-1150	Referrals Only
	Safe Harbor Shelter* 295 N Access Rd., S. San Francisco, CA 94080	(650) 347-3648	Referrals Only
	Spring St. Shelter* 2686 Spring St., Redwood City, CA 94063	(650) 365-5772	Referrals Only
Transitional Housing*	Spring St. Shelter* 2686 Spring St., Redwood City, CA 94063	(650) 365-5772	Referrals Only
	Canyon Vista Center 200 Edmonds Rd., Redwood City, CA 94062	(650) 573-2538	Referrals Only
Board & Care (B&C)*	Various locations	(650) 573-2618	Call

Full Service Partnership (FSP) Housing Program*	Telecare FSP 1692 El Camino Real, San Carlos CA, 94070	(650) 817-9070	Referrals Only
New Ventures Program*	Caminar 1410 Marshall St., Redwood City, CA 94063	(650) 578-8691	Call
Adult Residential In-Home Support Element (ARISE)*	Mental Health Association 2686 Spring St., Redwood City, CA 94063	(650) 368-3345	Referrals Only
Adult Inpatient Hospitalization and Licensed Residential Care			
Cordilleras Suites and Mental Health Rehabilitation Center*	200 Edmonds Rd., Redwood City, CA 94062	(650) 367-1890	Referrals Only
Children & Youth Treatment Services			
Youth to Adult Transition Program (YTAC)	727 Shasta St., Redwood City, CA 94063	(650) 599-1071	Referrals Only
Youth Services Center (YSC)	222 Paul Scannell Dr., 2nd floor, San Mateo, CA 94402	(650) 312-5322	Referrals Only
Child Welfare Team	2000 Alameda de las Pulgas, Ste. 200, San Mateo, CA 94403	(650) 372-8559	Referrals Only
Full Service Partnerships Wraparound*	1510 Fashion Island Blvd., Ste. 310, San Mateo, CA 94404	(650) 832-6900	Referrals Only
Partners for Safe and Healthy Children	2000 Alameda de las Pulgas, Ste. 200, San Mateo, CA 94403	(650) 372-8540	Referrals Only
Prenatal to Three	2000 Alameda de las Pulgas, Ste. 200, San Mateo, CA 94403	(650) 372-8540	Referrals Only
School Based Mental Health Services (SBMH)	350 90th St., Daly City, CA 94015	(650) 216-8699	Referrals Only
Therapeutic Day School (TDS)	1290 Commodore Dr., San Bruno, CA 94066	(650) 583-1260	Referrals Only
Youth Case Management (YCM)	1950 Alameda de las Pulgas, San Mateo, CA 94403	(650) 573-3515	Referrals Only
Canyon Oaks Youth Center (COYC)	400 Edmonds Rd., Redwood City, CA 94062-3803	(650) 839-1810	Referrals Only

BHRS Peer Support Services

Recovery Support Services * Wellness Recovery Action Plan (WRAP)	Voices of Recovery 650 Main St., Redwood City, CA 94063	(650) 980-1922 Email: Info@VORSMC.org	Call or Email
Recovery Connection Drop-In Center*	Voices of Recovery 650 Main St. Redwood City, CA 94063	(650) 980-1922 Email: Info@VORSMC.org	Call, Walk-in or Email
Helping Our Peers Emerge (HOPE)*	Heart & Soul 1633 Old Bayshore Hwy, Ste. 258, Burlingame, CA 94010	(650) 232-7426 Email: PatriceM@heartandsoulinc.org (Peer Support Director)	Call or Email
Seeing through Stigma*	Heart & Soul 1633 Old Bayshore Hwy, Ste. 258, Burlingame, CA 94010	650-232-7426 Email: stspeerpanel@gmail.com	Call or Email
Office of Consumer and Family Affairs (OCFA)			
Grievances			
Lived Experience Academy Peer Support Specialist Certification Peer and Family Peer Support Specialists	1950 Alameda de Las Pulgas, Ste. 157, San Mateo, CA 94403	(800) 388-5189 OCFA@smcgov.org	Call or Email
Prevention and Early Intervention			
Early Childhood Community Team (ECCT)*	StarVista 610 Elm St., Ste. 212, San Carlos, CA 94070	(650) 465-0305	Call
Early Psychosis Programs - (re)MIND, BEAM and (re)MIND alumni*	Felton Institute 1108 El Camino Real, San Mateo CA 94402	(415) 474-7310, extension 314. remindsm@felton.org for referrals	Call or Email
Trauma-Informed PEI Services for Youth			
Mindfulness-Based Substance Abuse Treatment (MBSAT) *	Ayudando Latinos a Soñar (ALAS) 636 Purissima St., Half Moon Bay, CA 94019	(650) 560-8947 alas@alasdreams.com	Call or Email
	StarVista 610 Elm St., Ste. 212, San Carlos, CA 94070	(650) 366-8436	Call
Joven Noble*	Youth Service Bureau of San Francisco 1486 Huntington Ave., Ste. 100, South San Francisco, CA 94080	(650) 877-8642	Call
	Puente de La Costa Sur 620 North St., Pescadero, CA 94060	(650) 879-1691	Call

Transformative Life Skills*	Puente de La Costa Sur 620 North St., Pescadero, CA 94060	(650) 879-1691	Call
Trauma-Informed Systems (Ages 0-5)*	First 5 San Mateo County 1700 South El Camino Real, Ste. 405, San Mateo, CA 94402	(650) 372-9500	Call
Health Ambassador Program for Youth (HAP-Y)	StarVista 610 Elm St., Ste. 212, San Carlos, CA 94070	(650) 554-1257	Call or Text
INSPIRE – Brief Intervention Program	Daly City Youth Health Center 350 90th St., Daly City 3rd floor, CA 94015	(650) 877-5700 email mduenas@jeffersonunion.net https://www.dcyouth.org/aod-services	Email or Visit Website for Online Form
PIONEERS Program*	HealthRIGHT 360 1115 Mission Rd., South San Francisco, CA 94080	(415) 583-3980 or (650) 339-0650	Call
Music Therapy for Asians and Asian Americans*	North East Medical Services (NEMS) 211 Eastmoor Ave., Daly City, CA 94015	(650) 550-3923	Call
Community Multi-Cultural Centers			
The Cariño Project *	Ayudando Latinos a Soñar (ALAS) 636 Purissima St., Half Moon Bay, CA 94019	(650) 560-8947 alas@alasdreams.com	Call or Email
Mobile Behavioral Health Services for Farmworkers*	ALAS 636 Purissima St., Half Moon Bay, CA 94019	(650) 560-8947	Call
San Mateo County Pride Center*	StarVista 1021 S El Camino Real, San Mateo, CA 94402	(650) 591-0133 info@sanmateopride.org	Call or Email
Kapwa Kultural Center (KKC) and Café*	Daly City Partnership 11-B San Pedro Rd. Daly City, CA 94015	kapwasoul@gmail.com kapwasoul@gmail.com	Email
The Barbara A. Mouton Multicultural Wellness Center (The Mouton Center) *	One East Palo Alto 903 Weeks St., 2nd floor, East Palo Alto, CA 94303	(650) 980-1809	Call or Drop In
Regional Outreach Collaboratives			
East Palo Alto Partnership for Behavioral Health Outreach (EPAPBHO)*	One East Palo Alto 903 Weeks St., East Palo Alto, CA 94303	(650) 834-7619	Call

North County Outreach Collaboratives (NCOC) *	HR360 - Asian American Recovery Services (AARS) 1115 Mission Rd., South San Francisco, CA 94080	(650) 243-4888	Call
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Coastside Collaborative*	N/A – call or email for meeting locations	(510) 409-9819 edugay@yli.org	Call or Email
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BHRS Office of Diversity & Equity (ODE)

Health Equity Initiatives (HEI) Health Ambassador Program (HAP) The Parent Project* Storytelling Program Suicide Prevention Programs Mental Health Awareness	310 Harbor Blvd., Building E, Belmont, CA 94002	(650) 372-6137 ODE@smcgov.org	Call or Email
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Community Health Promotion Unit (CHPU)

Alcohol and Other Drug (AOD) Prevention Tobacco Prevention Program	310 Harbor Blvd., Building E, Belmont, CA 94402	(650) 573-3777 ecabuslay@smcgov.org (650) 573-3777 TobaccoPrevention@smcgov.org	Call or Email
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Administrative Services

BHRS Quality Management	2000 Alameda de Las Pulgas, Ste. 157, San Mateo, CA 94403	HS_BHRS_ASK_QM@smcgov.org	Email
Compliance Officer/Complaints	2000 Alameda de las Pulgas, Ste. 235, San Mateo, CA 94403	(650) 573-2491 or sgruendl@smcgov.org	Call or Email

Mental Health Services Act (MHSA)

Mental Health Services Act (MHSA) Administration	310 Harbor Blvd., Building E, Belmont, CA 94402	(650) 573-2889 MHSA@smcgov.org	Call or Email
Workforce Education & Training (WET)	310 Harbor Blvd., Building E, Belmont, CA 94402	(650) 32-6137 BHRS-WorkforceDev@smcgov.org	Call or Email

Psychiatry Residency Training Program	222 West 39th Ave., San Mateo, CA 94403	(650) 573-2530	Call
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Commissions, Committees, Workgroups

Behavioral Health Commission (BHC)	N/A – call or email for meeting locations	(650) 573-2544, crochester@smcgov.org	Call or Email
MHSA Steering Committee	N/A – call or email for meeting locations	(650) 573-2889, mhsa@smcgov.org	Call or Email
Suicide Prevention Committee (SPC)	N/A – call or email for meeting locations	(650) 578-7165, stang@smcgov.org	Call or Email
Lived Experience Education Workgroup (LEEW)	N/A – call or email for meeting locations	(800) 388-5189 OCFA@smcgov.org	Call or Email
Quality Improvement Committee (QIC)	N/A – call or email for meeting locations	(650) 573- 3431 bortiz-gallardo@smcgov.org	Call or Email
Housing Operations and Policy (HOP) Committee	N/A – call or email for meeting locations	(650) 573-2538 mrocha@smcgov.org	Call or Email

Behavioral Health Services & Programs Descriptions

The following pages includes descriptions of all behavioral health programs and services whether operated by BHRS or contracted to a network of providers.





BHRS Regional Clinics



BIENVENIDO

BLOOD WORK
VIRAL HEPATITIS REFILL
Indigenous People's Day
Blood Work Refill

FREE EVENT
SAN MATEO COUNTY
LGBTQ+ PRIDE
Proud & Polite
To save you
effort, please let
our person at the
front desk know
if you have been
waiting for more
than
15 minutes.
Para poder
servirle mejor,
comunicarle a
la persona en el
mostrador.

RECEPTION AREA
Please Check-in here
➔

If You Have a Cough...

- ☑ Please get the medication for a cough or throat.
- ☑ Wash your hands often with soap and water.
- ☑ Covering your mouth when you cough and cleaning your hands afterward will help to protect others from infection.

如果你有咳嗽

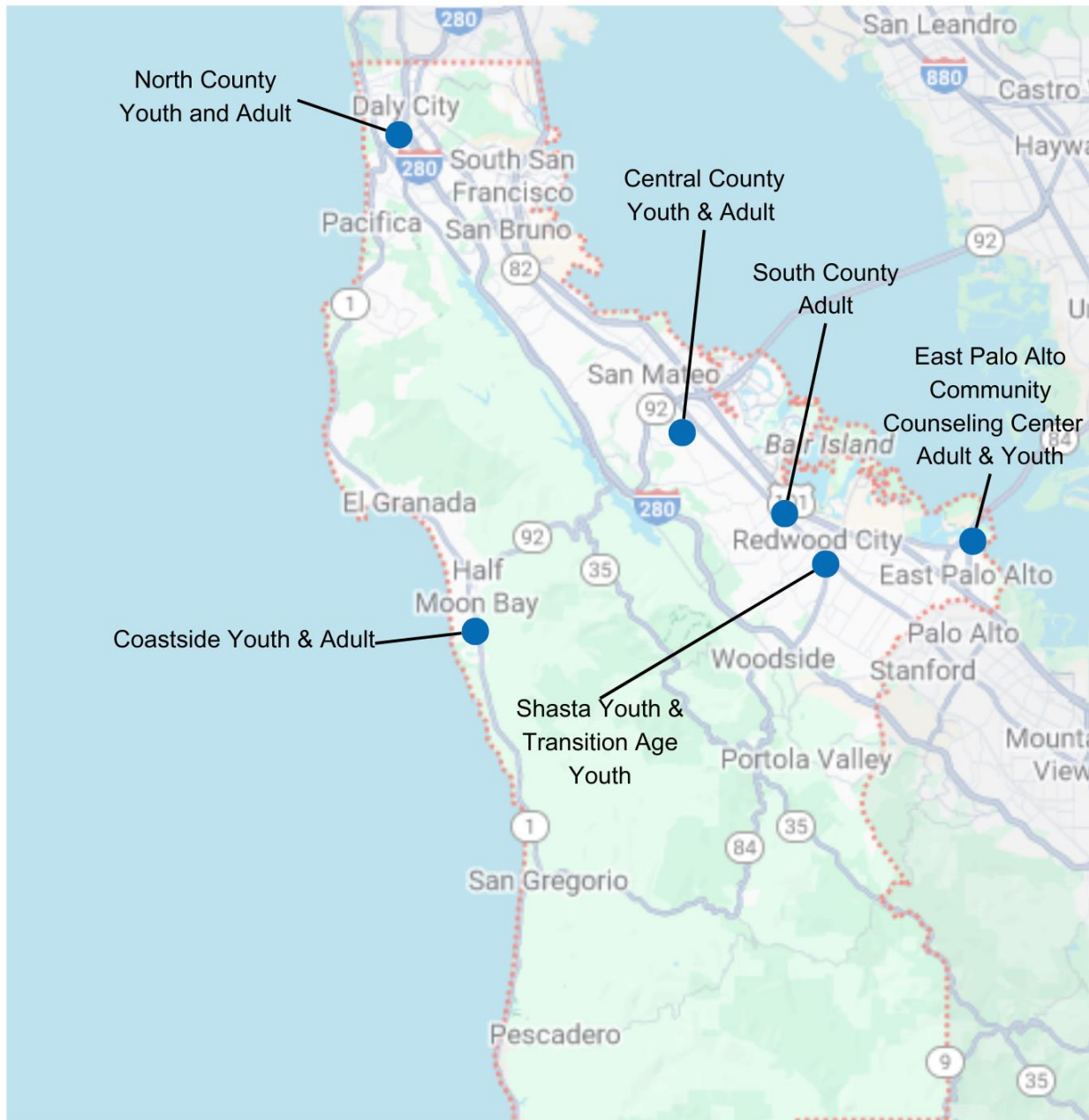
- ☑ 服用止咳药或喉咙药。
- ☑ 经常用肥皂和水洗手。
- ☑ 咳嗽或打喷嚏时捂住口鼻，并在事后清洁双手，以防止他人感染。

Si tiene tos...

- ☑ Tome el medicamento para la tos o garganta.
- ☑ Lávese las manos con agua y jabón con frecuencia.
- ☑ Cubra su boca al toser o estornudar y limpie sus manos después de hacerlo.

Para ayudar a proteger a otras personas de la infección, utilice el toallero cuando tose o estornuda. Limpie sus manos.

All regional clinics provide a range of specialty mental health services including targeted clinical case management, rehabilitation, care coordination, crisis intervention, individual and group psychotherapy; intensive services (as appropriate) and intensive care coordination; and peer support services. Outpatient clinics are located across the county in Daly City, San Mateo, Half Moon Bay, Redwood City and East Palo Alto.



Regional Clinics

New clients may walk into any regional clinic to ask for an appointment. Appointments are offered on a first-come, first-served basis and there may be a wait for an available clinician. Clients may receive a brief evaluation screening appointment regarding care and treatment needs. Individuals will have the opportunity to talk to a clinician about their concerns, services they would like and the services the clinic can provide. If eligible for clinic services, they will be offered a follow up appointment.

Clients who are currently prescribed psychiatric medications are recommended to ask their current provider for a 1 to 3-month supply of medications during transitions of care as it can take 1 to 4 weeks to see a psychiatrist or psychiatric nurse practitioner. If there is an urgent request for medication refills, the psychiatrist on duty may be consulted. Every effort is made to ensure continuation of medications, but we are unable to guarantee that medications will be prescribed same day.

Ages Served: All Ages

How to Request Services: Call or Walk-in

Website: <https://www.smchealth.org/bhrsservices>

North County Adult

Contact Address: 375 89th St, Daly City, CA 94015

Phone: (650) 301-8650

North County Youth

Contact Address: 350 90th St, Daly City, CA 94015

Phone: (650) 301-8650

Central County Adult

Contact Address: 1950 Alameda De Las Pulgas, San Mateo, CA 94403

Phone: (650) 573-3571

Central County Youth

Contact Address: 1950 Alameda De Las Pulgas, 2nd floor, San Mateo, CA 94403

Phone: (650) 573-3571

Coastside Youth & Adult

Contact Address: 225 S. Cabrillo Hwy, #200A, Half Moon Bay, CA 94019

Phone: (650) 726-6369

East Palo Alto Community Counseling Center – Adult & Youth

Contact Address: 2415 University Ave., 301, East Palo Alto, CA 94303

Phone: (650) 363-4030

South County Adults

Contact Address: 802 Brewster Ave., Redwood City, CA 94063

Phone: (650) 363-4111

Shasta Youth & Transition Age Youth

Contact Address: 727 Shasta St., Redwood City, CA 94063

Phone: (650) 599-1033

● South

San Carlos, Redwood City, Woodside, Atherton, West Menlo Park, Portola Valley

● Central

Burlingame, Hillsborough, San Mateo, Foster City, Belmont, Millbrae

● Coastside

Half Moon Bay, La Honda, Pescadero

● East Palo Alto/Belle Haven

East Menlo Park, East Palo Alto

● North

Daly City, Pacifica, Colma, Brisbane, South San Francisco, San Bruno

Substance Use Treatment Services





Alcohol & Other Drugs (AOD) Services

Integrated Medication Assisted Treatment (IMAT)

● BHRIS-Operated

The IMAT team provides information, screening, and referrals to medication assisted treatment for individuals using alcohol and/or opioids, and harm reduction tools such as fentanyl test strips, Naloxone, and medications to alleviate withdrawal symptoms and support recovery. IMAT case managers are located at San Mateo Medical Center (SMMC) Emergency Department and Psychiatric Emergency Services (PES) to engage patients and provide intensive case management and outreach to individuals living with seriously mental illness.

Ages Served: All ages

How to Request Services: Call or Walk-in

Phone: (650) 573-2735

Contact Address: SMMC Emergency Department, 222 W. 39th Ave., San Mateo, CA 94403

Website: www.smchealth.org/post/integrated-medication-assisted-treatment

AOD Residential Treatment Team (RTX)

● BHRIS-Operated

The RTX team evaluates individuals for residential substance use disorder (SUD) treatment, recommends the level of care needed and provides authorizations for treatment. Services include time limited case management and Motivational Interviewing, housing supports, and linkages for youth and justice involved individuals. Residential levels of care provide trauma-informed withdrawal management (detox) services to safely treat those with SUD.

Ages Served: Adults and Youth

How to Request Services: Call or Walk-in. Walk-in Hours: Tuesdays & Thursdays 10 am - 12 noon; 1 pm - 3 pm

Phone: (650) 802-6400

Contact Address: 310 Harbor Blvd., Bldg. E, Belmont, CA 94002

Website: smchealth.org/alcohol-and-other-drugs-service

● **South**
San Carlos, Redwood City,
Woodside, Atherton, West
Menlo Park, Portola Valley

● **Central**
Burlingame, Hillsborough,
San Mateo, Foster City,
Belmont, Millbrae

● **Coastside**
Half Moon Bay, La Honda,
Pescadero

● **East Palo Alto/Belle Haven**
East Menlo Park, East Palo Alto

● **North**
Daly City, Pacifica, Colma,
Brisbane, South San Francisco,
San Bruno



AOD Contracted Providers

AOD contracts with a network of facilities to offer a full continuum of treatment services for those eligible for publicly funded services as well as substance use prevention partners for the community at large. Contracted providers include:

- BayMark Health Services, BAART Programs
- Caminar Project 90
- The Camp Recovery Center
- El Centro de Libertad, The Freedom Center
- Fort Help Mission
- Free at Last
- HealthRIGHT 360
- Horizon Services / Palm Detox
- The Latino Commission
- Our Common Ground
- Recover
- Service League of San Mateo County
- Sitike Counseling Center
- StarVista

AOD contracted providers also offer housing support services including recovery residences, which require outpatient SUD treatment participation, and self-pay sobering living homes, these services will be listed under the provider description if applicable. Housing vouchers and subsidies are also available and can be accessed through San Mateo County's Coordinated Entry System (CES) via eight Core Service Agencies in Daly City, East Palo Alto, Granada, Pacifica, Pescadero, San Mateo, South San Francisco, and Redwood City; see website for phone and addresses.

Website: <https://www.smcgov.org/hsa/core-service-agencies-emergency-safety-net-assistance>.

● **South**
San Carlos, Redwood City,
Woodside, Atherton, West
Menlo Park, Portola Valley

● **Central**
Burlingame, Hillsborough,
San Mateo, Foster City,
Belmont, Millbrae

● **Coastside**
Half Moon Bay, La Honda,
Pescadero

● **East Palo Alto/Belle Haven**
East Menlo Park, East Palo Alto

● **North**
Daly City, Pacifica, Colma,
Brisbane, South San Francisco,
San Bruno

BayMark Health Services, BAART Programs

● **Contracted Provider**

BAART Programs is a narcotic treatment program that provides medication-assisted treatment to those who have developed opioid dependence, client-centered treatment planning and individual substance use counseling. Opioid dependence can include addiction to prescription painkillers or the use of street opioids, such as heroin and fentanyl. BAART provides evidence-based, effective, safe, and affordable treatment including short and long-term maintenance therapy with methadone and buprenorphine/suboxone, naltrexone, disulfiram, and naloxone.

Ages Served: Adults and youth

How to Request Services: Call

Phone: (650) 324-1470

Contact Address: 795 Willow Rd., Bldg. 332, Menlo Park, CA 94025

Website: <https://baartprograms.com/locations/california/menlo-park-san-mateo/>

Project Ninety

● **Contracted Provider**

Project Ninety, operated by Caminar, includes substance use treatment program facilities providing outpatient, intensive outpatient, and recovery residences.

Ages Served: Adult men

How to Request Services: Call, drop-in M – F, 9am – 12pm, or email at info@caminar.org

Phone: (650) 579-7881

Contact Address: 114 S. Delaware St., San Mateo, CA 94401

Website: <https://www.caminar.org/p90>

The Camp Recovery Center

● **Contracted Provider**

Camp Recovery Center provides treatment and rehabilitation programming for teens and adolescents ages 14-17 that are struggling with substance use and co-occurring disorders. There are 21 residential youth beds, youth detox beds, and offer robust activities such as holistic healing and community-based recovery supports.

Ages Served: Youth 14-17 years old

How to Request Services: Referrals only

Phone: N/A

Contact Address: 3192 Glen Canyon Rd., Ste. 1, Scotts Valley, CA 95066

Website: <https://www.camprecovery.com/programs/adolescents/>

El Centro De Libertad/The Freedom Center

●● **Contracted Provider**

● **South**
 San Carlos, Redwood City,
 Woodside, Atherton, West
 Menlo Park, Portola Valley

● **Central**
 Burlingame, Hillsborough,
 San Mateo, Foster City,
 Belmont, Millbrae

● **Coastside**
 Half Moon Bay, La Honda,
 Pescadero

● **East Palo Alto/Belle Haven**
 East Menlo Park, East Palo Alto

● **North**
 Daly City, Pacifica, Colma,
 Brisbane, South San Francisco,
 San Bruno

El Centro offers outpatient substance use services that incorporates an abstinence-based model with cognitive behavioral strategies. Youth, adults, families, and communities receive the tools to break the cycle of substance use and move towards healthy lives. Services are provided in English and Spanish.

Ages Served: All ages

How to Request Services: Call or contact through website

Redwood City Site

Phone: (650) 599-9955

Contact Address: 500 Allerton St., 2nd floor, Redwood City, CA 94063

Half Moon Bay Site

Phone: (650) 599-9995

Contact Address: 225 S. Cabrillo Hwy., Ste. 105, Half Moon Bay, CA 94019

Website: <https://www.elcentrodelibertad.org/>

Fort Help Mission

● **Contracted Provider**

Fort Help Mission is a narcotic treatment program that provides rehabilitation services for opioid recovery, medication-assisted treatment (MAT), outpatient services, and aftercare. Clients also receive individual and group therapy for peer support and to build resilience. Services are provided in English and Spanish.

Ages Served: Adults

How to Request Services: Call

Phone: (415) 821-1427

Contact Address: 1101 Capp St., San Francisco, CA 94110

Website: <https://www.methadonecenters.com/methadone-centers/fort-help-mission-inc/>

Free At Last

● **Contracted Provider**

Free At Last provides community based outpatient, residential treatment, sober living environments, intervention, and prevention services designed to reduce the exceptionally high rates of substance use and HIV infection and to break the cycle of addiction, reunite and rebuild families torn apart by intergenerational addiction, provide alternatives to incarceration, and foster economic self-sufficiency. Services are provided in English and Spanish.

Ages Served: Adults, women, and children under the age of 6

How to Request Services: Call or email at info@freetatlast.org

Phone: (650) 462-6999

Contact Address: 1796 Bay Rd., East Palo Alto, CA 94303

Website: <http://freetatlast.org/>

● **South**
San Carlos, Redwood City,
Woodside, Atherton, West
Menlo Park, Portola Valley

● **Central**
Burlingame, Hillsborough,
San Mateo, Foster City,
Belmont, Millbrae

● **Coastside**
Half Moon Bay, La Honda,
Pescadero

● **East Palo Alto/Belle Haven**
East Menlo Park, East Palo Alto

● **North**
Daly City, Pacifica, Colma,
Brisbane, South San Francisco,
San Bruno

HealthRIGHT 360 (HR360)

● **Contracted Provider**

HR360's individualized and integrated treatment services include outpatient, intensive outpatient, residential, sober living environments, individual and family counseling, group therapy, and educational groups that focus on recovery from substance use disorder and related addictive behaviors, such as eating disorders and nicotine dependence.

Ages Served: Adults and youth ages 12-17

How to Request Services: Call

Phone: (415) 762-3700

Contact Address: 2015 Pioneer Court, Ste. B, San Mateo, CA 94403

Website: <https://www.healthright360.org>

HR360 - Asian American Recovery Services (AARS) - Outpatient Drug & Alcohol Services for Adults (ODASA)

● **Contracted Provider**

ODASA provides outpatient and intensive outpatient treatment services to individuals experiencing drug, alcohol, and/or co-occurring problems in a safe, supportive, and structured environment. They assist clients in making emotional and behavioral changes through individual and group sessions, case management, family support, advocacy, aftercare services, and drug-free activities that promote as well as facilitate recovery and social and community re-integration.

Ages Served: Adults

How to Request Services: Call

Phone: (415) 337-0140

Contact Address: 1115 Mission Rd., South San Francisco, CA 94080

Website: <https://www.healthright360.org/program/outpatient-drug-and-alcohol-services-for-adults-odasa/>

HR360 Medication-Assisted Treatment (MAT) Health Clinic

● **Contracted Provider**

HR360's MAT primary care clinic provides care to individuals seeking medication-assisted treatment for substance use disorders including alcohol and opioid use and individuals with complex healthcare needs resulting from homelessness, poverty, and addiction.

Ages Served: Adults and youth ages 16 and up

How to Request Services: Call

Phone: (650) 425-9408, after 4:45pm M-F call (415) 746-1940

Contact Address: 117 N. San Mateo Dr., Ste. 1, San Mateo, CA 94401

Website: <https://www.healthright360.org/agency/san-mateo-clinic>

Horizon Treatment Services - Palm Ave. Detoxification

● **Contracted Provider**

● **South**
San Carlos, Redwood City,
Woodside, Atherton, West
Menlo Park, Portola Valley

● **Central**
Burlingame, Hillsborough,
San Mateo, Foster City,
Belmont, Millbrae

● **Coastside**
Half Moon Bay, La Honda,
Pescadero

● **East Palo Alto/Belle Haven**
East Menlo Park, East Palo Alto

● **North**
Daly City, Pacifica, Colma,
Brisbane, South San Francisco,
San Bruno

Palm Ave. Detoxification/Withdrawal Management operates under the direction of a licensed physician to ensure the utmost safety and comfort during the difficult substance withdrawal period. The withdrawal management program is staffed by registered/certified SUD counselors, case managers, licensed vocational nurses and other support staff. Clients are assessed for medical safety prior to admission and monitored 24/7.

Ages Served: Adults

How to Request Services: Call

Phone: (650) 513-6500

Contact Address: 2251 Palm Ave., San Mateo, CA 94403

Website: <https://horizonservices.org/palm-Ave/>

The Latino Commission

● Contracted Provider

The Latino Commission provides bilingual/bicultural sober living environments, outpatient, intensive outpatient, and residential substance use treatment and behavioral modification services, primarily serving adult Latino men and women and open to all diverse backgrounds in the community.

Ages Served: Adults

How to Request Services: Call

Phone: (650) 244-1444

Contact Address: 1001 Sneath Ln., Ste. 307, San Bruno, CA 94066

Website: <https://www.thelatinocommission.org/bay-area>

Our Common Ground (OCG)

● Contracted Provider

OCG provides residential treatment, outpatient treatment, recovery residencies, and sober living environment services to individuals with substance use and mental health disorders. Treatment services are delivered in a safe and structured family environment, utilizing the concepts of the Therapeutic Community, and is evidence-based and individualized to account for each person's specific set of strengths and needs.

Ages Served: Residence services for adult men, and Intensive Outpatient/Outpatient services for all adults.

How to Request Services: Call

Phone: (650) 367-9030

Contact Address: 631 Woodside Rd., Redwood City, CA 94061

Website: <https://ocgworks.org/>

Recover

● Contracted Provider

Recover provides substance use treatment for adults and adolescents (MAT, mild to moderate psychiatric care, counseling, and case management). A full range of treatment options is available to patients with any substance use disorder, including those with additional psychiatric diagnoses. Services are available in any language.

● South

San Carlos, Redwood City, Woodside, Atherton, West Menlo Park, Portola Valley

● Central

Burlingame, Hillsborough, San Mateo, Foster City, Belmont, Millbrae

● Coastside

Half Moon Bay, La Honda, Pescadero

● East Palo Alto/Belle Haven

East Menlo Park, East Palo Alto

● North

Daly City, Pacifica, Colma, Brisbane, South San Francisco, San Bruno

Ages Served: Adults and Adolescents

How to Request Services: Call

Phone: (858) 208-0121

Contact Address: N/A – only provides telehealth services

Website: <https://www.letsrecover.com/team>

Service League of San Mateo County - Hope House

● **Contracted Provider**

Hope House is a residential substance use disorder treatment program that provides a sober living environment to adult women and individuals who are pregnant, with an infant, or postpartum. Evidence-based, gender-specific groups provide the most up-to-date information and techniques, which address addiction and other harmful behaviors.

Ages Served: Adult Women

How to Request Services: Call

Phone: (650) 363-8735

Contact Address: 3789 Hoover St., Redwood City, CA 94063

Website: <https://serviceleague.org/get-help/hope-house-residential-treatment/overview.html>

Sitike Counseling Center

● **Contracted Provider**

Sitike provides outpatient substance use treatment services for all adults and perinatal intensive outpatient services for adult women. Sitike assists clients in developing the tools they need to turn their lives around.

Ages Served: Adults

How to Request Services: Call

Phone: (650) 589-9305, **Crisis Line:** (650) 573-2662

Contact Address: 306 Spruce Ave., South San Francisco, CA 94080

Website: <https://www.sitike.org/>

StarVista - Insights

● ● **Contracted Provider**

Insights is an outpatient drug and alcohol recovery program that empowers youth to take responsibility and facilitate positive, lasting change for themselves and their families. Through case management and individual, group, and family counseling, participants learn about anger management, relationships, mental health, and communicating with parents.

Ages Served: Youth ages 12-21

How to Request Services: Call

Phone: (650) 366-8436

Contact Address: 333 Gellert Blvd., Ste. 206, Daly City, CA 94014 or 420 Brewster Ave., Redwood City, CA 94063

Website: <https://star-vista.org/programs/insights/>

● **South**
San Carlos, Redwood City,
Woodside, Atherton, West
Menlo Park, Portola Valley

● **Central**
Burlingame, Hillsborough,
San Mateo, Foster City,
Belmont, Millbrae

● **Coastside**
Half Moon Bay, La Honda,
Pescadero

● **East Palo Alto/Belle Haven**
East Menlo Park, East Palo Alto

● **North**
Daly City, Pacifica, Colma,
Brisbane, South San Francisco,
San Bruno



Driving Under-the-Influence (DUI)

DUI services provide substance abuse education, counseling, and re-entry to comply with court ordered participation, increase safety on the highways, create self-awareness of alcohol and other drug abuse issues, and prevent future DUIs. Participants must complete all DUI program requirements in accordance with California Code of Regulations, Title IX, Division 4, Section 9851. These are court mandated and often accompany driver's license revocation.

Free at Last

● **Contracted Provider**

Free at Last is in East Palo Alto and offers First Offender Programs (FOP) that are mandated by the San Mateo County Superior Court, DMV, and Probation. It consists of Wet & Reckless (W&R) and 3-month programs. Classes are offered in English and Spanish.

Ages Served: Adults

How to Request Services: Call or email at info@freetatlast.org

Phone: (650) 462-6999

Contact Address: 1796 Bay Rd., East Palo Alto, CA 94303

Website: <http://freetatlast.org/>

Sitike Counseling Center

● **Contracted Provider**

Sitike offers DUI FOP that are mandated by the San Mateo County Superior Court, DMV, and Probation. It consists of Wet & Reckless (W&R), 3-month, 6-month, and 9-month programs. Classes are offered in English and Spanish.

Ages Served: Adults

How to Request Services: Call

Phone: (650) 589-9305, **Crisis Line:** (650) 573-2662

● **South**

San Carlos, Redwood City, Woodside, Atherton, West Menlo Park, Portola Valley

● **Central**

Burlingame, Hillsborough, San Mateo, Foster City, Belmont, Millbrae

● **Coastside**

Half Moon Bay, La Honda, Pescadero

● **East Palo Alto/Belle Haven**

East Menlo Park, East Palo Alto

● **North**

Daly City, Pacifica, Colma, Brisbane, South San Francisco, San Bruno

Contact Address: 306 Spruce Ave., South San Francisco, CA 94080

Website: <https://www.sitike.org/>

● **South**

San Carlos, Redwood City,
Woodside, Atherton, West
Menlo Park, Portola Valley

● **Central**

Burlingame, Hillsborough,
San Mateo, Foster City,
Belmont, Millbrae

● **Coastside**

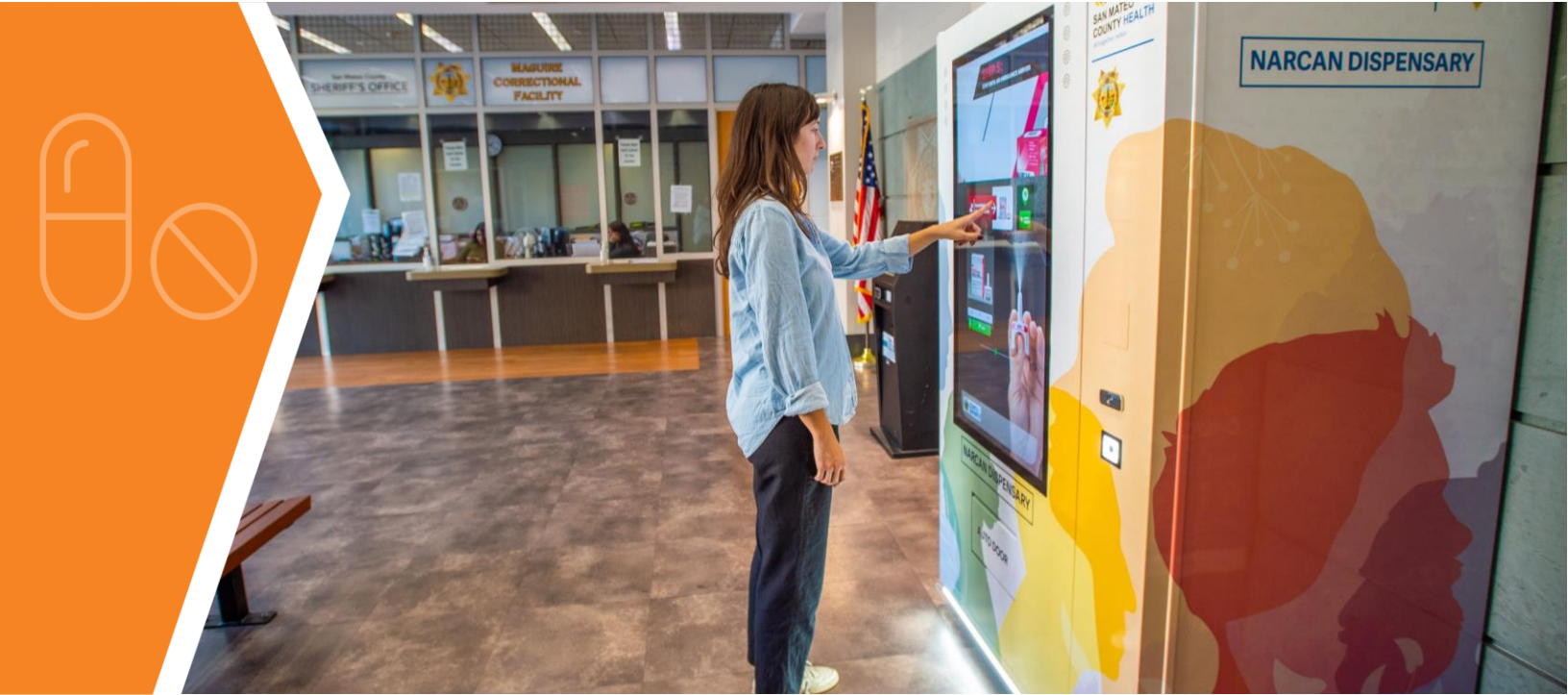
Half Moon Bay, La Honda,
Pescadero

● **East Palo Alto/Belle Haven**

East Menlo Park, East Palo Alto

● **North**

Daly City, Pacifica, Colma,
Brisbane, South San Francisco,
San Bruno



Deferred Entry to Judgment (DEJ)

The (DEJ) programs are for individuals, who enter a plea of guilty or no contendere (“no contest”) to legally specified drug-related charges ordered to participate in a program of drug education, counseling, and self-help meetings. Participants who successfully complete the DEJ program can have their plea withdrawn and case dismissed at the end of their term.

Website: <https://www.smcgov.org/probation/deferred-entry-judgment-dejdiversion>

El Centro De Libertad/The Freedom Center

● **Contracted Provider**

El Centro offers outpatient substance use services that incorporates an abstinence-based model with cognitive behavioral strategies. Services are provided in English and Spanish.

Ages Served: All ages

How to Request Services: Call or contact on website

Phone: (650) 599-9955

Contact Address: 500 Allerton St, 2nd floor., Redwood City, CA 94063

Website: <https://www.elcentrodelibertad.org/>

Sitike Counseling Center

● **Contracted Provider**

Sitike provides outpatient substance use treatment and perinatal intensive outpatient services.

Ages Served: Adults

How to Request Services: Call

Phone: (650) 589-9305, **Crisis Line:** 650-573-2662

Contact Address: 306 Spruce Ave., South San Francisco, CA 94080

Website: <https://www.sitike.org/>

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Collaborative Courts

Drug Court

● **BHRS-Operated**

Drug Court offers individuals facing criminal charges for drug use and/or possession an opportunity to enter substance use treatment and obtain recovery resources in lieu of a traditional jail sentence. Defendants are frequently drug tested, attend substance abuse recovery meetings, make court appearances regularly and abide by all other rules. Upon successful completion, defendants may have a lesser penalty imposed or have their original charge dismissed or reduced.

Ages Served:

How to Request Services: Call

Phone: (650) 261-5200 or (650) 261-5100 option 1

Contact Address: 400 County Ctr., 4th floor, Redwood City, CA 94063

Website: <https://www.sanmateo.courts.ca.gov/divisions/criminal/collaborative-court/drug-court>

Multiple DUI Court

● **BHRS-Operated**

Multiple DUI Court provides intensive supervision of multiple DUI offenders while connecting them with the community and recovery resources they need to address their driving habits and their alcohol use. The Multiple DUI Court utilizes a multidisciplinary team approach combined with intensive supervision to identify and treat the root causes of criminal behavior and aims to improve traffic safety.

Ages Served:

How to Request Services: Call

Phone: (650) 261-5200 or (650) 261-5100 option 1

Contact Address: 400 County Ctr., 4th floor, Redwood City, CA 94063

Website: <https://www.sanmateo.courts.ca.gov/divisions/criminal/collaborative-court/multiple-dui-court>

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Crisis Services



Crisis Hotline

Contracted Provider

The StarVista Crisis Hotline provides a 24-hour crisis and warm line resource in San Mateo County and educational behavioral health crisis prevention presentations to the community and schools.

Ages Served: All ages

How to Request Services: Call

Phone: 9-8-8 / General - (650) 591-9623 / Crisis Hotline - (650) 579-0350

Website: <https://sanmateocrisis.org/>

Mobile Crisis Response Team (MCRT)

Contracted Provider

MCRT provides specialized 24/7 mobile crisis response team and is a partnership of BHRS, Telecare, and Star Vista. MCRT responds to individuals that are experiencing an escalation of behavioral health symptoms and provides support for current/former foster youth and caregivers in need of trauma support, allowing for the team to directly support stabilizing the situation and keep individuals safe under the Family Urgent Response System (FURS).

Ages Served: All ages

How to Request Services: Call

Phone: (650) 579-0350

Contact Address: N/A

Website: <https://www.telecarecorp.com>

Community Wellness Crisis Response Team (CWCRT) Pilot

Contracted Provider

CWCRT is a pilot program launched in 2021 in Daly City, San Mateo, Redwood City, and South San Francisco where a StarVista Mental Health Clinician is deployed by 9-1-1 along with police officers to calls involving individuals suspected of experiencing behavioral health crises to help manage high-risk situations and improve outcomes and public safety. This pilot program is being expanded to additional cities to include Foster City, East Palo Alto, Menlo Park, San Bruno, North Fair Oaks, and Pacifica.

Ages Served:

How to Request Services: Deployed by 9-1-1. Request a CIT Officer.

Phone: 9-1-1

Contact Address: N/A

Website: <https://www.smcgov.org/ceo/community-wellness-and-crisis-response-team>

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San Mateo Assessment and Referral Team (SMART)

● **Contracted Provider**

SMART mental health-trained paramedics provide assessment assistance to law enforcement when dealing with a mental health crisis. SMART can transport individuals to a local hospital that provides psychiatric emergency services or to other appropriate services as necessary.

Ages Served: All ages

How to Request Services: Deployed by 9-1-1.

Phone: 9-1-1

Contact Address: 1510 Rollins Rd., Burlingame, CA 94010

Website: <https://www.smcgov.org/ceo/during-mental-health-crisis-smart-approach>

Psychiatric Emergency Response Team (PERT)

● **BHRS-Operated**

PERT is a co-response approach with a BHRS mental health clinician and Sheriff's Office detective to behavioral health crises within unincorporated jurisdictions only.

Ages Served: All ages

How to Request Services: Deployed by 9-1-1.

Phone: 9-1-1 / Clinician - (650) 802-4294 / Detective - (650) 802-4285

Contact Address: San Mateo County Sheriff's Office, 400 County Ctr., Redwood City, CA 94063

Website: <https://www.smchealth.org/sites/main/files/file-attachments/pertbrochure.pdf?1556207937>

Family Assertive Support Team (FAST) and Mobile Support Services

● **Contracted Provider**

The Mateo Lodge FAST program provides field-based supports and in-home outreach services including assessment, consultation, and support services to individuals experiencing a severe behavioral health challenge and their family members. The Mateo Lodge Mobile Support Services provides 24/7 outreach support services by bilingual staff to address the immediate needs of clients with behavioral health conditions including transportation and supports with homelessness or at risk of becoming homeless.

Ages Served: Transition age youth and adults

How to Request Services: Call

Phone: FAST: (650) 368-3178, Cassia House: (650) 363-8125

Contact Address: 420 Cassia St., Redwood City, CA 94063

Website: <https://www.smchealth.org/general-information/family-assertive-support-team-fast>

Integrated Medication Assisted Treatment (IMAT)

● **BHRS-Operated**

The IMAT team provides information, screening, and referrals to medication assisted treatment for individuals using alcohol and/or opioids, and harm reduction tools such as fentanyl test strips, Naloxone, and medications to alleviate

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withdrawal symptoms and support recovery. IMAT case managers are located at San Mateo Medical Center (SMMC) Emergency Department and Psychiatric Emergency Services (PES) to engage patients. IMAT also provides intensive case management and outreach to individuals living with seriously mental illness.

Ages Served: Transition age youth 16 and up and adults

How to Request Services: Call, 9am – 8pm, 7 days-a-week including holidays or walk-in

Phone: (650) 573-2735

Contact Address: SMMC Emergency Department, 222 W, 39th Ave., San Mateo, CA 94403

Website: <https://www.smchealth.org/post/integrated-medication-assisted-treatment>

Serenity House

● **Contracted Provider**

Serenity House is a 13-bed facility operated by Telecare, that provides short term respite/crisis support services in San Mateo County for up to 10 days. Services consist of crisis stabilization, life skills support, and linkage to needed support services as individuals' transition back to the community.

Ages Served: Adults

How to Request Services: Call or Referrals

Phone: (650) 539-0340

Contact Address: 3701 Hacienda St., San Mateo, CA 94403

Website: <https://www.telecarecorp.com/blog/2022/10/03/new-program-serenity-house-crt>

● **South**
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Woodside, Atherton, West
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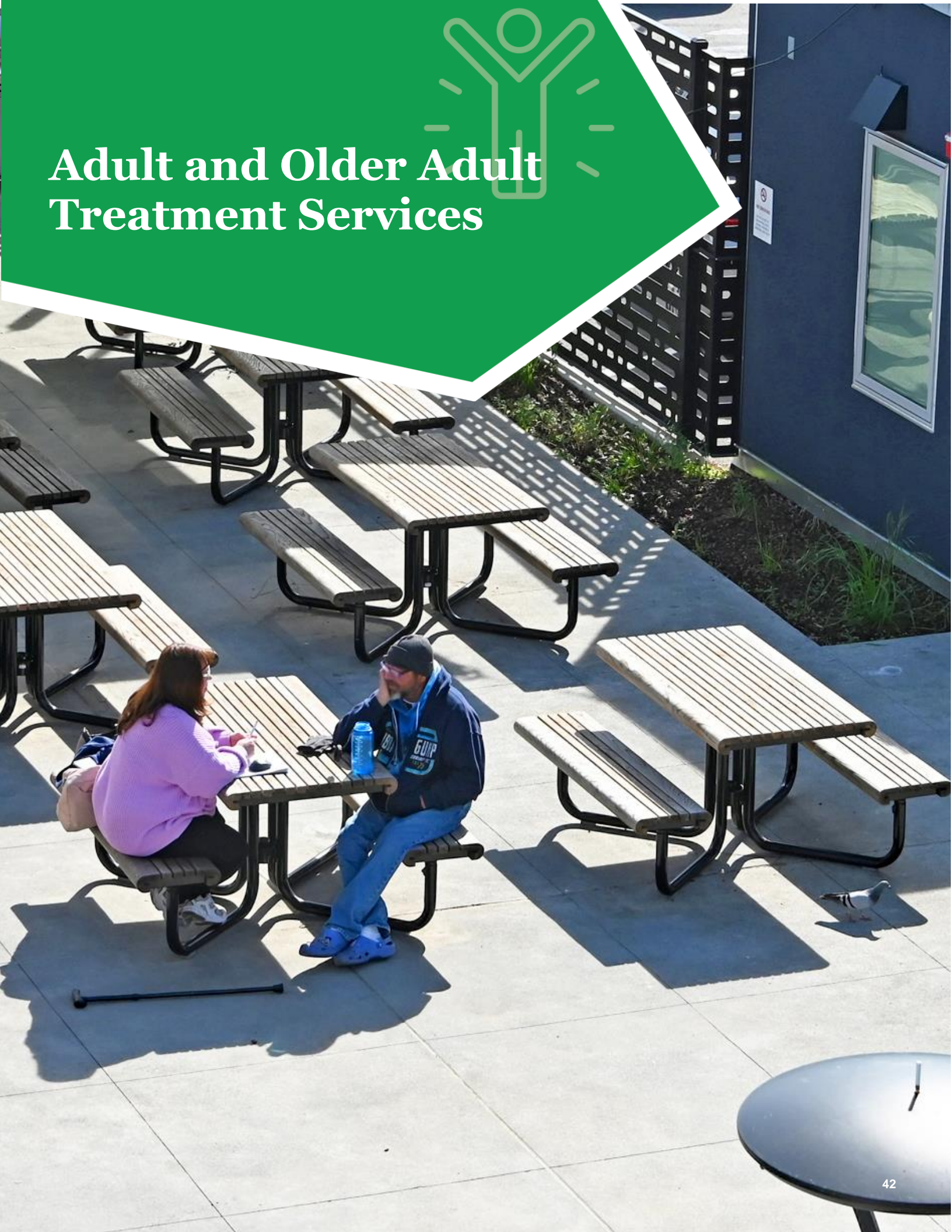
● **Central**
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San Bruno

Adult and Older Adult Treatment Services



Adults and older adults programs promote individual recovery, improved well-being and quality of life, and independent living in the community for adults living with Serious Mental Illness (SMI) to foster healthy outcomes, reduce isolation, and keep clients engaged in meaningful activities and promoting safety and well-being.

Psychiatric emergency and inpatient services are provided for people in crisis, intensive case management, residential and supported housing alternatives are provided for the most vulnerable BHRS population, and services are provided to people discharged from jail. Services are co-located with primary care and offered through Specialty Mental Health teams for those who have greater needs.

Facilities Utilization Management (FUM) Team

● BHRS-Operated

The FUM team oversees referrals and provides utilization management for contracted in-county licensed facilities. The team supports psychiatric inpatient discharge planning and referral to appropriate Level of Care (LOC) placements for adults living with SMI and/or SUD at BHRS contracted licensed facilities including Cordilleras Mental Health Rehabilitation Center (MHRC) and Residential and Inpatient Eating Disorder Programs.

Ages Served: Adults

How to Request Services: Referrals only

Phone: N/A

Contact Address: 1950 Alameda De Las Pulgas, San Mateo, CA 94403

Website: <https://www.smchealth.org/bhrsservices>

Collaborative Care Team (CCT)

● BHRS-Operated

CCT is a collaboration between BHRS, the San Mateo Medical Center (SMMC) and Aging and Adult Services (AAS), CCT prevents clients from being “stuck” in an inappropriate level of care. CCT strives to provide the right level of care at the right time and place, promote clients’ wellness and recovery, and facilitate warm hand-offs to community-based programs. Staff work closely with Lanterman-Petris-Short Act (LPS)¹⁵ conservators.

Ages Served: Adults

How to Request Services: Referrals only

Phone: N/A

Contact Address: 1950 Alameda De Las Pulgas, San Mateo, CA 94403

Website: <https://www.smchealth.org/bhrsservices>

Temporary Conservatorship (T-Con)

● BHRS-Operated

T-Con is a 30-day conservatorship for individuals who are gravely disabled¹⁶ initiated at the end of 72-hour hold and then a 14-day hold; 5250 holds following a 5150 hold¹⁷. If the referral is appropriate, a petition is filed with the Court, and the person is placed on a T-Con, which is needed for placement of a client. The BHRS Conservatorship Investigation Unit investigates referrals made by psychiatrists in charge of inpatient psychiatric hospitals or jails and are available to explain the conservatorship process to family members and the community.

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East Menlo Park, East Palo Alto

● **North**

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Ages Served: Adults

How to Request Services: Call or email DLacampagne@smcgov.org or ATEopaco@smcgov.org

Phone: (650) 363-4117

Contact Address: 802 Brewster Ave., Redwood City, CA 94063

Website: <https://www.smchealth.org/bhrsservices>

Provider Networks

● BHRIS-Operated

BHRIS psychiatrists provide services for clients with mild to moderate mental illness through the Health Plan of San Mateo provider network, known as Community Integrated Provider Network (CIPN). Additionally, BHRIS contracts with providers enrolled in Medi-Cal Fee for Service to serve individuals living with SMI through the Specialty Mental Health Private Provider Network (SPPN) comprised of mental health professionals of varying disciplines and specialties.

Ages Served: All ages

How to Request Services: hs_bhrs_sppn_inquiries@smcgov.org – Referrals only

Phone: (650) 573-3476

Website: <https://www.smchealth.org/behavioral-health-staff-specialty-mental-health-providers#join>

Older Adult System of Integrated Services (OASIS)

● BHRIS-Operated

OASIS provides in-home behavioral health services to older adults living with SMI and/or SUD, medical diagnoses and functional limitations through a multi-disciplinary team. The program assists individuals to live in the community independently and includes psychiatric assessment and treatment, psychiatric medication evaluation and on-going monitoring, clinical case management, rehabilitation counseling, individual or family therapy, peer support, psychoeducation, and collateral support with other community services.

Ages Served: Adults ages 60 and up

How to Request Services: Call or referrals

Phone: (650) 573-3689

Contact Address: 1950 Alameda de las Pulgas, San Mateo, CA 94403

Website: <https://www.smc-connect.org/locations/san-mateo-county-health-system/behavioral-health-and-recovery-services-older-adult-system-of-integrated-services-oasis>

Older Adult Peer Counseling

● Contracted Provider

Peninsula Family Service provides specially trained volunteer counselors in various languages including Cantonese, English, Mandarin, Spanish, and Tagalog for older adult clients. Counselors make weekly visits to the participant's home or location of their choice in person, via zoom or by phone. Support topics include coping with grief, loss, physical limitations, financial challenges, housing, mild depression, family relationships, loneliness, isolation, anxiety, and caregiving for a partner.

Ages Served: Adults ages 55 and up

● South

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East Menlo Park, East Palo Alto

● North

Daly City, Pacifica, Colma, Brisbane, South San Francisco, San Bruno

How to Request Services: email info@pfso.org

Phone: (650) 403-4300 x 4322

Contact Address: 24 Second Ave., San Mateo, CA 94401

Website: <https://www.peninsulafamilyservice.org/our-programs/older-adult-services/peercounseling/>

Puente Clinic

● **BHRS-Operated**

The Puente Clinic supports adult clients with both intellectual disability and psychiatric conditions. Puente Clinic collaborates closely with the San Mateo County Branch of the Golden Gate Region Center (GGRC), which coordinates essential benefits (daily living, housing, etc.) for County residents who have intellectual disabilities to assist with diagnoses of assessment, psychotherapy, medication management and coordinate case management.

Ages Served: Adults

How to Request Services: Referrals only

Phone: (650) 372-6117

Contact Address: 1950 Alameda de las Pulgas, San Mateo, CA 94403

Website: <https://www.smchealth.org/bhrs/providers/puente>

Primary Care Interface (PCI)

● **BHRS-Operated**

PCI engages individuals during their primary healthcare visits who have significant needs for behavioral health services. The program partners with San Mateo County Medical Center (SMMC) and its five primary care outpatient clinics to provide easier access to behavioral health services. If clients report a mental health concern to their primary care provider, the provider can request consultation with the PCI team to assist with therapy, case management, assistance with substance use disorders, and psychiatric care.

Ages Served: All ages

How to Request Services: Provider referrals only

Phone: (650) 573-2630

Contact Address: N/A

Website: <https://www.smchealth.org/bhrsservices>

Ravenswood Family Health Center

● **Contracted Provider**

The Ravenswood Family Health Center provides outreach and engagement services and identifies individuals presenting for healthcare services that have significant needs for behavioral health care.

Ages Served: All ages

How to Request Services: Call

Phone: (650) 330-7400

Contact Address: 1885 Bay Rd., East Palo Alto, CA, 94303

Website: <https://ravenswoodfhn.org/>

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Full Service Partnerships (FSP)

● **Contracted Provider**

Telecare and Caminar provide FSP services to adults and older adults, which includes the highest level of outpatient behavioral health services, using community/field-based multi-disciplinary teams 24 hours a day, 7 days a week. Services include peer supports; intensive behavioral health treatment including medications; linkage to housing; supported education and employment; treatment for co-occurring disorders; skills-based interventions, among others.

Ages Served: Adults and older adults

How to Request Services: Referrals only

Telecare FSP

Phone: (650) 817-9070

Contact Address: 1692 El Camino Real, San Carlos CA, 94070

Website: <https://www.telecarecorp.com/san-mateo-transitions>

Caminar FSP

Phone: (650) 372-4080

Contact Address: 1410 Marshall St., Redwood City, CA 94063

Website: <https://www.caminar.org/resources/2015/5/28/case-management>

Recovery, Empowerment and Community Housing (REACH) FSP

● **Contracted Provider**

Caminar’s FSP program REACH serves individuals living with serious mental illness and serves as a step down from FSP. REACH supports participants to achieve their life goals, has medical clinic services and a 24-hour on-call emergency response service. Peer support staff serve as recovery role models to participants, most of who live in their own apartments and participate in their community.

Ages Served: Adults and older adults

How to Request Services: Referrals only

Phone: (650) 372-4080

Contact Address: 1410 Marshall St., Redwood City, CA 94063

Website: <https://www.caminar.org/resources/2015/5/28/case-management>

North and South County Embedded FSP

●● **Contracted Provider**

Caminar and Mateo Lodge provide Embedded Case Management (ECM) services for complex adult client population living with SMI and/or SUD at North County and South County Behavioral Health Outpatient Clinics, respectively. Clients receive direct case management and complete a “Needs Assessment” to facilitate the development of client-driven goals. Clients receiving housing vouchers also receive quarterly home visits, monthly phone check in, and assistance with negotiation with landlords, etc.

Ages Served: Adults and older adults

How to Request Services: Referrals only

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North County Adult Clinic

Phone: (650) 301-8650

Contact Address: 375 89th St, Daly City, CA 94015

Website: <https://www.smchealth.org/bhrsservices>

South County Adults

Phone: (650) 363-4111

Contact Address: 802 Brewster Ave., Redwood City, CA 94063

Website: <https://www.smchealth.org/bhrsservices>

Supported Education

● Contracted Provider

Caminar provides supported education to behavioral health clients. Clients are offered classes that allow for a soft entry or re-entry into the college system through the College of San Mateo including, *Introduction to Peer Counseling I* and *Advanced Peer Counseling II* and with Skyline College to offer *Introduction to Academic and Career Exploration*. Classes are available at no cost and include transportation, support and assistance with registration, college tours, and information regarding resources.

Ages Served: Adults

How to Request Services: Call or email info@caminar.org

Phone: (650) 578-8691

Contact Address: 1410 Marshall St., Redwood City, CA 94063

Website: <https://www.caminar.org/resources/2015/5/27/supported-education-the-transition-to-college-program>

Supported Employment

● Contracted Provider

San Mateo County's Human Services Agency, Vocational Rehabilitation Services (VRS) offers a variety of vocational services and operates the Work Assessment Center and the Catering Connection program. Clients must be referred to VRS by a doctor or Human Services Agency worker.

Ages Served: Adults

How to Request Services: Referrals only

Phone: (650) 802-6486

Contact Address: 550 Quarry Rd. San Carlos, CA 94070

Website: <https://www.smcgov.org/hsa/vocational-rehabilitation-services>

Jobs Plus

● Contracted Provider

Jobs Plus San Mateo County, operated by Caminar, provides job placement and supported employment services for persons with all types of disabilities. Services for behavioral health clients include job assessment, vocational training skill assessment, skill development, resume writing support, job application assistance, interviewing skills support, supported education referral, job placement assistance, job search support and benefits assistance, and job coaching.

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Daly City, Pacifica, Colma, Brisbane, South San Francisco, San Bruno

Ages Served: Adults

How to Request Services: Call or email info@caminar.org

Phone: (650) 578-8691

Contact Address: 1410 Marshall St., Redwood City, CA 94063

Website: <https://www.caminar.org/resources/2015/5/27/jobs-plus>

Representative Payee Services

● Contracted Provider

Representative payee services provide financial management for individuals who are unable to manage their finances due to a serious mental illness and/or substance use conditions, or who are dependent adults.

Ages Served: Adults

How to Request Services: Referrals only

Contact Address: Benefits Management Corp/LIFE, P O Box 168045, Sacramento ,CA 95816

Call: (877) 707-2933 **Email:** support@webpayee.com

Website: <https://www.smchealth.org/general-information/representative-payee>

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Adult Forensic and Specialty Court

Forensic and Specialty Court Services provide outpatient treatment and support services to individuals living with SMI/SUD and non-violent offenders to divert from incarceration into community-based services.

Program	Referral	Criteria	Length
Service Connect	Probation, Parole, Sheriff's Office	Probation, Parole, and/or mod-high risk of recidivism	Approx 1 year
Pathways	Anyone	SMI, post-plea, probation eligible	1-3 years
Pathways – 1370 Court	Attorney	Incompetent to stand trial, misdemeanor charge	Up to 1 year
Pathways – Intensive Mental Health Diversion	Attorney	Diagnosis of Schizophrenia, Schizoaffective Disorder, Bipolar I Disorder, MDD, or PTSD; felony charges	2 years
Pathways – Veteran Tx Court	Attorney	Prior military service, post-plea, service-related diagnosis	1-3 years
Pathways – Military Diversion Court	Attorney	Prior military service, pre-plea, service-related diagnosis	1-2 years
Assisted Outpatient Tx	Anyone	SMI, 2 or more hospitalizations in 3 years, no engagement in treatment	As long as needed
CARE Court	Anyone	Diagnosis of schizophrenia spectrum and other psychotic disorder, no engagement in treatment	1-2 years

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David Lewis Community Reentry Center / Service Connect

● **BHRS-Operated**

Service Connect assists residents returning home from prison or jail with their reintegration back into the community. An assessment is completed to determine the needs and skills of the person and to make referrals to other services. Services include therapy, personal development, cognitive restructuring and healthy lifestyles, resume development, job search assistance, support groups, and social activities.

Ages Served: Adults

How to Request Services: Referrals only

Phone: (650) 853-3120 or (650) 508-6745

Contact Address: 2277 University Ave., East Palo Alto, CA 94303

Website: <https://www.smc-connect.org/locations/city-of-east-palo-alto/david-lewis-reentry-program-service-connect>

Pathways Programs

● **BHRS-Operated**

Pathways is collaboration of San Mateo County Courts, Probation Department, District Attorney Office, Sheriff's Office, Correctional Mental Health, National Alliance on Mental Illness (NAMI) and BHRS. It is an alternate path through the criminal justice system for those living with SMI and/or SUD. Pathways is the umbrella structure for a field-based outpatient team that provides services to clients from specialty courts¹⁸ and mental health diversion programs including Intensive Mental Health Diversion (IMHD) Pathways 1370 Court, Veteran's Treatment Court, and Military Diversion Court.

Ages Served: Adults

How to Request Services: Referrals only

Phone: (650) 363-4244 or (650) 670-5964

Contact Address: 400 County Ctr, 5th floor, Redwood City, CA 94063

Website: <https://www.smcgov.org/probation/pathways-program-0>

Assisted Outpatient Treatment (AOT) – “Laura’s Law”

● **BHRS-Operated**

AOT provides court ordered intensive community-based mental health treatment for individuals living with serious mental illness who do not meet the LPS criteria for involuntary hospitalization but whose condition is currently deteriorating and who are unwilling to accept treatment. The program provides community/field-based outreach and engagement, temporary case management, family supports, assessments for court petitions, and warm hand-offs to other ongoing behavioral health services for individuals with SMI who are disengaged from treatment.

Ages Served: Adults

How to Request Services: Call or email AOT@smcgov.org

Phone: (650) 372-6125

Contact Address: 2000 Alameda Blvd, Ste 200, San Mateo, CA 94402

Website: <https://www.smchealth.org/general-information/assisted-outpatient-treatment-san-mateo-county>

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Community Assistance, Recovery, and Empowerment Court (CARE) Courts

● **BHRS-Operated**

CARE Court, newly created by the CARE Act, differs from both LPS Conservatorship and Laura’s Law approaches in that it may be initiated on a petition to the Court by family members, service providers, and other authorized parties, in addition to County Behavioral Health. The CARE Court service is designed to disrupt the revolving door of homelessness, short-term hospitalization, and incarceration often experience by those with untreated SMI by connecting the individuals to a CARE plan, which will include comprehensive treatment, housing, and supportive services for twelve months and may be extended by a Court for an additional twelve months.

Ages Served: Adults

How to Request Services: Call or email CAREBHRS@smcgov.org

Phone: (650) 372-6125

Contact Address: 400 County Center, Redwood City, CA 94063

Website: https://www.gov.ca.gov/wp-content/uploads/2022/03/Fact-Sheet_-CARE-Court-1.pdf

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Adult Housing and Homeless Outreach

Adult Resource Management (ARM)

● BHRIS-Operated

The ARM outreach and support services team provides field-based intensive case management, early identification, and engagement to adults living with SMI/SUD who are unhoused or at risk of homelessness. ARM works in collaboration with Psychiatric Emergency Services (PES) and Psychiatric Inpatient Services at San Mateo Medical Center (SMMC), the Maguire Facility/Jail, Mental Health Association Spring St. Homeless Shelter, Shelter Network's shelters, Horizons Services Palm Ave. Detox, and the Mateo Lodge Mobile Support Team.

Ages Served: Adults

How to Request Services: Referrals only

Phone: (650) 573-3928

Contact Address: 1950 Alameda de las Pulgas, San Mateo, CA 94403

Website: <https://www.smchealth.org/bhrsservices>

Health Care for the Homeless (HCH)

● BHRIS-Operated

HCH provides field-based outreach, short-term case management and linkages to medical, dental, and behavioral health services to unhoused individuals of all ages regardless of insurance or severity of behavioral health needs.

Ages Served: All ages

How to Request Services: Call or email HS_BHRIS_HEAL@smcgov.org

Phone: N/A

Contact Address: 1950 Alameda de las Pulgas, 2nd floor, San Mateo, CA 94403

Website: <https://www.smchealth.org/bhrsservices>

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Homeless Engagement Assessment and Linkage (HEAL)

● **BHRS-Operated**

HEAL provides field-based outreach, assessment, and treatment to unhoused individuals with behavioral health conditions. HEAL clinicians partner with the Homeless Outreach Team (HOT) to outreach and engage sheltered and unsheltered individuals who may have behavioral health needs and provide short-term behavioral health treatment including psychiatry in the field for those who are not ready to be connected to a BHRS treatment team with the goal of connecting them.

Ages Served: All ages

How to Request Services: Email HS_BHRS_HEAL@smcgov.org

Phone: N/A

Contact Address: 1950 Alameda de las Pulgas, 2nd floor, San Mateo, CA 94403

Website: <https://www.smchealth.org/bhrsservices>

Coordinated Entry Services (CES)

●●●●● **Contracted Provider**

CES is a county-wide program designed to streamline and prioritize access of limited resources for residents seeking homelessness services. CES is operated by the Human Services Agency (HSA) via eight Core Service Agencies in Daly City, East Palo Alto, Granada, Pacifica, Pescadero, San Mateo, South San Francisco, and Redwood City. Core Service provide access homelessness prevention services, emergency food, diversion from homelessness, connections to benefits, rental assistance and other safety net services.

Ages Served: All ages

How to Request Services: Call or Walk-in

Phone: see website

Contact Address: see website

Website: <https://www.smcgov.org/hsa/core-service-agencies-emergency-safety-net-assistance>

Independent Housing Vouchers and Subsidies

● **BHRS-Operated**

BHRS offers case management, referrals, and assistance to clients in completing housing voucher applications, housing unit applications, housing searches and support when meeting with prospective landlords. Clients may be eligible for Project-Based Vouchers, Tenant-Based Voucher, Permanent Supportive Vouchers, or Moving to Work Vouchers. Permanent Supportive Housing (PSH), formerly Shelter Plus Care, provides rental assistance and supportive services to assist individuals living with serious mental illness. These can be accessed through the County's Coordinated Entry System (CES) by going to one of the Core Service Agencies - see website below for phone and addresses.

Ages Served: All Ages

How to Request Services: Referrals only

Phone: (650) 573-2538

Contact Address: 2000 Alameda de las Pulgas Ste. 200 San Mateo CA 94403

Website: <https://www.smcgov.org/hsa/core-service-agencies-emergency-safety-net-assistance>

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Permanent Supportive Housing

● BHRIS-Operated

BHRIS has 71 permanent supported housing units across seven housing developments funded by the Mental Health Services Act (MHSA)¹⁹ and No Place Like Home Program (NPLH)²⁰ for individuals experiencing homelessness and chronic homelessness. Seven new housing developments will provide an additional 87 permanent housing units that will be available by mid-year 2026. On-site housing support services include tenant engagement, daily living skills coaching, housing retention and eviction prevention interventions, harm reduction, motivational interviewing, crisis intervention/de-escalation, service coordination, and property management liaison services.

Ages Served: All ages

How to Request Services: Referrals only

Phone: (650) 573-2538

Contact Address: 2000 Alameda de las Pulgas Ste. 200 San Mateo CA 94403

Website: <https://www.smchealth.org/general-information/mhsa-housing>

PERMANENT SUPPORTIVE HOUSING DEVELOPMENT	BEHAVIORAL HEALTH UNITS	YEAR OF COMPLETION
Cedar St. Apartments – 104 Cedar St. Redwood City / Mental Health Association (MHA)	5 of 15 total units	2009
El Camino Apartments – 636 El Camino Real, South San Francisco / Mid Pen Housing	20 of 106 total units	2010
Delaware Pacific Apartments – 1990 S. Delaware St. San Mateo / Mid Pen Housing	10 of 60 total units	2011
Waverly Place Apartments – 105 Fifth Ave, Redwood City / Mental Health Association (MHA)	15 of 16 total units	2017
Arroyo Green Senior Housing 707-777 Bradford St. Redwood City / MidPen Housing	6 of 177 total units	2019
Fair Oaks Commons – 2821 El Camino Real, North Fair Oaks Redwood City / Alta Housing	6 of 67 total units	2019
Light Tree Apartments – East Palo Alto / Eden Housing	9 of 198 total units	2023
Cordilleras Co-Housing – Redwood City	28 of 28 total units	2024
493 Eastmoor – Daly City / CORE Co & Abode	11 of 72 total units	2025
Week St. Apartments – East Palo Alto / MidPen Housing & EPA CanDo	8 of 135 total units	2025
Kiku Crossing – 480 E 4th Ave. San Mateo /Mid Pen Housing	9 of 224 total units	2024
1580 Maple St. – Redwood City / Mid Pen Housing	14 of 110 total units	2026
North Fair Oaks Apartments – Redwood City / Affirmed Housing	11 of 84 total units	2026
Fire House Square Apartments – South San Francisco / Eden Housing	6 of 82 total units	2026

Website: <https://www.smchealth.org/bhrservices>

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Shelter Beds

● Contracted Provider

BHRS contracts 32 shelter beds for behavioral health clients from the Navigation Center (7 beds), Safe Harbor Shelter (5 beds), and Spring St. Shelter (15 beds). On-site wraparound case management and support is provided to behavioral health clients.

Ages Served: Adults

How to Request Services: Referrals only

Navigation Center

Phone: (650) 364-1150

Contact Address: 275 Blomquist St., Redwood City, CA 94063

Website: <https://www.lifemoves.org/directory/san-mateo-county-navigation-center/>

Safe Harbor Shelter

Phone: (650) 347-3648

Contact Address: 295 N Access Rd., South San Francisco, CA 94080

Website: <https://samaritanhousesanmateo.org/service/housing-services/>

Spring St. Shelter

Phone: (650) 365-5772

Contact Address: 2686 Spring St., Redwood City, CA 94063

Website: <https://www.mhasmc.org/housing>

Transitional Housing

● Contracted Provider

BHRS contracts 13 transitional housing beds for behavioral health clients and provides onsite support including case management, clinical therapy and groups, psychiatry, supported education/ supported employment, housing retention skills, & peer support. Transitional housing includes 7 units at Spring St. An additional 29 transitional housing units are available via Canyon Vista Center as of fall 2024.

Spring St. Shelter

Ages Served: Adults

How to Request Services: Referrals only

Phone: (650) 365-5772

Contact Address: 2686 Spring St., Redwood City, CA 94063

Website: <https://www.mhasmc.org/housing>

Canyon Vista Center

Ages Served: All ages

How to Request Services: Referrals only

Phone: (650) 573-2538

Contact Address: 200 Edmonds Rd., Redwood City, CA 94062

Website: N/A

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Board & Care (B&C)

Contracted Provider

B&Cs provide a supported living environment for clients living with a SMI/SUD that have completed a social rehabilitation program or are stepping down from a locked setting who are psychiatrically stable, compliant with medications and in need of a supported living environment. The B&C liaison approves referrals, completes assessments, oversees admissions and discharges to BHRS contracted B&Cs.

Ages Served: Adults

How to Request Services: Call

Phone: (650) 573-2618

Contact Address: N/A

Website: <https://www.smchealth.org/bhrsservices>

Full Service Partnership (FSP) Housing Program

● Contracted Provider

The FSP Housing Program provides housing subsidies, helps locate and obtain timely housing placements for FSP clients and manages housing property owner relationships to provide a variety of clean, safe, affordable, and stable supervised housing options for adult and older adult FSP clients. The range of housing options provided include emergency shelter, room and board, board and care, shared housing, and independent living. FSP housing and peer specialists provide direct client housing supports (e.g., housing navigation, application assistance, moving supports, etc.).

Ages Served: Adults and Older Adults

How to Request Services: Referrals only

Telecare FSP Housing Program

Phone: (650) 817-9070

Contact Address: 1692 El Camino Real, San Carlos CA, 94070

Website: <https://www.telecarecorp.com/san-mateo-transitions>

New Ventures Program

● Contracted Provider

The New Ventures program serves as a step down from REACH FSP program at Caminar and provides personalized rehabilitation services to individuals living with SMI/SUD who need support while they work towards accomplishing their life goals. New Ventures helps participants locate and maintain housing through daily living skills development and achievement of vocational and educational goals. The program offers housing units through New Ventures Colma Ridge Apartments, a partnership with MidPen Housing (22 units); New Ventures Tahanan, a partnership with Mental Health Association (14 units); and independent apartments in Redwood City, San Carlos, and Burlingame (49 units).

Ages Served: Adults

How to Request Services: Call

Phone: (650) 578-8691

Contact Address: 1410 Marshall St., Redwood City, CA 94063

Website: <https://www.caminar.org/resources/2015/5/28/case-management>

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Adult Residential In-Home Support Element (ARISE)

● **Contracted Provider**

The ARISE program is operated by Mental Health Association (MHA) of San Mateo County and creates a model for residential in-home services to support clients living with a serious mental illness (SMI) and/or substance use disorder (SUD) who are at risk of losing their housing. Residential in-home support workers—approved in-home support services (IHSS) providers—will be provided with specialized training for working with SMI and/or SUD clients in collaboration with a peer support staff and occupational therapist.

Ages Served: Adults

How to Request Services: Referrals only

Phone: (650) 368-3345

Contact Address: 2686 Spring St. Redwood City, CA 94063

Website: <https://www.mhasmc.org/>

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Adult Inpatient Care

Inpatient hospitalization or licensed residential care and treatment is provided to individuals living with SMI and/or SUD who are unable to live independently in the community. BHRS contracts for nearly 500 beds at more than 50 licensed facilities in San Mateo and surrounding Counties to provide appropriate inpatient, sub-acute and residential care and treatment. Facility types include:

- State and Community Hospitals
- Psychiatric Health Facilities (PHF)
- Mental Health Rehabilitation Centers (MHRC)- Locked
- Skilled Nursing Facilities (SNF)- Locked
- Board and Cares and Enhanced Board and Cares
- Social Rehabilitation Facilities
- Crisis Residential Treatment and Eating Disorders Residential Treatment

Cordilleras Mental Health Rehabilitation Center (MHRC)

● Contracted Provider

The Cordilleras Mental Health Rehabilitation Center (MHRC) is locked and serves conserved (T-Con or LPS) adults living with SMI and/or SUD. MHRCs provide 24/7 residential beds, case management support, medication management, and crisis management/stabilization.

Ages Served: Adults

How to Request Services: Referrals only

Phone: (650) 367-1890

Contact Address: 200 Edmonds Rd., Redwood City, CA 94062

Website: <https://www.telecarecorp.com/cordilleras-mental-health-services>

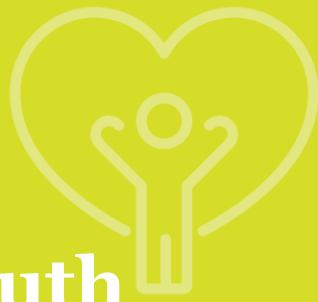
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Children and Youth Treatment Services



BHRS provides services to 4,500 youth, many of which come through the public child welfare system or juvenile probation services. BHRS also provides emergency and inpatient care for approximately 300 children and youth in crisis and operates the Canyon Oaks Youth Center, a 12-bed residential treatment facility.

In partnership with San Mateo County schools, child welfare, and juvenile probation providers, services maintain severely emotionally disturbed (SED) children and youth ages 0-25 in their homes and schools to promote safety and well-being. Services focus on increasing linkages to appropriate services for youth after experiencing a behavioral health crisis and provide prevention education and training on mental health crisis symptoms and risk factors for youth and parents/caregivers. Other Children and Youth Services include:

- Intensive Home-Based Services (IHBS)
- Intensive Care Coordination (ICC)
- Therapeutic Foster Care (TFC)
- Juvenile Sexual Responsibility Services (JSRP)
- Neurosequential Model of Therapeutics (NMT)
- Therapeutic Behavioral Services

Youth to Adult Transition Program (YTAC)

● **BHRS-Operated**

The Youth to Adult Transition Program, often referred to as “YTAC” for the “Youth Transition Assessment Committee,” offers intensive case management, face-to-face contact with transition-age youth admitted to San Mateo Medical Center (SMMC) Psychiatric Emergency Services (PES), peer and family supports, linkages and follow-up care and socialization groups and activities.

Ages Served: 18 to 25-year-olds

How to Request Services: Referrals only

Phone: (650) 599-1071

Contact Address: 727 Shasta St., Redwood City, CA 94063

Website: <https://www.smchealth.org/>

Youth Services Center (YSC)

● **BHRS-Operated**

The YSC BHRS team offers services to justice involved youth including individual, group, and family therapy, court-ordered mental health evaluations, psychotropic medication management, and resources and support to families. Clinicians provide counseling services using a variety of evidence-based modalities, collaborate with probation staff and community-based service providers, and participate in multi-disciplinary meetings to meet the treatment needs of youth.

Ages Served: 0-18 (up to 19 if high school student)

How to Request Services: Referrals only

Phone: (650) 312-5322

Contact Address: 222 Paul Scannell Dr., 2nd Fl, San Mateo, CA 94402

Website: <https://www.smcgov.org/probation/youth-services-center-juvenile-hall>

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Child Welfare Mental Health Team

● **BHRS-Operated**

The Child Welfare Mental Health team provides therapeutic services to youth involved in the child welfare system (court ordered and voluntary services). The team provides youth with individual and family therapy. Whenever appropriate, linkages to other services such as behavioral support and psychotropic medications are offered.

Ages Served: 6-17 years of age

How to Request Services: Referrals only

Phone: (650) 372-8559

Contact Address: 2000 Alameda de las Pulgas, Ste. 200, San Mateo, CA 94403

Website: <https://www.smchealth.org/bhrsservices>

Full Service Partnership Wraparound

● **Contracted Provider**

Full Service Partnership (FSP) Wraparound operated by Edgewood Center for Children and Families offers: 1) comprehensive FSP Turning Point program provided to children, youth and their families; 2) comprehensive FSP Turning Point program and Drop-In Centers provided to transition-age youth (TAY) and their families; and 3) integrated FSP Short-Term Adjunctive Youth and Family Engagement (SAYFE) wraparound services provided to children, youth and transition-age youth within the BHRS outpatient, Therapeutic Day School and the regional behavioral health clinics. FSP Wraparound services are based on clients' individual needs and goals, with a commitment to do "whatever it takes" to help them progress toward recovery, health, and well-being.

Ages Served: Ages 0-26

How to Request Services: Referrals only

Phone: (650) 832-6900

Contact Address: 1510 Fashion Island Blvd., Ste. 310, San Mateo, CA 94404

Website: <https://edgewood.org/full-service-partnerships/>

Partners for Safe and Healthy Children

● **BHRS-Operated**

Partners for Safe and Healthy Children is a collaborative program for families with children aged 0-5 who are referred through Child Protective Services. This is a systematic, coordinated, and integrated approach to providing high risk children and their families with evidence-based behavioral health assessment, case management and treatment services.

Ages Served: Parents of children ages 0-5

How to Request Services: Referrals only

Phone: (650) 372-8540

Contact Address: 2000 Alameda de las Pulgas, Ste. 200, San Mateo, CA 94403

Website: <https://www.smchealth.org/bhrsservices>

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Prenatal to Three (Pre-to-Three)

● **BHRS-Operated**

Pre-to-Three is an early intervention program that supports early child development and parent-child relationships when there are emotional, physical, developmental, or social risk factors. The program serves prenatal and postpartum individuals and provides child mental health services including maternal and child mental health assessments, evidence-based therapy and treatment services, case management, and specialized psychiatric services.

Ages Served: Pregnant or postpartum women/teens or who have children ages 0-5

How to Request Services: Referrals only

Phone: (650) 372-8540

Contact Address: 2000 Alameda de las Pulgas, Ste. 200, San Mateo, CA 94403

Website: <https://www.smchealth.org/bhrsservices>

School Based Mental Health Services (SBMH)

● **BHRS-Operated**

The SBMH program provides collaborative education and IEP-related behavioral health services to special education children living with SED. Services are provided on school campuses and in the community as needed.

Ages Served: 5-21

How to Request Services: Referrals only

Phone: (650)216-8699

Contact Address: 350 90th St., Daly City, CA 94015

Website: <https://www.smchealth.org/bhrsservices>

Therapeutic Day Schools (TDS)

● **BHRS-Operated**

TDS provides integrated special education and behavioral health services for adolescents who are eligible for special education, have an Individual Education Plan (IEP) and are at risk of school failure due to social, emotional, behavioral, and learning difficulties. Services provided include individual, group and family therapy, case management, crisis intervention, art therapy, and occupational therapy.

Ages Served: 13-18

How to Request Services: Referrals only

Phone: (650) 583-1260

Contact Address: 1290 Commodore Dr., San Bruno, CA 94066

Website: <https://www.smc-connect.org/locations/san-mateo-county-health-system/behavioral-health-and-recovery-services-therapeutic-day-schools>

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Youth Case Management (YCM)

● **BHRS-Operated**

YCM provides continuity of care to minors living with SED in the least restrictive, most appropriate environment to prevent out-of-home placement. Services provided include consultation and assistance to San Mateo County Medical Center (SMMC) Psychiatric Emergency Services (PES) for youth in crisis, including evaluation, follow-up services and ongoing treatment, linkages and substance use assessment, case management, crisis intervention, referrals to appropriate community resources and placement.

Ages Served: Children and adolescents

How to Request Services: Referrals only

Phone: (650) 573-3515

Contact Address: 1950 Alameda de las Pulgas, San Mateo, CA 94403

Website: <https://www.smc-connect.org/locations/san-mateo-county-health-system/behavioral-health-and-recovery-services-youth-case-management-team>

Canyon Oaks Youth Center (COYC)

● **BHRS-Operated**

COYC is a Short Term Residential Therapeutic Program (STRTP) that provides comprehensive services to youth with serious emotional and behavioral challenges. Each youth resident receives individual services to meet their needs and circumstances and help them reduce symptoms, gain stability and transition into the least restrictive setting in which they can succeed.

Ages Served: Grades 7-12

How to Request Services: Referrals only

Phone: (650) 839-1810

Contact Address: 400 Edmonds Rd., Redwood City, CA 94062

Website: <https://www.cde.ca.gov/schooldirectory/details?cdscode=41104130117143>

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Peer and Recovery Support Services





Peer and recovery support services provide individuals who identify as having experience with mental health and/or substance use challenges, and/or their family members with resources and activities such as special events/outings, community education, peer-to-peer support, self-help groups, advocacy skill development, and education and employment supports.

Recovery Support Services - Wellness Recovery Action Plan (WRAP)

● Contracted Provider

Voices of Recovery San Mateo County (VORSMC), a peer-led organization, provides WRAP trainings and supports for staff and the recovery community—individuals overcoming drug and/or alcohol addictions. WRAP is a peer-led, evidence-based practice to support individuals in recovery, prevent relapse, sustain long-term recovery, and support family members. VORSMC organizes annual Recovery Month activities recognizing that hope is a powerful lever for recovery.

Ages Served: Adults

How to Request Services: Call or email info@vorsmc.org

Phone: (650) 980-1922

Contact Address: 650 Main St., Redwood City, CA 94063

Website: <https://www.vorsmc.org/>

Recovery Connection Drop-in Center

● Contracted Provider

The Recovery Connection drop-in center services are for individuals with substance use challenges or co-occurring substance use and mental health challenges at all stages of their recovery, from pre-contemplative to maintenance and enhancement. It is operated by VORSMC and centers around WRAP programming, uses a peer support model, provides linkages as needed and serves as a training center to expand capacity countywide.

Ages Served: Adults

How to Request Services: Call, walk-in, or email at info@vorsmc.org

Phone: (650) 980-1922

Contact Address: 650 Main St., Redwood City, CA 94063

Website: <https://www.vorsmc.org/>

The California Clubhouse

The California Clubhouse is a peer-led community-centered organization where adults with mental health challenges can go every day during business hours to work on overcoming obstacles they face. It offers support, training, education, employment, healthy social interactions and positive reinforcement through collegial relationships and work.

Ages Served: Adults

How to Request Services: Call or email info@californiaclubhouse.org

Phone: (650) 539-3345

Contact Address: 210 Industrial Rd., Ste. 102, San Carlos, CA 94070

Website: <https://californiaclubhouse.org/>

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Helping Our Peers Emerge (HOPE)

● **Contracted Provider**

HOPE is a program of Heart and Soul, Inc., a peer-led organization, in collaboration with BHRS and California Clubhouse. HOPE is designed to provide peer and family support services, using peer mentors to assist individuals who are exiting psychiatric hospital settings to successfully transition into the community, with the intention of reducing recidivism.

Ages Served: Adults

How to Request Services: Call or email PatriceM@heartandsoulinc.org

Phone: 650-232-7426

Contact Address: 1633 Old Bayshore Hwy., Ste. 258, Burlingame, CA 94010

Website: <https://www.heartandsoulinc.org/hope-program>

Seeing through Stigma

● **Contracted Provider**

Seeing Through Stigma is a campaign, facilitated by Heart and Soul, Inc., focused on removing the stigma associated with behavioral health challenges that consist of presentations from two or more panelists who share their journey and their path toward recovery with various audiences.

Ages Served: Adults

How to Request Services: Call or email stspeerpanel@gmail.com

Phone: (650) 232-7426

Contact Address: 1633 Old Bayshore Hwy., Ste. 258, Burlingame, CA 94010

Website: <https://www.heartandsoulinc.org/seeing-through-stigma>

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● **Coastside**
Half Moon Bay, La Honda,
Pescadero

● **East Palo Alto/Belle Haven**
East Menlo Park, East Palo Alto

● **North**
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Brisbane, South San Francisco,
San Bruno



BHRS Office of Consumer and Family Affairs (OCFA)

OCFA helps clients and their family members navigate the BHRS system and increase awareness of services and resources available to support them. OCFA increases client and family participation in BHRS policy, planning and implementation. Clients can contact OCFA for assistance filing a grievance if they are dissatisfied with the quality of care or services received, feel staff did not respect their rights, or did not authorize and/or provide the services requested.

Ages Served: All ages

How to Request Services: Call or email OCFA@smcgov.org

Phone: (800) 388-5189

Contact Address: 1950 Alameda de las Pulgas, Ste. 157, San Mateo, CA 94403

Website: <https://www.smchealth.org/support-clients-family>

Lived Experience Academy and Advocacy Academy

The Lived Experience Academy (LEA) teaches client and family member participants how to share their stories for the purpose of empowering themselves, furthering the healing process, reducing stigma, and educating others about behavioral health conditions. Graduates can join the Speakers Bureau and receive a stipend to share their stories. The Advocacy Academy builds on the skills developed to support participants who want to get involved in advocacy work.

Peer Support Specialist Certification

The Medi-Cal Peer Support Specialist certification creates a new provider and service type eligible for federal and state reimbursement. Trainings and continuing education are provided for individuals interested in becoming a certified Peer Support Specialist and/or renewing their certification.

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Peer and Family Peer Support Specialists

BHRS Peer and Family Peer Support Specialists are staff that provide a unique support to BHRS clients and their family members from the perspective of someone experiencing recovery, either in their own personal lives, or as a family member of someone who is personally affected.

● South

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● Central

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● Coastside

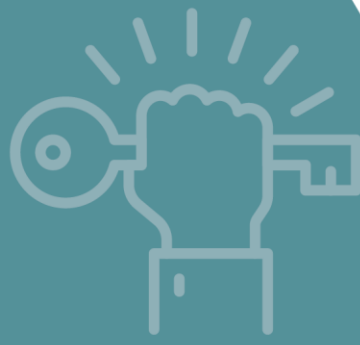
Half Moon Bay, La Honda, Pescadero

● East Palo Alto/Belle Haven

East Menlo Park, East Palo Alto

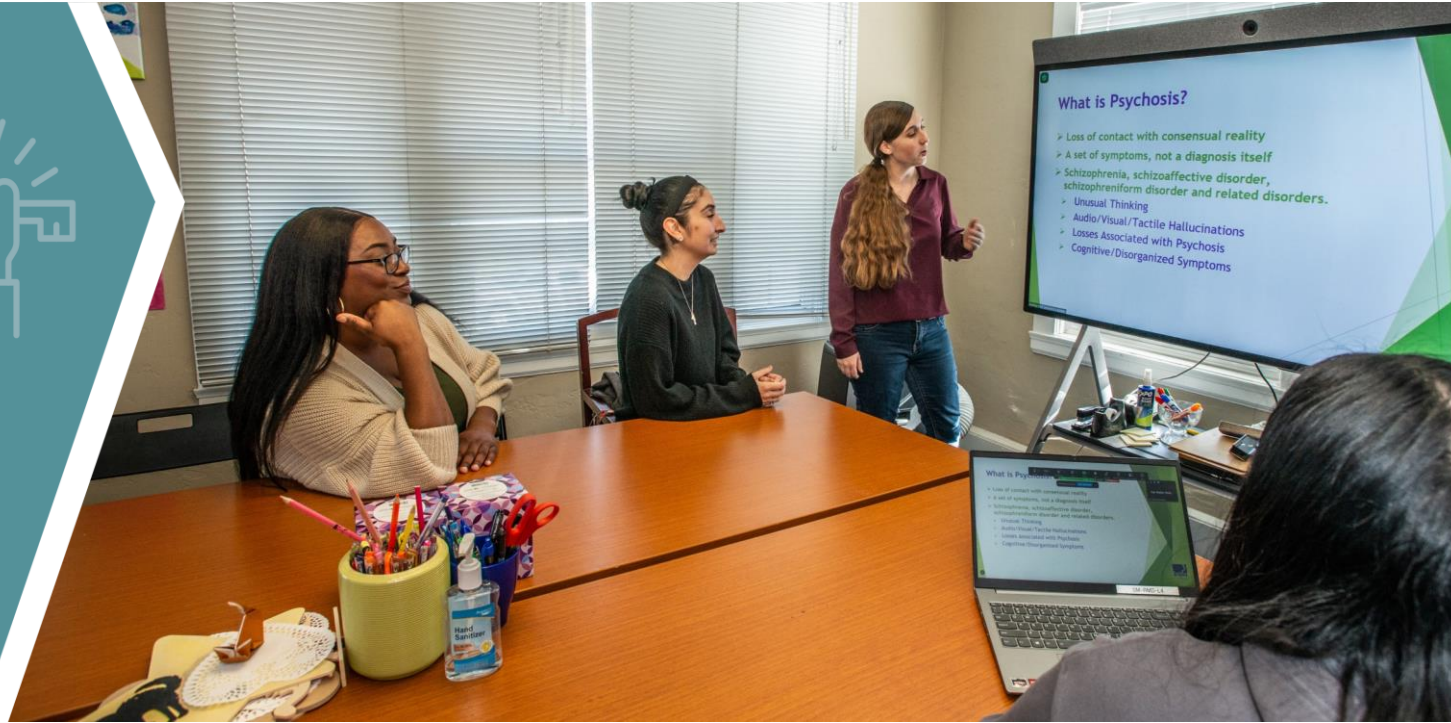
● North

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Prevention and Early Intervention (PEI)





Outreach, prevention, and early intervention, including brief intervention,²¹ services support individuals in learning how to respond to behavioral health challenges, build protective factors associated with negative behavioral health outcomes, and address barriers to accessing behavioral health care services and resources.

Early Childhood Community Team (ECCT)

● Contracted Provider

ECCT services, provided by StarVista, support healthy social emotional development of children through outreach, case management, parent education, behavioral health consultation, and child-parent psychotherapy services.

Ages Served: Children under 5 and their families

How to Request Services: Call

Phone: (650) 465-0305

Contact Address: 610 Elm St., Ste. 212, San Carlos, CA 94070

Website: <https://star-vista.org/programs/early-childhood-community-team/>

Early Psychosis Programs - (re)MIND, BEAM, BEAM UP and (re)MIND alumni

● Contracted Provider

Early psychosis programs offered by Felton Institute, provide a comprehensive program of science-based early diagnosis, treatment, and rehabilitation services for psychotic disorders such as Schizophrenia.

- (re)MIND® focuses on early intervention and treatment for youth and young adults who are experiencing the recent onset of Schizophrenia and other Psychotic Disorders.
- BEAM (Bipolar Disorder Early Assessment and Management) is for the early intervention and treatment of Bipolar I and Bipolar II and depressive disorders with psychotic symptoms.
- BEAM UP® is designed to enable youth and young adults to navigate their transition to independence and prevent the potential impact behavioral health challenges.

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- (re)MIND® Alumni aftercare services address a major concern of individuals and families related to losing their safety net as their loved ones graduate the (re)MIND® program and are well engaged in academic or employment goals.

Ages Served: 14-35

How to Request Services: Call or email remindsm@felton.org for referrals

Phone: (415) 474-7310 ext. 314

Contact Address: 1108 El Camino Real, San Mateo, CA 94402

Website: <https://felton.org/early-psychosis/san-mateo/>

Trauma-Informed PEI Services for Youth

●●● Contracted Provider

Trauma-Informed PEI Services for Youth target youth who are at the greatest risk for adverse childhood experiences (ACEs) including youth in poverty, justice involved, immigrant, unhoused, in foster care, and identifying as LGBTQIA+ . Group-based interventions address trauma and substance use issues and a community engagement component addresses community-level supports that are necessary for positive youth outcomes. The group-based interventions utilize culturally relevant evidence-based or promising practice curriculums.

- Mindfulness-Based Substance Abuse Treatment (MBSAT) incorporates mindfulness, self-awareness, and substance use treatment strategies providing adolescents with the ability to improve their decision-making skills and reduce unhealthy behaviors. Youth learn emotional awareness and how to respond (versus react) to stressful situations, how specific types of drugs affect the body, and how family, peers, and the external environment can impact drug use.

Ages Served: Transitional age youth (ages 15-25)

How to Request Services: Call

ALAS (Ayudando a Latinos a Soñar)

Phone: (650) 560-8947

Contact Address: 636 Purissima St., Half Moon Bay, CA 94019

Website: <https://www.alasdreams.com/>

StarVista

Phone: (650) 366-8436

Contact Address: 610 Elm St., Ste. 212, San Carlos, CA 94070

Website: <https://star-vista.org/programs/mindfulness-project/>

Youth Service Bureau Of San Francisco

Phone: (650) 877-8642

Contact Address: 1486 Huntington Ave., Ste. 100, South San Francisco, CA 94080

Website: <https://www.ymcasf.org/youth-service-bureaus>

- El Joven Noble, developed by the National Compadres Network, is a comprehensive healing-centered, indigenous-based youth development, support, and leadership-enhancement program that provides a process, and a vehicle, for the continued “rites of passage” development of Chicano/Latino disenfranchised youth.

Ages Served: Transitional age youth (ages 15-25)

How to Request Services: Call

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Puente De La Costa Sur

Phone: (650) 879-1691

Contact Address: 620 North St., Pescadero, CA 94060

Website: <https://mypuente.org/programs/>

- Transformative Life Skills (TLS) is a multimodal intervention that includes active yoga postures, breathing techniques, and centering meditation. TLS is a strengths-based approach that sits firmly among the cognitive behavior therapy (CBT) emerging interventions. It enables students to learn integrative skills for self-awareness, impulse-control, and managing anxiety and stress.

Ages Served: School-age youth (ages 9-18)

How to Request Services: Call

Puente De La Costa Sur

Phone: (650) 879-1691

Contact Address: 620 North St., Pescadero, CA 94060

Website: <https://mypuente.org/programs/>

Trauma-Informed Systems (Ages 0-5)

● **Contracted Provider**

Trauma-Informed Systems (Ages 0-5) is a multi-sector initiative, facilitated by First 5 San Mateo County, to transform service delivery for young children and their families using Trauma- and Resiliency-Informed Systems Initiative (TRISI); a countywide effort to integrate a comprehensive commitment to address trauma and promote resiliency into local programs, structures, and culture with a long-term goal of embedding trauma- and resiliency-informed policies and practices at every level of the system.

Ages Served: Children ages 0-5

How to Request Services: Call

Phone: (650) 372-9500

Contact Address: 1700 South El Camino Real, Ste. 405, San Mateo, CA 94402

Website: <https://first5sanmateo.org/trauma-and-resiliency/>

INSPIRE – Brief Intervention Program

● **BHRS-Operated**

INSPIRE (Innovative Strategies for Prevention and Intervention through Restorative Education) is a brief intervention/alternative to suspension program effective in lowering youth suspension and expulsion rates. INSPIRE is offered to high-school age youth by the Daly City Youth Health Center in collaboration with Jefferson Union High School District. The project includes policy advocacy to address the implications of school district student disciplinary system.

Ages Served: High school youth ages 14-18

How to Request Services: email mduenas@jeffersonunion.net or visit website online form

Phone: (650) 877-5700

Contact Address: 350 90th St., Daly City 3rd floor, CA 94015

Website: <https://www.dcyouth.org/aod-services>

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Health Ambassador Program for Youth (HAP-Y)

● Contracted Provider

The Health Ambassador Program for Youth (HAP-Y) is a program of StarVista that engages youth in trainings, conversations, and workshops around mental health and wellness. The goal of the program is for participants to become mental health advocates in their communities and work to reduce stigma through mental health awareness presentations and resource sharing.

Ages Served: 16-24

How to Request Services: Call or text

Phone: (650) 554-1257

Contact Address: 610 Elm St., Ste. 212, San Carlos, CA 94070

Website: <https://star-vista.org/programs/hap-y/>

PIONEERS Program

● Contracted Provider

The PIONEERS (Pacific Islanders Organizing, Nurturing, and Empowering Everyone to Rise and Serve) program, run by HealthRIGHT360 provides culturally relevant, behavioral health support for Native Hawaiian/Pacific Islanders (NHPI) youth and young adults, ages 14–25 to address wellness and behavioral health needs, as informed by a Youth Advisory Council of NHPI youth, young adults, and leaders.

Ages Served: Youth ages 12-24

How to Request Services: Call

Phone: (415) 583-3980 for Alexandra “Lexi” Saelua, Project Coordinator or (650) 339-0650 for Marcelle Valdez, Case Manager

Contact Address: 1115 Mission Rd., South San Francisco, CA 94080

Website: <https://www.healthright360.org/program/pioneers-pacific-islanders-organizing-nurturing-empowering-everyone-to-rise-serve/>

Music Therapy for Asians and Asian Americans

● Contracted Provider

North East Medical Services (NEMS) provides music therapy and support groups as a culturally responsive approach for Asian/Asian Americans to reducing stigma, increasing behavioral health literacy, promoting linkages to behavioral health services, and building protective factors to prevent behavioral health challenges and crises. Classes and support groups occur at different locations across northern San Mateo County.

Ages Served: All ages

How to Request Services: Call

Phone: (650) 550-3923

Contact Address: 211 Eastmoor Ave., Daly City, CA 94015

Website: <https://nems.org/services/behavioral-health/>

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Community Multi-Cultural Centers

The Cariño Project

● Contracted Provider

The Cariño Project was founded by ALAS (Ayudando Latinos a Soñar) to create new models of mental health and wellness wraparound services for marginalized farmworker communities on the Coastsides. The Project provides culturally responsive outreach to the community opening pathways for increased services on the Coastsides including crisis counseling, family counseling, and counseling at schools, local churches, and community spaces.

Ages Served: All ages

How to Request Services: Call or email alas@alasdreams.com

Phone: (650) 560-8947

Contact Address: 636 Purissima St., Half Moon Bay, CA 94019

Website: <https://www.alasdreams.com/>

Farmworker Equity Express

● Contracted Provider

ALAS operates the Farmworker Equity Express program to provide mobile behavioral health services to farmworkers and their families. It extends direct behavioral health and wraparound resources in Spanish integrating cultural arts practices as a pathway for engaging individuals with formal clinical care, prevention, early intervention and recovery supports.

Ages Served: All ages

How to Request Services: Call

Phone: (650) 560-8947

Contact Address: 636 Purissima St., Half Moon Bay, CA 94019

Website: <https://www.alasdreams.com/equity-express-bus>

● South

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San Mateo County Pride Center

● Contracted Provider

The Pride Center, operated by StarVista, creates a welcoming, safe, inclusive, and affirming space for individuals of all ages, sexual orientations, and gender identities through education, counseling, advocacy, and support. The Pride Center takes a holistic approach to improving the health and well-being of the LGBTQIA+ community by providing direct behavioral health services to individuals living with severe behavioral health challenges and individuals seeking support groups, resources, community-building activities, and social and educational programming.

Ages Served: All ages

How to Request Services: Call or email at info@sanmateopride.org

Phone: (650) 591-0133

Contact Address: 1021 S. El Camino Real, San Mateo, CA 94402

Website: <https://sanmateopride.org/>

Kapwa Kultural Center (KKC) and Cafe

● Contracted Provider

Operated by the Daly City Peninsula Partnership (DCPP), KKC introduces a social enterprise business model – a revenue generating endeavor to fund social causes. KKC will generate profit through the sale of boba tea and food items, to support the sustainability of youth-focused services, including youth development, culturally specific education and arts, and behavioral health services. The café's physical location serves as a culturally affirming space for the Filipino/a/x youth and the community.

Ages Served: All ages

How to Request Services: Email kapwasoul@gmail.com

Phone: (415) 347-9229

Contact Address: 11-B San Pedro Rd. Daly City, CA 94015

Website: <https://www.kapwacafe.org/>

The Barbara A. Mouton Multicultural Wellness Center (The Mouton Center)

● Contracted Provider

Operated by One East Palo Alto (OEPA), The Mouton Center is a place where clients of behavioral health services and their family members can go to receive support, information, and be in community with each other. The Mouton Center and OEPA are supported by a collaborative of partners including BHRS, the East Palo Alto Mental Health Advisory Group and the East Palo Alto Partnership for Mental Health Outreach.

Ages Served: All ages

How to Request Services: Call or drop in

Phone: (650) 980-1809

Contact Address: 903 Weeks St., 2nd floor, East Palo Alto, CA 94303

Website: <https://www.1epa.org/the-mouton-center.html>

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Regional Outreach Collaboratives

Community outreach collaboratives provide advocacy, systems change, resident engagement, expansion of local resources, education, and outreach to decrease stigma related to behavioral health conditions. Promotores or Health Navigators increase awareness of and access and linkages to behavioral health services, entitlement programs, and social services via a referral process to ensure those in need receive appropriate care.

East Palo Alto Partnership for Behavioral Health Outreach (EPAPBHO)

● Contracted Provider

The EPAPBHO collaborative is comprised of community-based agencies from the East Palo Alto region to provide culturally appropriate outreach, psychoeducation, screening, referral, and warm hand-off services residents. One East Palo Alto is the lead agency and work in collaboration with El Concilio of San Mateo County, Free at Last and 'Anamatangi Polynesian Voices.

Ages Served: Adults

How to Request Services: Call

Phone: (650) 834-7619

Contact Address: N/A – virtual meetings

Website: <https://www.1epa.org/epapmho.html>

North County Outreach Collaborative (NCOC)

● Contracted Provider

NCOC addresses the specific needs of Filipino, Pacific Islander, Latin, Chinese and LGBTQIA+ communities in the northern part of the County and consists of five agencies that reside and serve the region. Daly City Partnership, serves as the lead agency and provides mental health therapy to individuals, families, and groups, and works with school district counselors to coordinate services; the Daly City Youth Health Center provides services to underserved youth and young

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adults; Asian American Recovery Services (AARS), a program of Healthright360, provides an array of services to the Asian and Pacific Islander and other ethnically diverse youth, adults, and families; and the Pacifica Collaborative connects people, shares resources and supports one another to enrich the Pacifica community.

Ages Served: All ages

How to Request Services: Call

Phone: (650) 243-4888

Contact Address: N/A – virtual meetings

Website: <https://ncoc.home.blog/>

Coastside Collaborative

● Contracted Provider

The Coastside Collaborative facilitated by Youth Leadership Institute in collaboration with Ayudando Latinos a Soñar (ALAS) are a group of social service providers and community members that are connected, collaborative, supportive, and network to provide holistic services to the entire Coastside community. Priorities include sharing resources and taking on a topic of interest for possible advocacy and or social change.

Ages Served: All ages

How to Request Services: Call or email edugay@yli.org

Phone: (510) 409-9819

Contact Address: N/A – virtual meetings

Website: <https://sites.google.com/yli.org/smc/more/coastside-collaborative>

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BHRS Office of Diversity and Equity (ODE)

BHRS ODE advances health equity in behavioral health outcomes of marginalized communities throughout San Mateo County. BHRS ODE works in four strategic pathways: 1) community engagement; 2) policy and system changes; 3) strategic partnerships; and 4) workforce transformation.

One way in which BHRS ODE is advancing equity in the workplace at BHRS is through Multicultural Organization Development (MCOD). Since 2015, BHRS has been implementing an MCO framework, which is aligned with the County Health Government Alliance on Race and Equity (GARE) action plan. This framework was established to support BHRS' ability to work effectively and respectfully with people from diverse cultural, linguistic, and social backgrounds. The Director of BHRS ODE serves as the State required Ethnic Services Manager.

Ages Served: All ages

How to Request Services: Call or email ODE@smcgov.org

Phone: (650) 372-6137

Contact Address: 310 Harbor Blvd., Building E, Belmont, CA 94002

Website: <https://www.smchealth.org/office-diversity-equity-ode>

Health Equity Initiatives (HEI)

BHRS-Operated

The Health Equity Initiatives (HEI) address barriers to accessing services and quality of care issues impacting marginalized ethnic, racial, and cultural communities. BHRS ODE provides oversight to nine HEIs representing specific ethnic and cultural communities that have been historically marginalized: African American Community Initiative, Chinese Health Initiative, Filipino Mental Health Initiative, Latino/a/x Collaborative, Native and Indigenous Peoples Initiative, Pacific Islander Initiative, PRIDE Initiative, Spirituality Initiative, and the Diversity and Equity Council. HEIs are comprised of BHRS staff, community-based health and social service agencies, partners from other County agencies, clients and their family members, and community members. Meetings occur monthly and are hybrid.

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Website: <https://www.smchealth.org/health-equity-initiatives>

Health Ambassador Program (HAP)

BHRS-Operated

Health Ambassadors are community members who are committed to helping to improve the health and wellbeing of individuals in their community by completing the Health Ambassador Program. HAP goals include increasing community awareness and linkages to appropriate care and support; reducing the stigma of mental health and substance use; improving the community's ability to recognize the signs and symptoms of mental health and/or substance use issues and implement social change.

Website: <https://www.smchealth.org/general-information/health-ambassador-program>

The Parent Project®

Contracted Provider

The Parent Project® was created specifically for parents with adolescents who display challenging behaviors. The course has been tailored to respond to local cultural considerations and teaches parents and caregivers specific prevention and intervention strategies to build and establish a healthy familial relationship. The goal is to decrease unhealthy or dangerous behaviors in children and strengthen the relationships within families.

Website: <https://www.smchealth.org/post/parent-project-r>

Storytelling Program

BHRS-Operated

The Storytelling Program empowers community members to share their stories of recovery and wellness to heal and to address issues within their communities. Participants engage in workshops that help them create and share their stories in different forms. Beginning with a framing question, facilitators support participants in sharing their stories using image, through Photovoice, or videos, using the Digital Storytelling processes.

Website: <https://www.smchealth.org/general-information/storytelling-program>

Suicide Prevention Program

BHRS-Operated

The Suicide Prevention Program aims to coordinate efforts to prevent suicide in San Mateo County. A Suicide Prevention Committee (SPC), made up of community partners, suicide survivors and the community at large, provides oversight and direction to suicide prevention efforts in the County through implementation of the five-year Suicide Prevention Road map. September Suicide Prevention Month (SPM) incorporates advocacy days, a County Board of Supervisor proclamation, events hosted by community partners and a communications campaign to encourage all to learn how we all have a role in preventing suicide.

Website: <https://www.smchealth.org/suicide-prevention>

● South
San Carlos, Redwood City,
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Burlingame, Hillsborough,
San Mateo, Foster City,
Belmont, Millbrae

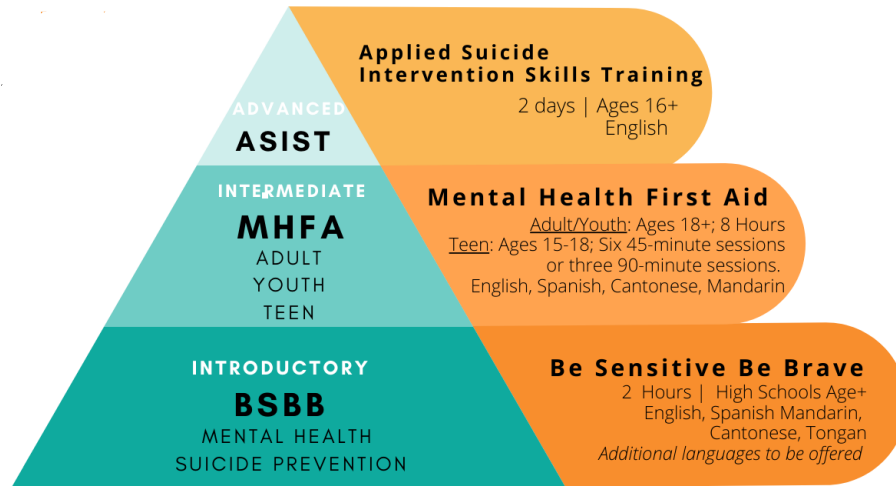
● Coastside
Half Moon Bay, La Honda,
Pescadero

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● North
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San Bruno

Suicide Prevention Trainings

BHRS-Operated



Suicide prevention trainings provide in-depth knowledge for community members on how to support someone who is considering suicide or is at risk of suicide and include the following:

- Be Sensitive, Be Brave (BSBB) is an introductory 2-hour workshop that infuses culture and diversity throughout and includes Be Sensitive Be Brave for Mental Health and Be Sensitive Be Brave for Suicide Prevention.
- Mental Health First Aid (MHFA) is an introductory 4.5-8 hour skills-based training course that teaches participants how to identify, understand and respond to signs of mental health or substance uses or crises and includes Adult MHFA, Youth MHFA and Teen MHFA.
- Applied Suicide Intervention Skills Training (ASIST) is an advanced two-day interactive workshop that teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety.

Website: <https://www.smchealth.org/suicide-prevention>

Stigma & Discrimination Reduction Initiative – Mental Health Awareness

BHRS-Operated

This initiative aims to eliminate stigma and discrimination against individuals living with behavioral health conditions in the County. In partnership with local agencies, Mental Health Month (MHM) focuses on reducing stigma, sharing services and promoting wellness, local advocacy efforts, communications campaign and free events. In partnerships with local agencies and the community to boost local advocacy efforts and offer free events and workshops. The California Mental Health Services Authority (CalMHSA) implements Statewide Projects including Suicide Prevention, Stigma and Discrimination Reduction, and the Student Mental Health Initiative.

Website: <https://www.smchealth.org/mental-health-month>

<p>● South San Carlos, Redwood City, Woodside, Atherton, West Menlo Park, Portola Valley</p>	<p>● Central Burlingame, Hillsborough, San Mateo, Foster City, Belmont, Millbrae</p>	<p>● Coastside Half Moon Bay, La Honda, Pescadero</p>	<p>● East Palo Alto/Belle Haven East Menlo Park, East Palo Alto</p>	<p>● North Daly City, Pacifica, Colma, Brisbane, South San Francisco, San Bruno</p>
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Community Health Promotion Unit (CHPU)

Alcohol and Other Drug (AOD) Prevention

● BHRIS-Operated

AOD prevention programs empowers communities to minimizing risk factors associated with substance misuse and focus on social determinants of health (SDOH). CHPU works with community partners in different geographic areas of the county to engage youth and adult leaders in educating the community about the hazards of alcohol and other drug use and promote policy advocacy.

Ages Served: All Ages

How to Request Services: Call or email ecabuslay@smcgov.org

Phone: (650) 802-6400

Contact Address: 310 Harbor Blvd., Bldg. E, Belmont CA 94002

Website: <https://www.smchealth.org/alcohol-and-other-drugs-services>

Tobacco Prevention Program (TPP)

● BHRIS-Operated

TPP works to reduce the number of county residents using tobacco products, conducts community outreach, education, and advocacy activities in four areas: reducing the public's exposure to secondhand smoke, reducing youth access to tobacco products, countering pro-tobacco influences, and promoting the availability of tobacco cessation services. TPP also provides support to the San Mateo County Tobacco Education Coalition.

Ages Served: All ages

How to Request Services: Call or email TobaccoPrevention@smcgov.org

Phone: (650) 573-3777

Contact Address: 310 Harbor Blvd., Bldg. E, Belmont CA 94002

Website: <https://www.smchealth.org/smoke-free-san-mateo-county>

● **South**
San Carlos, Redwood City, Woodside, Atherton, West Menlo Park, Portola Valley

● **Central**
Burlingame, Hillsborough, San Mateo, Foster City, Belmont, Millbrae

● **Coastside**
Half Moon Bay, La Honda, Pescadero

● **East Palo Alto/Belle Haven**
East Menlo Park, East Palo Alto

● **North**
Daly City, Pacifica, Colma, Brisbane, South San Francisco, San Bruno



Administrative Services



Quality Management (QM)

- **BHRS-Operated**

The BHRS Quality Management program provides a framework within which the Mental Health Plan (MHP) and the Substance Use Disorder (SUD) programs may monitor the service delivery system with the aim of improving the processes of providing care for, and better meeting the needs of its beneficiaries. The QM program also monitors changes in state and federal regulations and policies, and makes every effort to assure consistent, full compliance.

How to Request Services: Email

Email: HS_BHRS_ASK_QM@smcgov.org

Contact Address: 2000 Alameda de Las Pulgas, Ste. 157, San Mateo, CA 94403

Website: <https://www.smchealth.org/bhrs/qm>

BHRS Compliance Officer

- **BHRS-Operated**

The Compliance Officer and the Compliance Committee are responsible for assuring that all staff and contractors are familiar with and adhere to the Code of Conduct²², the Compliance Plan and Program²³, and other policies intended to assure integrity in clinical and business activities and to prevent, detect and correct standards that are not being met. The Compliance Officer investigates reports of potential violations received via the Compliance Hot Line, the County of San Mateo Whistle Blower Program²⁴, and other means, taking corrective actions if substantiated, including disciplinary action. Compliance issues are also identified proactively through risk assessments, audits, and program reviews.

How to Request Services: Call or email sgruendl@smcgov.org

Phone: (650) 573-2491 / Compliance Improvement Hotline: 650-573-2695

Contact Address: 2000 Alameda de las Pulgas, Ste. 235, San Mateo, CA 94403

Website: <https://www.smchealth.org/bhrs-compliance-program>



Mental Health Services Act (MHSA)

Mental Health Services Act (MHSA)

- **BHRS-Operated**

California voters passed MHSA in 2004 which imposes a 1% tax on personal income more than \$1 million per year to expand and transform behavioral health systems to better serve individuals with, and at risk of, serious mental health issues, and their families. BHRS is responsible for developing an MHSA Three-Year Plan and Annual Updates through a Community Program Planning (CPP) process and submitting annual program outcomes and evaluation reports on all MHSA-funded programs and services.

How to Request Services: Call or email mhsa@smcgov.org

Phone: (650) 573-2889

Contact Address: 310 Harbor Blvd., Building E, Belmont, CA 94402

Website: <https://www.smchealth.org/bhrs/mhsa>

Workforce Education & Training (WET)

- **BHRS-Operated**

WET is critical to supporting BHRS' strategic initiatives and priorities through training and workforce development strategies (e.g., recruitment, hiring, onboarding and retention). The goal is to create a behavioral health system of care that is responsive to the BHRS mission, vision, values and MHSA core principles of building community collaboration, cultural humility, consumer and family-driven services, a focus on wellness, recovery, and resilience, and an integrated service experience.

How to Request Services: Call or email WorkforceDev@smcgov.org

Phone: (650) 372-6137

Contact Address: 310 Harbor Blvd., Building E, Belmont, CA 94402

Website: <https://www.smchealth.org/general-information/workforce-development>

Evidence-Based and Community-Defined Evidence Practices (EBP/CDEP)

WET offers EBP/CDEP's to BHRS and contracted provider staff including:

- **Applied Suicide Intervention Skills Training (ASIST)** – to learn to recognize when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety.
- **Becoming Visible – Using Cultural Humility in asking Sexual Orientation Gender Identity (SOGI) Questions** –to reduce healthcare disparities in LGBTQIA+ population. Participants learn the difference between sexual orientation and gender identity as well as how to use respectful gender-neutral communication when interacting with clients.
- **Culturally Responsive Clinical Supervision** – to expand clinical supervision approach utilizing cultural humility principles and framework.
- **Dialectical Behavior Therapy (DBT) for Behavioral Health Providers** – DBT emphasizes the psychosocial aspects of treatment and is a method for teaching skills that will help in the task of providing coping for intense, sudden urges of emotion that may present in people who are sometimes diagnosed with borderline personality disorders.
- **Embracing Difference Through the Lens of Cultural Humility** – to define and understand implicit bias with the goal of increasing awareness of biases and give participants tools to overcome their biases.
- **Eye Movement Desensitization and Reprocessing (EMDR)** – therapy that encourages clients to briefly focus on the trauma memory while simultaneously experiencing bilateral stimulation (typically eye movements), which is associated with a reduction in the vividness and emotion associated with the trauma memories.
- **Law and Ethics for Behavioral Health Providers** – to improve ability to engage in knowledgeable and effective ethical decision-making and understand and apply ethical and legal standards to challenges inherent in clinical work.
- **Teaching Mindfulness with Trauma-Impacted Youth** –provides an overview of what mindfulness is, how to teach it, and why it's a plausible intervention for trauma-impacted youth. Emphasis is on relationship mindfulness to promote interpersonal safety and receptivity among youth to try, practice, and gain proficiency in mindfulness.
- **Motivational Interviewing (MI)** – explores four essential components of motivational interviewing: “spirit” of MI, MI micro skills, MI process, and change talk. Participants learn how these components work together to engage individuals in problem exploration and/or behavior change.
- **Prevention and Management of Assaultive Behavior Series** – to learn how to de-escalate aggressive individuals and maintain safety in the workplace. Methods include lecture, discussion, demonstration, and participation.
- **Working Effectively with Interpreters in Behavioral Health Settings** – to learn how using interpreters bridge the gap between a client's diverse language and culture. Providers play a key role in helping people from all backgrounds improve their health and well-being.

● **South**

San Carlos, Redwood City, Woodside, Atherton, West Menlo Park, Portola Valley

● **Central**

Burlingame, Hillsborough, San Mateo, Foster City, Belmont, Millbrae

● **Coastside**

Half Moon Bay, La Honda, Pescadero

● **East Palo Alto/Belle Haven**

East Menlo Park, East Palo Alto

● **North**

Daly City, Pacifica, Colma, Brisbane, South San Francisco, San Bruno



Psychiatry Residency Training Program

- **BHRS-Operated**

Created in 1965, The Psychiatry Residency Training Program provides a structured training environment for physicians emphasizing a person-centered and recovery-oriented approach to care. The program provides comprehensive medical education with a rigorous focus in the public health sector including clinical care, scholarly activities and advocacy informed by the values of social justice and health equity. From home visits to geriatric patients, to evaluating patients in the county's designated psychiatric emergency room, to participating in many of the BHRS strategic initiatives for mental health, psychiatry residents are part of the constructive solutions to the critical problems facing today's mental health care system.

How to Request Services: Call or email essilva@smcgov.org

Phone: (650) 573-2530

Contact Address: 222 West 39th Ave., San Mateo, California 94403

Website: <https://www.smchealth.org/san-mateo-county-psychiatry-residency-training-program>



Commissions, Committees, Workgroups

There are a variety of ways to get involved and have a voice in the decisions for behavioral health services provided in San Mateo County. BHRIS clients, family members of clients and community members receive stipends for attending and participating in advisory committees and groups.

Get Involved: www.smchealth.org/get-involved

Behavioral Health Commission (BHC)

BHRIS-Operated

The BHC consists of 22 members, including 19 members appointed by the Board of Supervisors and with at least 50% representing family members, consumers/clients, professionals and interested residents. BHC members review the County's behavioral health needs, services, facilities and special programs and agreements; and advises the Board of Supervisors and the Behavioral Health Director. The BHC also hosts standing committees including the Children and Youth, Adults, Older Adults, Substance Use, and the Mental Health Services Act (MHSA) Steering committees.

How to Request Services: Call or email crochester@smcgov.org

Phone: (650) 573-2544

Contact Address: N/A – call or email for meeting locations

Website: <https://www.smchealth.org/behavioral-health-commission>

MHSA Steering Committee

BHRIS-Operated

A standing committee of the commission that makes recommendations on the MHSA planning and services development processes. The MHSA Steering Committee assures that MHSA planning reflects local diverse needs and priorities, contains the appropriate balance of services within available resources and meets the criteria and goals established. The committee hosts two time-limited workgroups per year to allow for more in-depth engagement in planning new services and making recommendations for improvements on prioritized topics.

How to Request Services: Call or email mhsa@smcgov.org

Phone: (650) 573-2889

Contact Address: N/A – call or email for meeting locations

Website: <https://www.smchealth.org/bhrs/mhsa>

Suicide Prevention Committee (SPC)

BHRS-Operated

The SPC is led by the BHRS Office of Diversity and Equity and provides direction to suicide prevention efforts in the county. The committee is comprised of suicide attempt survivors, suicide loss survivors, behavioral health providers, social service providers, local transportation agency staff, and other community members.

How to Request Services: Call or email stang@smcgov.org

Phone: (650) 578-7165

Contact Address: N/A – call or email for meeting locations

Website: <https://www.smchealth.org/suicide-prevention>

Lived Experience Education Workgroup (LEEW)

BHRS-Operated

LEEW is for graduates of the Lived Experience Academy (not open to the public). Participants utilize their wisdom from their life experiences to educate the community, develop leadership skills and expand their advocacy through active participation in BHRS policies, planning and implementation of services.

How to Request Services: Call or email OCFA@smcgov.org

Contact Address: N/A – call or email for meeting locations

Phone: (800) 388-5189

Website: <https://www.smchealth.org/lea>

Quality Improvement Committee (QIC)

BHRS-Operated

The BHRS QIC performs many activities that evaluate the provisions of behavioral health services. QIC reviews the quality of services provided to BHRS clients including recommending policy decisions; reviewing and evaluating the results of quality improvement (QI) activities; instituting needed QI actions; and ensuring follow-up of QI processes.

How to Request Services: Call or email bortiz-gallardo@smcgov.org

Phone: (650) 573- 3431

Contact Address: N/A – call or email for meeting locations

Website: <https://www.smchealth.org/bhrs/qm>

Housing Operations and Policy (HOP) Committee

BHRS-Operated

In collaboration with the Department of Housing (DOH) and other community providers, the HOP committee addresses safe and affordable housing needs for individuals in San Mateo County with mental health and substance use challenges. HOP organizes an annual appreciation breakfast for landlords to increase the number of units accepting vouchers and hosts the Housing Heroes Awards Ceremony which honors partners and colleagues who have demonstrated exceptional leadership in providing and/or maintaining housing for BHRS clients.

How to Request Services: Call or email mrocha@smcgov.org

Phone: (650) 573-2538

Contact Address: N/A – call or email for meeting locations

Website: <https://www.smchealth.org/general-information/mhsa-housing>



Endnotes

- ¹ Outpatient treatment occurs at a clinic or community mental health center while inpatient care requires a stay in a psychiatric hospital or the psychiatric unit, usually for no more than 30 days. Residential care would include a homelike setting for 90 or more days.
- ² Rehabilitation services help improve, maintain, or restore skills in activities of daily living, social functioning, and other areas.
- ³ Detoxification is a set of interventions aimed at managing intoxication and withdrawal and includes clearing of toxins from the body of a client.
- ⁴ Medication assisted treatment is the use of medications in combination with counseling and behavioral therapies in the treatment of opioid use disorders.
- ⁵ Will be referenced as the Behavioral Health Plan (BHP) in the future.
- ⁶ SMHS are intensive mental health services to beneficiaries that meet medical necessity criteria, consistent with their mental health treatment needs and goals.
- ⁷ SMI and SED are mental, behavioral, or emotional disorder diagnosis resulting in serious functional impairment, which substantially interferes with or limits one or more major life activities.
- ⁸ SUDs occur when the recurrent use of alcohol and/or drugs causes clinically significant impairment, including health problems, disability, and failure to meet major life responsibilities.
- ⁹ Mild-to-moderate symptoms have a limited effect on an individuals' daily life.
- ¹⁰ Medi-Cal is California's public health insurance program for low-income individuals including families with children, seniors, persons with disabilities, foster care, pregnant women, and low income people with specific diseases such as tuberculosis, breast cancer, or HIV/AIDS. Source: <https://www.dhcs.ca.gov/services/medi-cal/Pages/default.aspx>
- ¹¹ CareAdvantage is a health insurance program that combines Medicare and Medi-Cal into one comprehensive, convenient plan available to eligible Heal Plan of San Mateo Medi-Cal members. Source: <https://www.hpsm.org/member/careadvantage-2023>
- ¹² Medicare is a federally funded insurance program for eligible participants 65 or over. Source: <https://seniors.insurance.ca.gov/hc/Medicare-and-MediCal.cfm>

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- 13 ACE is a San Mateo County locally funded health care program for low-income adults who do not qualify for other health insurance. Health Plan of San Mateo serves as the third-party administrator. Source: <https://www.hpsm.org/member/ace>
 - 14 HealthWorx HMO is a health insurance program for eligible employees of the City of San Mateo. Source: <https://www.hpsm.org/member/healthworx>
 - 15 Welfare and Institutions Code Sections 5150-5371. LPS specifies condition under which a person may be involuntarily hospitalized. The LPS Act was enacted in 1967 and sought to “end the inappropriate, indefinite, and involuntary commitment of persons with mental health disorders”. California Assembly Bill 1424 (2001), modified the LPS Act and requires all individuals making decisions about involuntary treatment to consider information supplied by family members and other interested parties by using this form.
 - 16 “Grave disability” is a condition in which a person, as a result of mental disorder, is unable to provide for his/her basic needs for food, shelter and clothing and is unable or unwilling to seek voluntary psychiatric treatment.
 - 17 5150 holds allow involuntary psychiatric commitment for up to 72 hours. 5250 holds extend the involuntary commitment for up to 14 additional days. Holds require dangerousness to self/others or grave disability due to mental illness. If the treating facility wants to extend a 5150 to a 5250, a client has the right to a Certification Review Hearing.
 - 18 Specialty courts help break the cycle of drug and/or alcohol addiction that can influence adult criminal activity, juvenile delinquent behavior, or parental abuse and/or neglect of children; mental health courts provide programming to address underlying issues connecting offenders to mental health treatment and additional services such as help with housing and education as well as training for employment.
 - 19 MHPA (Proposition 63 legislation) was passed by California voters in 2004 and imposes a one percent tax on personal income more than \$1 million per year to expand and transform behavioral health systems to better serve individuals with, and at risk of, serious mental health issues, and their families.
 - 20 The NPLH program provides funding to acquire, design, construct, rehabilitate, or preserve permanent supportive housing for persons who are experiencing homeless, chronic homelessness or who are at risk of chronic homelessness, and who need behavioral health services.
 - 21 Brief intervention is a short series of counseling conversations to assess motivation for change, identify triggers for substance use, and creating a plan to mitigate the negative impacts of substance use.
 - 22 The Code of Conduct is intended to support ethical behavior, integrity and a commitment to comply with all applicable Federal and State laws and standards. <https://www.smchealth.org/bhrs-policies/san-mateo-county-bhrs-code-conduct-16-02>.
 - 23 The BHRP Compliance Plan and Program establishes the principles, standards, and policies regarding compliance with applicable federal laws and regulations. <https://www.smchealth.org/bhrpcomplianceplan>
 - 24 The County of San Mateo Whistle Blower Program encourages individuals to report possible violations of laws, regulations and rules governing the conduct of County officers and employees. <https://www.smcgov.org/hr/whistleblower-program>