



Mental Health Services

Serving the unique needs of people with developmental disabilities and co-occurring mental health issues

Hope's Mental Health Services is the largest outpatient facility in the Bay Area dedicated to helping children, teens, and adults with developmental disabilities who also have co-occurring mental health needs. Hope's Mental Health Services enjoys an international reputation for excellence in helping people with developmental disabilities learn how to manage mental health issues while integrating into the community. Our skilled staff have extensive training, and are linguistically and culturally fluent in many languages including Spanish, Vietnamese, Mandarin, and Tagalog. We provide a variety of evidence-based treatment modalities, including cognitive behavioral therapy, dialectical behavior therapy, art therapy, play therapy, and positive behavior interventions.

Services for Children & Teens Include:

- **Counseling/Behavioral Health Services:** May include individual and group therapy, case management, rehabilitation counseling, psychotherapy, psychiatric consultation with a child psychiatrist, and individual consultation for parents to aid them in supporting their children, teens and transition age adolescents/young adults.
- **Therapeutic Behavioral Services (TBS):** Available for children with extreme needs who required recent hospitalization, are at-risk for hospitalization, or are at-risk of losing placement. They may qualify for behavioral 1:1 treatment with parental consultation in the home, school, or community.
- **Family Support and Education:** Educational and support meetings for families, significant others, and providers from Board & Care homes who serve people with mental health needs and developmental disabilities.

Services for Adults Include:

- **Behavioral Health:** May include psychotherapy, rehabilitation counseling, cognitive behavior therapy, supportive therapy, dialectical behavior therapy, play therapy, and other modalities as necessary to assist the individual in controlling troubling symptoms such as anxiety, depression, or more severe cognitive and mood disorders.
- **Case Management Services:** May involve assistance in linking the individual to other community services to improve quality of life.
- **Psychiatric Services:** Includes assessment by a physician and medication if needed.
- **Registered Nurse Services:** Available to clients.

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Services for Adults, Continued:

- **Behavioral Health Management Groups:** Available to assist clients with management of health behaviors to promote healthy living.
- **Family Support and Education:** Educational and support meetings for families, significant others, and providers from Board & Care homes who serve people with mental health needs and developmental disabilities.
- **WRAP (Wellness and Recovery Action Plan) Services:** Group experiences to prevent crises, promote adaptive behaviors, and develop skills to maintain mental health stability.
- **Autism and Co-Occurring Disorders:** Mental health treatment for people with autism and co-existing behavioral health problems.

Service Eligibility

Prospective clients must meet the following eligibility requirements:

- San Andreas Regional Center (SARC)-qualifying diagnosis of a developmental disability with a concurrent qualifying mental health diagnosis
- Consumer of a State Regional Center who is referred by the Regional Center or a SARC consumer who is referred by the Santa Clara County Department of Mental Health
- Live in a geographical area served by our programs

Referral Process

- Ask your Regional Center Service Coordinator to refer you to Hope Services' Mental Health Services.
- or:
- Call the Santa Clara County Behavioral Health Department at 1-800-704-0900 for a referral if you have Medi-Cal and no private insurance, and are a SARC consumer.

For More Information

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HOPE SERVICES' MISSION: Our mission is to improve the quality of life for individuals with developmental disabilities, as measured by eight indicators: personal development, self-determination, interpersonal relations, social inclusion, rights, emotional well-being, physical well-being, and material well-being.

DONATE TO HOPE: Hope is only partially funded by the State and relies on donations to fund its services for individuals with developmental disabilities. If you'd like to donate to Hope and help fill the funding gap, visit www.HopeServices.org or call 408-284-2862.

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HopeServices.org



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Amazing is all in a day's work.