



Transforming lives through Hope since 1952



Mental Health Services

We serve individuals ages 5 and up. Our Mental Health Services staff is fluent in multiple languages spoken throughout the San Francisco Bay Area.

OUR SERVICES

- **Behavioral Health:** Psychotherapy, rehabilitation counseling, cognitive behavior therapy, supportive therapy, behavior therapy, play therapy and other modalities as necessary to assist the individual in controlling symptoms such as anxiety, depression, or other cognitive and mood disorders.
- **Case Management Services:** Assistance in connecting adults and children to other community services.
- **Psychiatric Services:** Assessment by a psychiatrist, and medication if warranted.
- **Nursing Staff Services:** For clients and their families.
- **Behavioral Health-Management Groups:** To assist clients with management of health behaviors to promote healthy living and longevity.
- **Family Support and Education:** Educational and support meetings for parents, caregivers, significant others, and board and care staff who serve individuals with mental health needs and developmental disabilities.
- **Group Rehabilitation:** Group experience to prevent crises, promote adaptive behaviors, and develop skills to maintain mental health stability.
- **Autism and Co-occurring Disorders:** mental health treatment for individuals with co-occurring mental health problems and a developmental disability or Autism
- **Therapeutic Behavioral Service (TBS) for Children:** For children with extreme needs who required recent hospitalization, are at risk of hospitalization, or at risk of losing placement. They may qualify for intensive 1:1 behavioral treatment with parental consultation in the home, school, or community.

MISSION

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

SERVICE ELIGIBILITY

Mental Health Center clients must meet the following eligibility requirements:

- Primary diagnosis of a developmental disability with a qualifying mental health diagnosis
- Referral by a regional center or the Santa Clara County Mental Health Department
- Live in our geographical service area
- Individuals with co-occurring mental health problems and a developmental disability or Autism



REFERRAL PROCESS

If you receive services from a regional center, ask your Service Coordinator to refer you to the Hope Services Mental Health Center. If you live in Santa Clara County and have Medi-Cal and no private insurance, call the Santa Clara County Behavioral Health Department at 1-800-704-0900 for a referral.

MORE INFORMATION

Hope Services Counseling Center
408-282-0402

Hope Services Counseling Center
1555 Parkmoor Avenue
San Jose, CA 95128

DONATE

Hope Services receives partial funding from the state, through regional centers. The Lanterman Act created 21 regional centers throughout California to ensure that people with disabilities get the services and supports they need to live like people without disabilities. The regional centers receive funding from the California Department of Developmental Services (DDS), who in turn fund services providers such as Hope.

To help close the funding gap, Hope relies on revenue from its businesses, grants, and donations. If you would like to donate to Hope, visit www.hopeservices.org or call 408 284-2862. We are a community-based organization and will ensure that your donation stays in your community.

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