



Transforming lives through Hope since 1952

Mental Health Services

We are the largest outpatient mental health clinic for people with developmental disabilities and mental health needs in the state of California and the West Coast. We help everyone from children to senior citizens. Our Mental Health Services staff is fluent in 14 languages: English, Spanish, Tagalog, Cantonese, Mandarin, Vietnamese, Japanese, Hindi, Russian, Italian, French, Catalan, Portuguese, and German.

CHILD, ADOLESCENT, AND YOUNG ADULT SERVICES

- **Counseling/Behavioral Health Services:** Individual and group therapy, case management, rehabilitation counseling, psychotherapy, psychiatric consultations with family and child psychiatric physicians, and individual consultations for parents.
- **Therapeutic Behavioral Service (TBS):** 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.
- **Family Support and Education:** Educational and support meetings for families, significant others, and providers from board and care homes who serve those with developmental disabilities and mental health needs.

ADULT 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 the adult to other community services.
- **Psychiatric Services:** Assessment by a psychiatrist, and medication if warranted.
- **Registered Nurse 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.
- **WRAP (Wellness and Recovery Action Plan) Services:** Group experience to prevent crises, promote adaptive behaviors, and develop skills to maintain mental health stability.
- **Autism and Co-occurring Disorders:** Treatment for people with autism and co-existing behavioral health problems.

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



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

Anna Fernandez, LMFT, Director of Behavioral Health Services

afernandez@hopeservices.org

408 282-0487

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

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.

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.

30 Las Colinas Lane • San Jose, CA 95119-1212 •
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