

## ANY DOOR IS THE RIGHT DOOR

We strive to make it easier for our consumers to find and use all the services they need.

Many people begin their relationship with Contra Costa Behavioral Health because of an immediate problem, such as a drug dependency, or running out of housing options. Regardless of the service that a consumer uses, our staff works with them to identify all of their issues, and customizes a multi-disciplinary care plan tailored to produce lasting, meaningful improvement in the quality of their lives.

*Any door is  
the right door  
to get help,  
at any time.*

## OUR MISSION

The mission of Contra Costa Behavioral Health, in partnership with consumers, families, staff, and community-based agencies, is to provide welcoming, integrated services for mental health, substance abuse, homelessness and other needs that promote wellness, recovery, and resiliency while respecting the complexity and diversity of the people we serve.

## OUR VISION

Contra Costa Behavioral Health envisions a system of care that supports independence, hope, and healthy lives by making accessible behavioral health services that are responsive, integrated, compassionate, and respectful.

*"We all know that to treat the whole person, we must offer all the services they need, when and where they visit. We have been working hard, together, to identify where we can do more to treat the whole individual, rather than individual illnesses."*

—Cynthia Belon, L.C.S.W., Contra Costa Behavioral Health Director



CONTRA COSTA  
BEHAVIORAL HEALTH  
A Division of Contra Costa Health Services

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# ONE DOOR TO WELLNESS, RECOVERY & RESILIENCY

Mental Health, Alcohol & Other Drugs and  
Homeless Programs—A Single System of Care!



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## CONTRA COSTA BEHAVIORAL HEALTH

### TREATING THE WHOLE PERSON

Contra Costa Behavioral Health brings together Contra Costa County's mental health, substance abuse and homeless services into a single system of care. This integration allows us to provide flexible, effective treatment for people with complex needs.

We understand that people who come to us for one kind of assistance often need additional help in other areas of their lives. By combining our services, we make it easier for our consumers to get the right help and the services they need.

In this way, Contra Costa Behavioral Health promotes wellness, recovery and resiliency while respecting the individuality and diversity of the people we serve.

### MENTAL HEALTH SERVICES

Our Mental Health Services program serves Contra Costa residents with mental health needs. We work to instill hope and empower our consumers to manage their symptoms and reclaim their lives and relationships.

Our services for our consumers and their families include prevention and early intervention programs, rehabilitation services, psychotherapy, group services, day treatment services, residential, crisis and inpatient. Mental health services including peer and family support are provided for children, adolescents, adults and older adults.

For more information, please call 925-957-5150 or visit [cchealth.org/mentalhealth](http://cchealth.org/mentalhealth). For services, call the Mental Health Access Line, call 1-888-678-7277.



### HOMELESS SERVICES

Thousands of people experience homelessness every night in Contra Costa County, and many others are at risk of losing their housing.

Our integrated system of care for homeless individuals and families includes emergency shelters, transitional housing, advocacy, outreach services to encampments, information and referral services, case management, and permanent supportive housing for adults, youth, and families.

For more information about our programs, call 925-313-7700 or visit [cchealth.org/homeless](http://cchealth.org/homeless). For access to shelter and other services, call 1-800-799-6599 (adult services) or 1-800-610-9400 (youth services).

### ALCOHOL & OTHER DRUGS SERVICES

Our Alcohol and Other Drugs program offers a comprehensive approach to providing substance abuse prevention, treatment and recovery services for Contra Costa residents.

Our continuum of care includes detoxification, outpatient counseling, residential programs, services for pregnant women and youth, and narcotic replacement therapy programs.

We offer a broad range of community-based programs that are culturally competent and client driven.

For more information, please call 925-335-3330 or visit [cchealth.org/aod](http://cchealth.org/aod). To access AODS services, call 1-800-846-1652.