



CONTRA COSTA  

---

HEALTH SERVICES

## ***MENTAL HEALTH SERVICES***

***PREVENTION & EARLY INTERVENTION***

***2009-2010 CONTRACT AWARDEES***

***SCOPE OF SERVICES AND FACILITY INFO***

## **Native American Health Center**

### **Scope of Services**

Native American Health Center will provide a variety of weekly group sessions and quarterly community events for youth, adults, and elders to develop partnerships that bring consumers, families, community members and mental health professionals together and builds a community that reflects the history and values of Native American people in Contra Costa County. Community-building activities will include an elders support group, youth wellness group (including suicide prevention and violence prevention activities), a traditional arts group (beading, quilting, arts & crafts), and quarterly events tied to the seasons. Family Communications activities will include weekly Positive Indian Parenting sessions, talking circles that improve communications skills and address domestic violence, trauma and historical trauma; and Gathering of Native Americans (GONA) to build a sense of belonging and cohesive community. Family members who need supplemental treatment for mental health and substance abuse problems will be referred to appropriate agencies. Mental Health Education/System Navigator Support will include quarterly cultural competency trainings for public officials and other agency personnel, referrals to appropriate services (with follow-up), and educational sessions about Contra Costa County's service system. Facilitators and educators will be drawn from NAHC staff, community members, consultants, and staff. Expected outcomes include increases in social connectedness, communication skills, parenting skills, and knowledge of the human service system in the county.

Expected results from these activities include increased culturally relevant mental health services offered to the Native American Community in Contra Costa County. The Native Wellness Center is designed to build a strong community, strengthen family communications, and help Native Americans navigate the complex human service systems in Contra Costa County.

### **Program Facilities/Hours of Operation/Staffing**

Program Facilities Location:

260 23<sup>rd</sup> Street  
Richmond, CA 94804

Contact Person, Phone Number, and Email:

Katherine Lewis, MSW, Program Manager/Social Worker

Phone (510) 232-7020

Fax (510) 232-7015

KatherineL@nativehealth.org

Website: [www.nativehealth.org](http://www.nativehealth.org)

Program Hours of Operation:

Native American Health Center will provide services between the hours of 9:00 AM – 5:00 PM, Monday thru Friday.

Program Staffing (including staffing pattern)

Contractor will employ a minimum of 2.25 FTE to provide direct services.

## **Rainbow Community Center**

### **Scope of Services**

Rainbow Community Center will provide a community-based social support program designed to decrease isolation, depression and suicidal ideation among members of the Lesbian, Gay, Bisexual, Transgender and Questioning (LGBTQ) community residing in Contra Costa County. Key activities include: a) a series of social support groups that are designed to promote resilience and build a sense of community affiliation in an effort to reduce stigma and isolation; b) social support services expanded to include depression and suicidal assessments among program participants; c) services that are designed to improve communication and support for LGBTQ youth with their heterosexual family members and among LGBTQ “families of choice”; d) creating an information and referral system that links LGBTQ community members into culturally competent mental health services. Services will be provided in partnership with the Pacific Center for Human Growth, the Center for Human Development and Cal State East Bay School of Social Work. Expected results include: increased skills to combat life stressors that result from discrimination and greater communications and support among family members of LGBTQ people and LGBTQ families of choice.

### **Program Facilities/Hours of Operation/Staffing**

Program Facilities Location:

3024 Willow Pass Rd.  
Concord, CA 94513

Contact Person, Phone Number, and Email:

Ben-David Barr, Executive Director  
(925) 286-6858, bendavidbarr@gmail.com  
Website: [www.rainbowcc.org](http://www.rainbowcc.org)

Program Hours of Operation:

Rainbow Community Center will provide services between the hours of 1:00: PM to 6:00 PM, Monday thru Friday, in addition to evening and weekend hours for social and support groups.

## **YMCA of the East Bay**

### **Scope of Services**

Building Blocks for Kids (BBK), with the YMCA of the East Bay as its fiscal agent, will provide diverse households in the Iron Triangle neighborhood of Richmond with improved access to health care, education, Mental Health and suicide prevention. Key activities include: Family Navigation, Family Camp, Peace Talk, Dinner Dialogues, picnics and block parties. Communications will also focus on improving life skills, such as parenting, conflict resolution, self-advocacy and other practical applications. BBK member agencies will leverage their resources and extend services to participants, identified through block-by-block outreach. One full-time Family Navigator will link families to services, including mental health services of the West County Children's Collaborative that are provided by BBK member organizations.

### **Program Facilities/Hours of Operation/Staffing**

Program Facilities Location:

401-1st Street

Richmond, CA 94801

(also various agency locations within the Iron Triangle)

Contact Person, Phone Number, and Email:

Don Lau, Executive Director

(510) 412-5647 x.260, [dlau@ymcaeastbay.org](mailto:dlau@ymcaeastbay.org)

Websites: [www.ymcaeastbay.org](http://www.ymcaeastbay.org), [www.bbk-richmond.org](http://www.bbk-richmond.org)

Program Hours of Operation:

The YMCA/BBK Collaborative will provide services between the hours of 9:00 AM – 5:00 PM, Monday thru Friday, with scheduled evening and weekend event hours.

## **La Clinica de La Raza**

### **Scope of Services**

La Clínica de La Raza, Inc. (La Clínica) will implement Vías de Salud (Pathways to Health) to target Latinos residing in Central and East Contra Costa County with: a) 3,700 screenings for behavioral health issues and risk factors, such as symptoms of depression, anxiety, substance abuse, reactions to trauma, domestic violence, sleep difficulties, and pain; b) 1,375 assessment and early intervention services provided by a Behavioral Health Specialist to identify risk of mental illness or emotional distress, or other risk factors such as social isolation; and c) psycho-educational groups facilitated by a social worker for sixty-eight (68) adults to cover variety of topics such as isolation, stress, communication and cultural adjustment.

La Clínica will also implement Familias Fuertes (Strong Families), to educate and support Latino parents and caregivers living in Central and East Contra Costa County so that they can support the strong development of their children and youth. The project activities will include: 1) Screening for risk factors in youth ages 0-18 (1,800 screenings); 2) Assessment and parent coaching with the Behavioral Health Specialist for 250 parent/caretakers of children ages 0-18; and 3) Forty-eight (48) parents/caretakers will participate in the parent education and support group that will be facilitated by a Social Worker. The group will utilize an evidence-based and culturally relevant curriculum called Los Niños Bien Educados. All of the above services will be provided at two La Clínica Contra Costa facilities, located in Pittsburg and Pleasant Hill (Monument Blvd).

### **Program Facilities/Hours of Operation/Staffing**

Program Facilities Location:

La Clínica de La Raza, La Clínica Monument  
2100 Monument Blvd., Suite 8  
Pleasant Hill, CA 94523  
(925)363-2000

La Clínica de La Raza, La Clínica Pittsburg Medical  
2240 Gladstone Drive, Suite 4  
Pittsburg, CA 94565  
(925) 431-1230

Contact Person, Phone Number, Email, and Mailing Address:

Zenaida Aguilera, Planner  
(510) 535-2937, [Zaguilera@laclinica.org](mailto:Zaguilera@laclinica.org)  
P.O. Box 22210  
Oakland, CA 94623-2210  
Website: [www.laclinica.org](http://www.laclinica.org)

Program Hours of Operation:

La Clínica de La Raza will provide services at two sites:

La Clínica Monument Medical Clinic: Monday – Friday 8:30 AM – 12:30 PM & 1:30 PM – 5:30 PM  
(Evening hours may be arranged for groups that are provided at La Clinica Monument).

La Clínica Pittsburg Medical Clinic: Monday – Friday 8:30 AM – 5:30 PM

Groups may be scheduled during clinic evening hours: Monday – Friday 5:30 PM – 8:00 PM

## **Jewish Family & Children’s Center of the East Bay**

### **Scope of Services**

Jewish Family & Children’s Services of the East Bay (JFCS/East Bay) provides culturally grounded, linguistically appropriate mental health education and navigation services to refugees and immigrants of all ages in the Latino, Afghan, Bosnian, Iranian, and Russian communities of Central and East Contra Costa County. Prevention and early intervention program components include culturally and linguistically accessible mental health education; early assessment and intervention for individuals and families; and mental health and health system navigation assistance. Services are provided in the context of group settings, as well as serving individuals and families in a variety of convenient non-traditional venues such as schools, senior centers, and client homes. The program also includes outreach to prospective clients at community cultural events. Finally, the program includes mental health training for frontline staff from JFCS/East Bay and other community agencies working with diverse cultural populations.

### **Program Facilities/Hours of Operation/Staffing**

Program Facilities Location:

1855 Olympic Blvd., Suite 200

Walnut Creek, CA 94596

Contact Person, Phone Number, and Email:

Barbara Nelson, LCSW, Director of Refugee & Immigrant Services

(925) 927-2000 x. 226, [bnelson@jfc-eastbay.org](mailto:bnelson@jfc-eastbay.org)

Razia Iqbal, PsyD, Clinical Supervisor, PEI Community Bridges Program

(925) 927-2000 x.256, [riqbal@jfc-eastbay.org](mailto:riqbal@jfc-eastbay.org)

Website: [www.jfcs-eastbay.org](http://www.jfcs-eastbay.org)

Program Hours of Operation:

Jewish Family & Children’s Services of the East Bay will provide services between the hours of 9:00 AM – 5:00 PM, Monday thru Friday, with additional prescheduled evening hours for groups between the hours of 6:00 PM – 9:00 PM, as well as some weekend hours, as needed.

## **Center for Human Development**

### **Scope of Services**

Center for Human Development will implement *Mental Health Education/System Navigation Support for African American Health Conductors* who will provide 120 African American families in Bay Point, Pittsburg, and surrounding communities with mental health resources. Key activities include: culturally appropriate education on mental health topics through “Soul to Soul,” “Body and Soul,” and “Mind, Body, and Soul” support groups and other health education workshops. Twenty to thirty families will receive navigation assistance for Mental Health referrals.

Center for Human Development will also provide opportunities for youth to develop caring, mutually beneficial relationships with older adults throughout Contra Costa County with the *Youth-Senior Peer Outreach Project*. The expected results of the project will be to decrease older adults’ feelings of isolation and increase feelings of self-efficacy. Each youth and senior pairing will have the support and supervision of a trained Senior Peer Counselor who will facilitate the mentoring sessions. A minimum of 15 youth and 15 Senior Peer Counselors will be trained during each of the two mentoring sessions with a minimum of 15 isolated seniors reached per session. In addition, at least three senior centers will be identified for the implementation of youth-led projects, where young people will connect with a minimum of 20 seniors at each site for a total of 60 seniors.

### **Program Facilities/Hours of Operation/Staffing**

Program Facilities Location for Lead African American Health Conductor:

Pittsburg Health Center  
2311 Loveridge Road  
Pittsburg, CA 94565

Program Facilities Location for Youth-Senior Mentoring:

Center for Human Development  
391 Taylor Blvd., Suite 120  
Pleasant Hill, CA 94523

Agency Contact Person, Phone Number, and Email:

Elaine Prendergast, Executive Director  
(925) 687-8844 x.240, elaine@chd-prevention.org

African American Health Conductors Program Contact, Phone Number, and Email:

Cynthia Garrett, Lead African American Health Conductor  
(925) 431-2321, cgarrett@hsd.cccounty.us

Youth-Senior Mentoring Project Contact, Phone Number, and Email:

Siobhan Wallace, Program Coordinator  
(925) 687-8844 x.248, siobhan@chd-prevention.org  
Website: [www.chd-prevention.org](http://www.chd-prevention.org)

Program Hours of Operation:

Center for Human Development will provide services Monday – Friday between the hours of 8:30 AM – 5:00 PM. Also evening and weekend hours to meet the needs of participants and clients.

## **RYSE**

### **Scope of Services**

RYSE will convene and engage stakeholder groups (youth and adults) in a planning process in West County to develop a *Trauma Response and Resilience System (TRRS)*. The TRRS will respond to the acute priorities and needs of youth from the diverse communities of West County involved in and/or experiencing direct and vicarious trauma and violence. The planning process will work to identify mechanisms for coordination and mobilization of appropriate supports and services and will also engage participants in deeper, transformative work that recognizes and addresses the histories and inequitable burden of trauma and violence experienced in West Contra Costa. Key strategies include mapping, training and education, and cross-sector dialogue that support understanding, analysis of, and attention to the social conditions that inform violence and trauma. Primary activities include: convenings with distinct groups (community-based agencies and youth programs, neighborhood associations, law enforcement agencies, public officials and agencies, medical and health agencies); awareness-building and outreach that includes culture-building events and activities, and training and educational opportunities that promote dialogue, healing, and restoration. At the end of the planning process, a Trauma Response and Resilience System Plan will be in place, outlining a multi-level response to critical incidents, including the role and relationship between responders, incident assessment protocols, and communication protocols between and amongst responders and stakeholders.

The contractor will also implement the RYSE Health & Wellness program, to support young people (ages 14 to 21) from the diverse communities of West County to become better informed consumers and active agents of their own health and wellness, foster healthy peer relationships and youth-adult relationships, and enable opportunities for youth leadership and advocacy. Programs and services include drop-in, recreational, and structured activities across areas of health & wellness, arts & culture, education & career, and youth leadership & organizing. Key activities include: presentations to schools, community organizations, and public agencies; street-based outreach, monthly cultural events, and monthly membership meetings, expansion of the Contractor's current intake, youth-centered assessment, referral, and follow up with RYSE members. Activities will be developed and implemented in partnership between adult and youth staff including Youth Culture Keepers.

### **Program Facilities/Hours of Operation/Staffing**

Program Facilities Location:

205 41<sup>st</sup> Street  
Richmond, CA 94804

Contact Person, Phone Number, and Email:

Kanwarpal Dhaliwal and Kimberley Aceves, Co-Executive Director(s)  
(510) 374-3401, [kanwarpal@rysecenter.org](mailto:kanwarpal@rysecenter.org) and [kimberly@rysecenter.org](mailto:kimberly@rysecenter.org)  
Website: [www.rysecenter.org](http://www.rysecenter.org)

Program Hours of Operation:

RYSE Center will provide services Monday – Friday between the hours of 12:00 PM – 8:00 PM.



## **Contra Costa Crisis Center**

### **Scope of Services**

Contra Costa Crisis Center will provide services to prevent suicides throughout Contra Costa County by operating a nationally certified 24-hour suicide prevention hotline. The hotline lowers the risk of suicide at a time when people are most vulnerable, enhances safety and connectedness for suicidal individuals, and builds a bridge to community resources for at-risk persons. Key activities include: answering local calls to toll-free suicide hotlines, including a Spanish-language hotline; assisting callers whose primary language isn't English or Spanish through use of a tele-interpreter service; conducting a lethality assessment on each call consistent with national standards; making follow-up calls to persons (with their consent) who are at medium to high risk of suicide; and training all crisis line staff and volunteers in ASIST (Applied Suicide Intervention Skills Training). As a result of these service activities: 95 percent of people who call the crisis line and are assessed to be at medium to high risk of suicide will still be alive one month later; the number of trained, multilingual/ multicultural crisis line volunteers will double by the end of the reporting period, from 10 to 20; the number of hours that a minimum of one Spanish-speaking counselor on duty will double, from 40 to 80 per week.

### **Program Hours of Operation/Staffing**

Contact Person, Phone Number, and Email:

John Bateson, Executive Director

(925) 939-1916 x.107, johnb@crisis-center.org

Website: [www.crisis-center.org](http://www.crisis-center.org)

Program Hours of Operation:

The Contra Costa Crisis Center will provide telephone services on a 24-hour basis, 7 days a week.

## **Lifelong Medical Care**

### **Scope of Services**

Lifelong Medical Care will provide isolated older adults in West Contra Costa County with opportunities for social engagement and linkage to mental health and social services. A variety of group and one-on-one approaches will be employed to provide opportunities for socialization that will appeal to different groups of seniors, and reach out to those most reluctant to participate in social activities. SNAP! Senior Network and Activity Program will be provided in three housing developments that currently lack on-site services. These activities will include regular incentivized on-site socials (3 per month at each site), outreach to invite participation in group activities and develop a rapport with residents. IMPACT geriatric depression screening, Elders Learning Community will be provided to at least 10 frail seniors, quarterly outings, and information and referral. The expected impact of these services includes: Reducing isolation and promoting feelings of wellness and self-efficacy; increasing trust and reduce reluctance to revealing unmet needs or accepting support services; and improving the quality of life by reducing loneliness and promoting friendships and connections with others.

### **Program Facilities/Hours of Operation/Staffing**

Program Facilities Location:

2344 6<sup>th</sup> St.

Berkeley, CA 94710

The majority of the staffing time will be spent at the following senior housing sites located in Richmond (at Nevin Plaza, Hacienda, and Friendship Manor) operated by the Richmond Housing Authority.

Contact Person, Phone Number, and Email:

Kathryn Stambaugh, MPH, MBA, Director of Geriatric Services

(510) 981-4156, [kstambaugh@lifelongmedical.org](mailto:kstambaugh@lifelongmedical.org)

Elders' Actualization Project:

Amy Rock

(510) 234-1839, [elderactualization@sbcglobal.net](mailto:elderactualization@sbcglobal.net)

Website: [www.lifelongmedical.org](http://www.lifelongmedical.org)

Program Hours of Operation:

Lifelong Medical Care will provide services on days and during hours that are appropriate and suit the senior housing development being served.

## **Child Abuse Prevention Council**

### **Scope of Services**

The Child Abuse Prevention Council of Contra Costa will provide an evidence-based curriculum of culturally, linguistically, and developmentally appropriate parenting classes to, but not exclusively, African American parents residing in Western Contra Costa County, Spanish speaking families in East County, and Central County's Monument Corridor. Four classes will be provided for 60 parents and approximately 150 children under 5-years of age. The twenty-four week curriculum will immerse parents in ongoing training, free of charge, designed to build new skills and alter old behavioral patterns intended to strengthen families and support the healthy development of their children in their own neighborhoods.

### **Program Facilities/Hours of Operation/Staffing**

Program Facilities Location:

1410 Danzig Plaza, Suite 110

Concord, CA 94507

Most services will be provided at the following off-site locations:

Delta First 5 Center, 760 First St. Brentwood, CA 94565

Monument Community First 5, 1736 Clayton Rd., Concord 94520

West County First 5 Center, 2707 Dover St., San Pablo, 94806

Contact Person, Phone Number, and Email:

Carol Carrillo, MSW, Executive Director

(925) 798-0546, capccarol@sbcglobal.net

Website: [www.capc-coco.org](http://www.capc-coco.org)

Program Hours of Operation:

The Child Abuse Prevention Council of Contra Costa will provide services between the hours of 9:00 AM – 5:00 PM, Monday thru Friday with some scheduled evening and weekend hours.

## **Family Stress Center**

### **Scope of Services**

The Family Stress Center will provide services using the evidence-based Triple P – Positive Parenting Program, levels 1, 2, and 4 Multi-Family Support Groups, to strengthen positive attachment between parents and children with age-appropriate parenting skills, and at no cost. Parents targeted for services include caregivers residing in underserved communities throughout Contra Costa County, specifically intended for but not limited to caregivers residing in STAND! Shelters, Monument Corridor Meadow Homes, and Mercy Housing facilities in Brentwood. Key activities include: brief supported interventions, parent training programs, health promotion and social marketing to deal with commonly encountered behavioral issues, a media-based parenting information campaign through primary care and other community based organizations, tip sheets to solve common child management or developmental problems, and seminar series for large groups of parents. The expected results of this program include: 80% of the of the parents receiving the parenting education component will demonstrate increased parenting skills, increased sense of competence in parenting abilities, improved relationship communication about parenting, and reduced parental stress; 100 parents will use a Parent Helpline, 20 staff members are trained in delivering curriculum, levels 1, 2, and 4.

### **Program Facilities/Hours of Operation/Staffing**

Program Facilities Location:

2086 Commerce Avenue  
Concord, CA 94520

Most services will be provided at but not limited to the following off-site locations:

STAND! Against Domestic Violence Shelters  
Pittsburg Adult Education Center  
Los Medanos College  
Kaiser Permanente – Martinez

Contact Person, Phone Number, and Email:

Cathy Botello, Family Support and Education Director  
(925) 706-8477, cathy.botello@comcast.net  
Website: [www.familystresscenter.org](http://www.familystresscenter.org)

Program Hours of Operation:

The Family Stress Center will provide services between the hours of 9:00 AM – 5:00 PM, Monday thru Friday.

## **The Latina Center**

### **Scope of Services**

The Latina Center will provide culturally and linguistically specific parenting education and support to at least 300 Latino parents and caregivers in West Contra Costa County supporting the strong emotional, social and educational development of children and youth ages 0-15, and strategies to improve family communication and reduce verbal, physical and emotional abuse. The Latina Center will enroll primarily low- income, immigrant, monolingual/bilingual Latino parents and grandparent caregivers of high-risk families in a 12-week parenting class using the Systematic Training for Effective Parenting (STEP) curriculum or PECES in Spanish (*Padres Eficaces con Entrenamiento Eficaz*). Ten Parent Educators (Padres Educadores) will be trained to conduct two parenting education classes and Latino Parent Partners/Mentors will be identified to offer mentoring, support and systems navigation. In addition, The Latina Center will host family activity nights, creative learning circles for parents on topics of interest, at least two cultural celebrations for families, and two community forums on locally-identified parenting topics.

### **Program Facilities/Hours of Operation/Staffing**

Program Facilities Location:

3919 Roosevelt Avenue  
Richmond, CA 94805

Contact Person, Phone Number, and Email:

Miriam Wong, Executive Director  
(510) 233-8595, miriamwong2003@yahoo.com  
Website: [www.thelatinacenter.org](http://www.thelatinacenter.org)

Program Hours of Operation:

The Latina Center will provide services between the hours of 9:00 AM – 5:00 PM, Monday – Thursday.

## **Contra Costa Interfaith Housing, Inc.**

### **Scope of Services**

Contra Costa Interfaith Housing, Inc. will provide on-site, on-demand, and culturally appropriate delivery of an evidence-based Strengthening Families Program to help 27 formerly homeless families, all with special needs, at the Garden Park Apartments in Pleasant Hill to improve parenting skills, child and adult life skills, and family communication skills. Key activities include: family support group process, support for sobriety, academic 4-day-per-week homework club, and community building. The goals and outcome measures for this project include: assisting families to stabilize in permanent housing and meet their individualized goals related to self-sufficiency and sound parenting and to help the youth overcome the challenges inherent to being in a family impacted by poverty, homelessness, substance addiction, mental illness, and domestic violence. Anticipate impact of this program will be a positive change in the social and emotional trajectory of these families, and the success of children to meet the academic benchmarks for their grade level.

### **Program Facilities/Hours of Operation/Staffing**

Program Facilities Location:

2387 Lisa Lane

Pleasant Hill, CA 94523

Contact Person, Phone Number, and Email:

Louise Bourassa, RN, MS, Executive Director

(925) 299-1067, [louise@ccinterfaithhousing.org](mailto:louise@ccinterfaithhousing.org)

Website: [www.ccinterfaithhousing.org](http://www.ccinterfaithhousing.org)

Program Hours of Operation:

The Costa Interfaith Housing, Inc. will provide services Monday thru Friday, between the hours of 9:00 AM – 5:00 PM, including evening hours every Wednesday until 7:30 PM (to conduct the Strengthening Families Program), and one Thursday a month until 9:00 PM to host a community activity.

## **West Contra Costa Youth Service Bureau**

### **Scope of Services**

West Contra Costa Youth Service Bureau will provide comprehensive support services, countywide, for 45 multicultural youthful offenders and members of their families to assure successful compliance with probation terms and positive transitions from the Orin Allen Youth Rehabilitation Facility (OAYRF) back into their communities. Services will be geared to non-Medi-Cal children and youth, who do not receive HMO support services to address their negative behaviors and return to their communities after completion of sentencing time without services. Key activities will include: Developmental Activities: Tutoring and academic placement assistance, life skills training, employment readiness training, vocational placement services and advocacy, job placements, camping trips, sports outings, other planned recreational activities, employment opportunities; Community Service/Volunteer Hours: to complete any community service hours that may be mandated by the court and part of their probation to enhance their community either through beautification efforts or service to others; Intensive Group Support: 64 process oriented groups a year in West and Central County for a total of 48 youths. The younger brothers and sisters of youthful offenders, who admire their older siblings in ways that reflect unsafe practices and behaviors, will receive prevention and early intervention services. The end result of these services will be reduced supports recidivism and decreased display of antisocial and delinquent and pre-delinquent tendencies, such as school suspensions and expulsions; initial contacts with law enforcement resulting in deeper penetration into the juvenile justice system.

### **Program Facilities/Hours of Operation/Staffing**

Program Facilities Location:

263 South 20<sup>th</sup> Street  
Richmond, CA 94804

Contact Person, Phone Number, and Email:

Marena Brown, CYFiT Program Director  
(510) 231-7812 x.303, marenabrown@sbcglobal.net  
Website: [www.wccysb.org](http://www.wccysb.org)

Program Hours of Operation:

West Contra Costa Youth Service Bureau will provide services between the hours of 9:00 AM and 5:00 PM, Monday through Friday.

Staff will be available via telephone on a 24-hour basis, 7 days a week.

## **Family Institute of Richmond**

### **Scope of Services**

The Family Institute of Richmond will provide therapy to between 20-40 multicultural youth who are involved with the Contra Costa County juvenile justice system or at risk of entering the juvenile justice system. The majority of these clients will reside in East and Central Contra Costa County. The services will range from more frequent intervention (3-4 hours per week) to less frequent intervention (1-2 hours per week), depending on a comprehensive assessment of the youth and family's needs. This work will be a combination of individual, collateral, and family therapy, and case management, following the protocol of the evidence-based model, Brief Strategic Family Therapy (BSFT) for a time limited duration. BSFT was designed specifically to reduce recidivism in juvenile offenders; reduce or eliminate drug use; ameliorate mental health problems; and, strengthen the family's ability to protect the youth from future problems. Family Institute of Richmond will service clients in their homes and in as-yet-to-be-determined office location in downtown Antioch, California, with good public transportation access.

### **Program Facilities/Hours of Operation/Staffing**

Program Facilities Location:

207 37<sup>th</sup> Street

Richmond, CA 94805

Contact Person, Phone Number, and Email:

Bart Rubin, PhD, Executive Director

(510) 214-0607, bartrubin525@gmail.com

Website: [www.familyinpinole.org](http://www.familyinpinole.org)

Program Hours of Operation:

The Family Institute of Richmond will provide services between the hours of 8:00 AM and 9:00 PM, and weekend hours from 8:00 AM and 9:00 PM.



## **The Contra Costa Clubhouses, Inc.**

### **Scope of Services**

The Contra Costa Clubhouses, Inc. will provide peer-based programming for adults throughout Contra Costa County in recovery from psychiatric disorders, helping them to develop the support networks, vocational skills, and self-confidence needed to sustain stable and productive lives. The following services are provided with PEI funding: On-site Life Skills, Recreational and Respite Services with meals are provided three weeknights and Saturdays at the Clubhouse in Concord and include: media arts instruction, video and website production, and public education activities to reduce stigma and disseminate positive messages about the capabilities of people with mental illness; expressive arts, including open mike, poetry reading, painting, writing and music; TGIF socials, including karaoke, bingo, dancing, ping-pong, board games, cards, conversation, movies, and dinner; health and wellness, including hikes, yoga, weight-lifting, medication management, nutrition, and a 20-session smoking cessation developed by the Robert Wood Johnson Medical Center, Learning about Healthy Living. Once each month, TGIF is offered at churches, community groups, and other locations in East and West County easily accessible to concentrated populations of underserved groups. Transportation Services to and from the Clubhouse are provided at no cost, either by van, (for those on public transportation lines) paid fare, or facilitated carpooling. In-Home Peer-to-Peer Outreach up to four hours in length provided at consumer or caregiver request throughout the county. Outreach Programs for the case managers and Social Service staff of county hospitals, medical providers, and community-based organizations; Newsletter and website, and dissemination of written materials through NAMI and other consumer- or caregiver-focused agencies, outreach events or ethnic media opportunities targeting monolingual and LEP consumers and caregivers in their community.

### **Program Facilities/Hours of Operation/Staffing**

Program Facilities Location:

3024 Willow Pass Road, Suite 230  
Concord, CA 94519

Contact Person, Phone Number, and Email:

Molly Hamaker, Executive Director  
(925) 627-4216, [molly@ccclubhouse.org](mailto:molly@ccclubhouse.org)  
Website: [www.ccclubhouse.org](http://www.ccclubhouse.org)

Program Hours of Operation:

The Contra Costa Clubhouses will provide services between the hours of 8:30 AM and 4:00 PM, Monday through Friday, including the following evening hours: Tuesday, Wednesday, and Friday from 4:00 PM to 8:00 PM; and weekend hours: Saturday from 10:00 AM to 2:00 PM.

## **People Who Care**

### **Scope of Services**

People Who Care Children's Association will provide work experience for 100 multicultural youth residing in the Pittsburg/Bay Point communities, as well as, programs aimed at increasing educational success among those who are either at-risk or high-risk of dropping out of school, or committing a repeat offense. Key activities include: a six-day-a-week after school, vocational, and employment opportunity, The Hip Hop Car Wash, with referrals from Contra Costa Mental Health, Probation Department, juvenile courts, and Pittsburg Unified School District; will include monthly individual child assessments, academic and educational support, and peer-based juvenile delinquency prevention. Expected results of services include: an increasing knowledge of healthy habits, reduction of risky behaviors, improved classroom learning, and increasing knowledge and/or skills in entrepreneurship career building.

### **Program Facilities/Hours of Operation/Staffing**

Program Facilities Location:

2231 Railroad Avenue  
Pittsburgh, CA 94565

Contact Person, Phone Number, Email, and Mailing Address:

Constance Russell, Executive Director  
(925) 432-8211, pwc.cares@comcast.net  
3982 Alta Vista Circle, Pittsburg, CA 94565

Program Hours of Operation:

People Who Care Children's Association will provide services between the hours of 2:00 PM and 6:00 PM Monday through Friday; and weekend hours from 8:00 AM – 5:00 PM. Staff will be available via telephone on a 24-hour basis, 7 days a week.

## **STAND! Against Domestic Violence**

### **Scope of Services**

STAND! Against Domestic Violence will provide services to address the effects of teen dating violence/domestic violence and help maintain healthy relationships of at-risk youth throughout Contra Costa County. *STAND!* will use two evidence-based, best-practice programs: *Expect Respect* and *You Never Win with Violence* to directly affect the behaviors of youth (preventing future violence) and enhance mental health outcomes for students already experiencing teen dating violence. Primary prevention activities include, educating middle and high school youth about teen dating through the ‘You Never Win with Violence’ curriculum, and providing teachers and other school personnel with knowledge and their awareness of scope and causes of dating violence, including bullying and sexual harassment and increase knowledge and awareness of the tenets of a healthy dating relationship. Secondary prevention activities include supporting youths experiencing or at-risk for teen dating violence by conducting 20 gender-based, 15-week support groups. A referral system will also be set up at each site for referring youth to the support groups. As a result of these service activities, youth experiencing or at-risk of teen dating violence will demonstrate an increased knowledge about the difference between healthy and unhealthy teen dating relationships; an increase sense of belonging to positive peer groups; an enhanced understanding that violence doesn’t have to be “normal” and an increased knowledge of their rights and responsibilities in a dating relationship.

### **Program Facilities/Hours of Operation/Staffing**

Program Facilities Location:

1410 Danzig Plaza, Second Floor  
Concord, CA 94520

Most services will be provided at off-site school locations in the following school districts:

Antioch Unified School District  
West Contra Costa Unified School District  
Mt. Diablo Unified School District

Contact Person, Phone Number, and Email:

Sharon Turner, Regional Director  
(925) 603-0197, sharont@standagainstdv.org  
Website: [www.standagainstdv.org](http://www.standagainstdv.org)

Program Hours of Operation:

STAND! Against Domestic Violence will provide services between the hours of 8:00 AM – 6:00 PM, Monday thru Friday. Some evening hours may be arranged once or twice a month for services at the Boys Ranch, and some weekend trainings by arrangement.

## **El Cerrito High School (West Contra Costa Public Education Fund)**

### **Scope of Services**

The James Morehouse Project, the school health center at El Cerrito High School (fiscal sponsor: YMCA of the East Bay),\* will provide services that increase access to mental health/health services and a wide range of innovative youth development programs for 300 multicultural youth in West Contra Costa County. Contractor will provide a wide range of innovative youth development programs through an on-campus collaborative of community-based agencies, local universities and County programs. Key activities designed to improving students' well-being and success in school include: Alcohol and Other Drug Use/Abuse Prevention; Teen Alive(anger and violence); Arts/Spoken Word (incarcerated family members); Bereavement Groups (loss of a loved one); Da Rainbow Clique (queer youth of color); Discovering the Realities of Our Communities (DROC – environmental and societal factors that contribute to substance abuse); Peer Conflict Mediation; Peer Counseling; Peer Health Education; Pregnant, Parenting & Caretaker Teens Group; Yoga (learn to focus more effectively; reduce stress, and work more skillfully with strong emotions, such as impulse control and frustration).

\* In January 2010, the El Cerrito High School Community Project took James Morehouse's name to honor his 35 years of service to the El Cerrito High School community. Mr. Morehouse loved, mentored and inspired two generations of staff and students (from 1968-2003) and the James Morehouse Project, in taking on his name, commits to carrying on his legacy of love, respect and service for generations to come.

### **Program Facilities/Hours of Operation/Staffing**

Program Facilities Location:

The James Morehouse Project

El Cerrito High School, Room A-210

540 Ashbury Avenue

El Cerrito, CA 94530

Contact Person, Phone Number, and Email:

Jennifer Rader, Executive Director

(510) 524-8252, jenn@jmhops.org

Website: <http://www.elcerritogauchos.net/?q=node/337>; [jamesmorehouseproject.org](http://jamesmorehouseproject.org)  
(currently under construction)

Program Hours of Operation:

The James Morehouse Project at El Cerrito High School provides services from 9:00 AM – 5:00 PM, Monday through Friday.

## **Martinez Unified School District**

### **Scope of Services**

Martinez Unified School District will provide “career academies” which will include individualized learning plans, place-based learning projects and career mentorships, and internships for 48 high school adolescent youths in Martinez of all cultural backgrounds. Key activities include: service-learning projects, career preparation, and internships, where students, school staff, parents and community partners work together on projects, all derived from California standards-based curriculum. Some of the results of participation in the academies will be: A high school diploma, transferable career skills and certification, acceptance into a college or post-high school training program, strong leadership skills and the development of the assets necessary for holistic, sustainable living.

### **Program Facilities/Hours of Operation/Staffing**

Program Facilities Location:

921 Susana Street  
Martinez, CA 94553

Contact Person, Phone Number, and Email:

Liz Robbins, Chief Business Official

(925) 335-5925, [lrobbins@martinez.k12.ca.us](mailto:lrobbins@martinez.k12.ca.us)

Website (The New Leaf Project): [www1.martinez.k12.ca.us](http://www1.martinez.k12.ca.us)

Program Hours of Operation:

Martinez Unified School District will provide services between the hours of 8:00 AM and 3:00 PM, Monday through Friday.