

## Mental Health Services in Alameda County for Women and Families - Low Cost, Sliding Scale Fees 2015-16

Prepared by Community Forum for Perinatal Health– A collaboration of organizations in Alameda County

**This is not meant as a complete list of all mental health resources.**

For more information or to make changes, call: (510) 618-1920

### How to Use this Guide:

- Call ACCESS first. The caller will be assessed by the Clinical Review Specialist to determine caller's level of acuity (mild, moderate, severe), as well as location of services requested/needed.
- If the client is not eligible through ACCESS, the Specialist will give alternative information and referral sources however, additional services may be available through the agencies below.
- Sites listed here are wheelchair accessible unless otherwise noted. Home visitation services available where noted; call resource for additional questions.

Name	Address	Contact/Phone	Eligibility	Services	Transportation	Payment Source	Languages
<b>OUTPATIENT COUNSELING</b>							
<b>*ACCESS (Acute Crisis Care and Evaluation for System wide Services)</b>	N/A Phone referrals only	Clinical Review Specialist answers Mon. - Fri. 8:30 – 5 After hours, automatically transferred to Crisis and Support Services line <b>1 (800) 491-9099</b>	Alameda County children, adolescents, adults with moderate – severe impairments (Medi-Cal recipients with mild – moderate impairments may be referred to their Managed Care Plans	Telephone screening and referrals for mental health and alcohol and other drug treatment services for Alameda County residents.	N/A	<b>Medi-Cal , HealthPAC</b> (uninsured residents call <b>1-(887) 879-9633</b> for eligibility), Medi-Cal managed care plans	English, Spanish, Mandarin, Cantonese, Vietnamese, Cambodian; other Asian languages are routed to Asian Community Mental Health Services. Other languages: Language Line. TTY for hearing impaired needs.

Name	Address	Contact/Phone	Eligibility	Services	Transportation	Payment Source	Languages
Alameda Family Services Counseling  (formerly Xanthos)	2325 Clement Ave Alameda, CA 94501	Leave message (510) 629-6300	Children birth – 5 (w/parent or caregiver), adolescents, adults	Individual, couple, and family psychotherapy. Early Childhood/Infant Mental Health trained therapists available. Home visitation via School-based programs (please inquire).	Near AC Transit	<b>Medi-Cal</b> , Sliding scale \$20-80	English, Spanish
Asian Community Mental Health Services	310 - 8 <sup>th</sup> St, #201 Oakland, CA 94607	For Intake: (510) 869-6000  For office or to speak to specific therapist: (510) 451-6729	Asian and Asian/Pacific Islanders bilingual/bicultural services for children birth – 5 (w/parent or caregiver), adolescents, adults	Individual, family, couple, child therapy, case management, medication, crisis intervention. Services in Early Childhood/Infant Mental Health, Dual Diagnosis and for Developmentally Disabled available.	AC Transit, BART (12 <sup>th</sup> Street and Lake Merritt stations)	<b>Medi-Cal</b> ; short-term free counseling for those without insurance	English, Cambodian, Cantonese, Japanese, Korean, Mandarin, Tagalog, Vietnamese, Mien, Burmese, Thai, Lao
	Children & Youth Svcs. 13847 East 14 <sup>th</sup> Street, Suite 116, San Leandro, CA 94578	Call: (510) 869-6000			On East 14 <sup>th</sup> in San Leandro along AC transit line		

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Berkeley Therapy Institute	1749 Martin Luther King Jr. Way Berkeley, CA 94709	Receptionist (510) 841-8484	Children 5 – adolescence, adolescents, Adults	Individual, couple, family, and group psychotherapy; psychological testing & assessment, consultation, medication. Screening for Attention Deficit Disorder. All services on site only.	North Berkeley BART Station (3 long blocks) and AC Transit lines 25 and 52	<b>Medi-Cal</b> , sliding scale \$35-295, private pay, some insurance accepted	English
Blue Oak Therapy Center	3101 Telegraph Ave. Berkeley, CA 94705	Intake (510) 649-9818	Children, adolescents adults Funding now restricted to victims of murder	Individual, couple, family, adolescent, and child counseling, trauma counseling	Near Ashby BART and AC Transit	Sliding Scale \$35 - \$90	English  (call to confirm additional languages; may change annually with intern pool)
Brighter Beginnings	2648 International Blvd. Oakland, CA 94601	Call: (510) 903-7513	Children and adolescents birth – 21 yrs. old, adults (with CalWorks only)	Infant/Early Child Mental Health therapy, play therapy, therapy for teens/adolescents, adults, Home Visiting services available (please inquire re: which programs offer)	Near AC transit, near Fruitvale BART	<b>Full scope Medi-Cal</b> for children and adolescents birth – 21 years old, adults (CalWorks only)	English and Spanish

Name	Address	Contact/Phone	Eligibility	Services	Transportation	Payment Source	Languages
California State University East Bay, Community Counseling Center	Art & Education Bldg., Room 260 Hayward, CA 94542	Intake Worker (510) 885-3007 Hrs: 9am-8pm T/W/Th  Open academic year <u>ONLY</u> ; closed Summer, Spring, Winter breaks and holidays.	Children birth – 5 (w/caretaker, parent), adolescents, adults. No CSU students or court ordered clients.  <b>Low acuity</b> only. Student counselors under licensed supervision	Individual, play therapy, couple, family counseling. Early Childhood/Infant Mental Health trained therapists available for families with very young children (birth to 5), parent and step-parent groups.	Take #60 AC Transit bus from Hayward BART	No fee	English  (call to confirm languages; may change annually with intern pool)
Community Health for Asian Americans (CHAA)  (formerly Asian Pacific Psychological Services)	268 Grand Ave. Oakland, CA 94610	Receptionist (510) 835-2777	Asian, Pacific Islander, immigrants and refugees; Children (5 and older) , youth 12-20, adults	Individual, family, couple, group counseling; alcohol and other drug prevention for youth ages 12-20; medication treatment; crisis intervention; clinical case management. Home visiting available.	Near AC Transit Lake Merritt BART station	<b>Medi-Cal</b> only	English, Cantonese, Mandarin, Cambodian, Vietnamese, Tagalog, Burmese
Earth Circles Counseling Center	560 Oakland Ave. Suite C Oakland, CA 94611	Must get <b>ACCESS</b> referral first (see above)  Leave message and staff will return call: (510) 601-1929	Children (5 and older), adolescents, families, groups	Individual, couple, family, child play therapy, groups, No Home Visitation services.	Near 12 <sup>th</sup> St. and MacArthur BART, AC Transit  <b>NO</b> wheelchair accessibility	<b>Medi-Cal</b> , Sliding scale individuals: \$30 – and up; couples:\$45 and up.	English, Chinese (call for dialect), Danish, French, Swedish, Japanese

Name	Address	Contact/Phone	Eligibility	Services	Transportation	Payment Source	Languages
East Bay Counseling Choices	Referral Line to licensed therapists with East Bay California Association of Marriage and Family Therapists	Intake (510) 525-6678 or toll free 1 (877) 525-6678	Children, adolescents, adults	Individual, couple, family, child play, group therapy	Access to public transportation dependent on therapist referral	<b>Medi-Cal</b> private insurance. Wheelchair accessibility depends on therapist and office;; sliding scale \$45-125	English
Family Paths, Inc.  (formerly Parental Stress)	3 offices:  1727 Martin Luther King Jr. Way, Oakland 94612  22455 Maple Ct., Suite 402, Hayward 94541  39155 Liberty St, Suite F600, Fremont 94536	Family Support 24-hr Hotline  1 (800) 829-3777	Adults, adolescents, children birth –5	Individual, couple and family therapy, support groups. Early Childhood/Infant Mental Health trained therapists available. 24-hour Parent Support & Resource Line. 24-hour Foster Parent Advice Line. Emergency respite childcare and positive parenting, yoga.	Near AC Transit and 19 <sup>th</sup> St. BART	<b>CalWorks, Full scope Medi-Cal,</b> Sliding scale \$15 - \$70	English, Spanish, Language line for additional languages


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Family Resource Center	39155 Liberty Street, Ste. E500 Fremont, CA 94536	Receptionist (510) 574-2100	Infant/Toddler program: must be resident of Fremont, Newark or Union City w/Medi-Cal; Youth 6-18 must be Fremont or Newark resident	Infant/Toddler family therapy; parenting groups, workshops, youth (6 – 18 yrs.) counseling, crisis intervention services.	Near AC Transit and Fremont BART	<b>Medi-Cal</b> , Sliding scale \$10-135.	English, Spanish, Mandarin, Vietnamese, Dari
Family Service Counseling Center	2208 San Leandro Blvd. San Leandro, CA 94577	Intake (510) 483-6715	Children 5 to adolescence, adolescents, adults	Individual, couple, family, child play, group therapy	4 blocks from San Leandro BART, and near AC Transit	<b>CalWorks Medi-Cal</b> , Sliding scale \$25-100, private insurance	English, Spanish
City of Fremont Youth and Family Services	Police Department Counseling Dept. 2000 Stevenson Blvd. Fremont, CA 94538	Receptionist (510) 790-6938	Must be a Fremont or Newark resident. First time offenders must be arrested in Fremont.	Diversion counseling for 1 <sup>st</sup> time juvenile offenders; trauma/crisis counseling; crisis intervention; family and parenting intervention following a child abuse investigation	Near AC Transit	<b>Medi-Cal</b> , no charge for 1 <sup>st</sup> session of crisis services; sliding scale \$10-135 for ongoing appointments	English, Mandarin

Name	Address	Contact/Phone	Eligibility	Services	Transportation	Payment Source	Languages
Help Me Grow – Alameda County First 5	N/A Phone referrals only	Call (888) 510-1211  Care Coordinators answer M-F 9- 5	Children 0-5 years old and their families residing in Alameda County	Child development assistance, care coordination, family navigation, developmental screening, child development resources and information.	N/A	N/A	English, Spanish & Cantonese. Interpretation for other languages
Hume Center	39465 Paseo Padre, Suite 2100 Fremont, CA 94538	Intake (510) 745-9151	Children 0 - 21	Individual, couple, family, child play therapy; psychological assessment.	Near AC transit and Fremont BART	<b>Medi-Cal,</b> Calworks, Sliding scale \$40-165, separate fee for evaluations	English, Farsi, Hindi, Punjabi, Malayalam, Vietnamese, Cantonese, Mandarin, French, German
Jewish Family and Childrens' Services of the East Bay	2484 Shattuck Ave. Berkeley, CA 94704	English: (510) 704-7480 ext. 235  Spanish: ext 707	Child, adolescent and adult residents of Alameda County	Clinic or home visiting therapy services for mothers and their babies/children, including through the “Fussy Baby” program	On AC transit line, ~ 6 blocks from Downtown Berkeley BART	<b>Medi-Cal,</b> private insurance, sliding scale (\$45 and up for short-term therapy, 6-8 wks.)	English, Spanish, Hebrew, French, Portuguese

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La Clínica de la Raza Mental Health Services (Casa del Sol)	1501 Fruitvale Ave. Oakland, CA 94601	Call for an intake Appointment  (510) 535-6200	Spanish speaking Alameda County children, adolescents, adults. (one does <u>not</u> have to be client of La Clinica de la Raza)	Crisis intervention, mental health w/substance abuse problems; youth w/severe emotional or behavioral problems, domestic violence. Parent groups (Span), child abuse intervention (Span), HIV/AIDS, groups re: depression, trauma, grief	Near Fruitvale BART station and AC transit	<b>Medi-Cal</b> , Alameda Alliance for Health	English, Spanish
La Familia Counseling Service	26081 Mocine Ave. Hayward, CA 94544	Intake:  (510) 881-5921	Children 3 years to adolescence, adolescents, Adults	Individual and family counseling, counseling for children w/ Medi-Cal	Near Hayward BART	<b>Full scope Medi-Cal</b> for children and youth (up to 18 years); adults, sliding scale starts at \$0	English, Spanish
Oak Creek Counseling Center	2901 Shattuck Ave., Berkeley, CA 94705	Intake 1 (888) 637-7404	Children birth to adolescence, adolescents, Adults	Individual, couple, family, child play therapy, and group counseling. Early Childhood/Infant Mental Health trained therapists available. No home visiting capabilities.	Near Ashby BART and AC Transit	Sliding scale \$35-95, some flexibility for homeless population (please inquire)	English only



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Pathways Counseling Center	2 offices: 13666 E. 14 <sup>th</sup> St. San Leandro, CA 94578	Ask for Intake Worker (510) 357-5515  M-F 9:00 AM - 5:00 PM	Children ages 3 to adolescence, adolescents, adults	Individual, couple, family therapy	Near AC Transit	<b>Medi-Cal</b> , sliding scale, private insurance, Victims of Crime funding accepted	English, Spanish
	Near 12 or 19 <sup>th</sup> Street BART , AC transit						
Psychological Services Center	1440 Broadway, Ste. 610 Oakland, CA 94612	Intake (510) 628-9065, Ext. 211	Children 3 and older (w/caretaker), adolescents adults	Mostly individual counseling but some couple & family counseling, psychological testing	Near AC Transit 1 block from 19 <sup>th</sup> Street BART	<b>Medi-Cal</b> , sliding scale \$25-95	English, Spanish  (call to confirm language capabilities; may change each year with intern pool)
The Psychotherapy Institute	2232 Carleton St. Berkeley, CA 94704	Leave message on intake line (510) 548-2250	Adults	Individual & couple therapy	Near AC Transit	Sliding scale \$30-95, limited low fee slots (inquire)	English and Spanish

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Rainbow Psychotherapy Associates	3671 Grand Ave. Oakland, CA 94610	Leave message (510) 420-8083	Adolescents, adults, families	Afro-centric therapy: individual, couple, family, educational testing, substance abuse counseling, survivors of childhood abuse. No perpetrators.	Near AC Transit  NOT wheelchair accessible.	<b>Medi-Cal</b> , sliding scale (lowest of scale = \$60/hr.), Victims of Crime, private insurance. (payment options vary with therapist)	English
San Leandro Community Counseling (of Davis Street Family Resource Center)	3081 Teagarden St., San Leandro, CA 94577	Receptionist (510) 347-4620	Adults, adolescents, children 3 and up, couples and family counseling	Individual, family, anger management limited childcare, crisis counseling, psychological assessments	Near AC Transit, 1 mile from BART, free shuttle	<b>Medi-Cal</b> . sliding scale \$25-105, (call for payment info)	English, Spanish  (call to confirm languages; may change annually with intern pool)
Through The Looking Glass	N/A Services primarily through home visits by appt.	For intake: (510) 848-1112, Ext.8114  For Early Head Start intake: Ext. 8207	Alameda County families w/infants and children, expectant parents w/disability, medical, learning, or developmental issues.	Parenting adaptations to support expectant parents and parents w/ disabilities. Developmental/ early intervention and prevention services. Groups for parents w/disabilities, youth w/disabilities, playgroup for parents w/learning difficulties & their children 0-3. Center & home-based Early Head Start program. Legal advocacy re: custody for parents w/disabilities.	Located in wheelchair accessible Ed Roberts Campus near Ashby BART, AC Transit	Early Head Start, HHS, Regional Center, or grant/contract funded; otherwise sliding-scale. Custody	English, Spanish; multiple other languages (inquire)

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UCSF Benioff Children's Hospital – Early Childhood Mental Health Department	747 52 <sup>nd</sup> St., Oakland, CA 94609	Intake: (510) 428-3407	CARE Program	Children birth to 6, children exposed to various stressors (violence/abuse, at-risk of social/emotional/behavioral concerns)	Parent-child mental health therapy, home visitation	Near AC Transit and 12 <sup>th</sup> St. BART	<b>Full scope Medi-Cal only</b>	English, Spanish, Tagalog, Arabic
			Fussy Baby Program	Infants 0 – 12 months of age;	Targets infants 0 – 12 months of age; parents w/questions re: behavior, development, parenting challenges			
University of California Psychology Clinic	2205 Tolman Hall Berkeley, CA 94720	Receptionist (510) 642-2055	Adults, adolescents, children 4 and up		Individual, couple and family counseling, psychological testing	Near AC Transit, a few blocks from Downtown Berkeley BART	Sliding scale \$20-120	English  (call to confirm languages; may change annually w/intern pool)
The Women's Therapy Center	2105 Martin Luther King Jr. Way, Berkeley, CA 94704	Appointments: (510) 524-8288 (leave message, intake counselor will call back)  Office only: (510) 524-4822, ext. 102	Adolescents age 14 and older, adult women, transgender clients of all ages		Individual, couple, groups counseling	Near AC Transit, 2 blocks from Downtown Berkeley BART	Sliding scale \$25-85 for (individual counseling); \$40 - \$95 (couples); groups: \$ varies by group	English, Spanish,  (call to confirm languages; may change annually with intern pool)

Name	Address	Contact/Phone	Eligibility	Services	Transportation	Payment Source	Languages
The Wright Institute	1950 Addison St. #109, Berkeley, CA 94704	Leave message (510) 548-9716	Adolescents from age 15, adults, couples, some groups (call for information)	Individual, couple counseling	Near AC Transit and Downtown Berkeley BART	Sliding scale \$25-75	English, Spanish
<b>CRISIS LINES/SUPPORT</b>							
Alameda County Family Justice Center	470 - 27th Street Oakland, CA 94612	(510) 267-8800  Monday – Friday, 8:30 a.m. – 5:00 p.m.  After hours, information and referrals provided by Eden Information & Referral	Women, children, men and family member victims are welcome; No services for offenders	Services for domestic violence victims and their families including: crisis intervention, survivor support, advocacy, legal assistance, counseling for victims and their children, housing info, computer training, law enforcement investigation and offender prosecution. Shelter space availability updated twice daily	Near 12 <sup>th</sup> , 19 <sup>th</sup> or MacArthur BART stations, accessible to AC transit on Broadway and Telegraph Avenues, free onsite client parking	All services are free	Multiple language capabilities (call main line); services for deaf or hearing impaired
Crisis and Support Services of Alameda County	N/A	Anywhere in Alameda County: 1 (800) 309-2131	Anyone in need of crisis intervention services	Telephone crisis counseling and support; suicide prevention  Text line (teen friendly); text “SAFE” to 839863 from 4 – 11 p.m.	N/A	Free	English, translation services for other languages.

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Family Paths (formerly Parental Stress)	1727 Martin Luther King Jr. Way, Oakland 94612	Family Support 24-hr Hotline  1 (800) 829-3777	Children 3+, families, anyone with minor children up to 18 years can call hotline	24-hour Parent Support & Resource Line, 24-hour Foster Parent Advice Line, Early Childhood Mental Health parent/child treatment	Oakland location near AC Transit and 19 <sup>th</sup> St. BART. Hayward and Fremont locations are near AC Transit.	<b>Medi-Cal</b> , sliding scale, Victims of Crime funding, Calworks accepted	English, other language availability may change annually w/ intern pool; Language Line for hotline translation needs.
Postpartum Support International	Hotline support only	1 (800) 944-4773	Women experiencing perinatal emotional distress	Telephone hotline providing crisis, 24-hr./day phone support, referrals to in-person community counseling in caller's area	N/A	Hotline calls free	English, Spanish
<b>PARENTING SUPPORT</b>							
Alameda County Family Help line	Information and Referral line <b>only</b>	Toll-Free: 1 (888) 604-INFO or 1 (888) 604-4636	Alameda County residents seeking referrals to health-related services	Provides information and referrals to health-related services of Alameda County.	N/A	N/A	English, interpretation of 100+ languages through translation line
Asian Community Mental Health Services	Children & Youth Svcs. 13847 East 14th Street, Suite 116, San Leandro, CA 94578	Call: (510) 869-6000	Support groups for youth and adults; educational materials in Asian and Pacific Islanders.	Short-term counseling for children, youth, and adults. Connection to community resources	On East 14 <sup>th</sup> Street in San Leandro on AC transit line.	Medi-Cal or sliding scale (please inquire).	English and Asian & Pacific Islander languages (inquire re: dialects).

Name	Address	Contact/Phone	Eligibility	Services	Transportation	Payment Source	Languages
G.O.A.L.S. (Greater Options & Assistance for Lifelong Success) for Women	3356 Adeline St., Berkeley, CA 94703	Receptionist (510) 985-0500	Women	Limited Afro-centric individual case management, peer support groups	Near Ashby BART and AC Transit	Limited services through October 2015	English only
La Clinica de la Raza Mental Health Services (Casa del Sol)	1501 Fruitvale Ave., Oakland, CA 94601	Call for an intake appointment (510) 535-6200	Spanish speaking Alameda County adults, children and adolescents  (you do <u>not</u> have to be client of La Clinica de la Raza)	12- session parent education and support groups begin every January, April, July and September; childcare provided	Near AC Transit and Fruitvale BART station	Open to all Spanish-speaking parents/care-takers. Annual sliding fee (\$37 – \$500) paid in installments over the year; reassessed annually	English, Spanish
Pathways Counseling Center (Pathways cont.)	13666 E. 14 <sup>th</sup> St. San Leandro, CA 94578	Ask for Intake Worker (510) 357-5515	Children ages 3 to adolescence, adolescents, adults	Individual, couple, family therapy, case management, school-based family communication workshops (no fee)	Near AC Transit	<b>Medi-Cal</b> , sliding scale, private insurance, Victims of Crime funding accepted	English, Spanish
	510 – 16 <sup>th</sup> St. Oakland, CA 94612	M-F 9:00 AM - 5:00 PM					
Through The Looking Glass	N/A Services primarily curing Home Visits, by appointment only.	Call for Intake appointment (510) 848-1112, ext. 8114	Alameda County families w/infants and children, expectant parents w/disability, medical, learning, or developmental issues.	Early Childhood Mental Health, play and family, primarily home-based therapy. Consultations in Early Childhood centers. Parenting evaluations specializing in disability issues.	Located in wheelchair accessible Ed Roberts Campus next to Ashby BART, AC transit.	Full-scope Medi-Cal or sliding scale (please inquire)	English, Spanish, additional languages (please inquire)