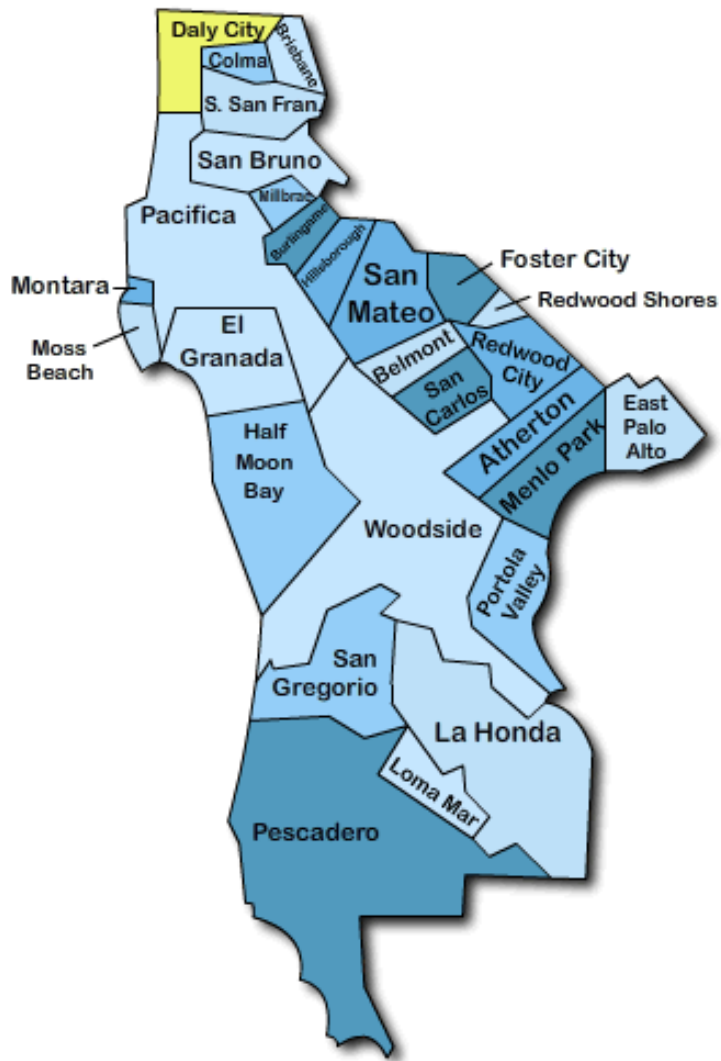




BEHAVIORAL HEALTH & RECOVERY SERVICES (BHRS) RESOURCES

1

By: Islam Hassanein



- Daly City
- Brisbane
- Pacifica
- Colma
- South San Francisco
- San Bruno
- Burlingame
- Millbrae
- San Mateo

Why would you seek services?

- Current life stressors
- Immigration / Relocation
- Unforeseen circumstances
- Misunderstanding / miscommunication
- Depressed
- Anxious
- Family tension
- Death of loved ones
- Additional support



BHRS services

- Clinic services
- School Based services
- Parent education groups
- Drug/Alcohol treatment facilities

Outside support

- Community support
- Spiritual support



BHRS Services

1. Clinic setting
 - Individual, Family, group therapy
2. School-Based
3. Individual, family, group therapy
4. Parent education groups
5. Parent support groups – at clinics
6. Inpatient versus Outpatient

1. Clinic setting

Steps to receiving services:

1. Resident of San Mateo County
 - Medi-Cal or Health Plan of San Mateo Insurance
2. Call the ACCESS team
 - 800.686.0101- assess briefly over the phone what are your needs
3. **Initial appointment** – brief, clinician will gauge what's going on.
4. Based on initial appointment, determine level of services needed.

BHRS Mental Health Clinics Contact Information:

North County Clinic	375 89th Street Daly City, CA 94015	(650) 301-8650
Coastside Clinic	225 Cabrillo Highway, Suite 200A Half Moon Bay, CA 94019	(650) 726-6369
Central County Clinic	1950 Alameda de Las Pulgas San Mateo, CA 94403	(650) 573-3571
South County Clinic	802 Brewster Ave Redwood City, CA 94063	(650) 363-4111
East Palo Alto Community Counseling Center	2415 University Ave, Suite 301, East Palo Alto, CA 94303	(650) 363-4030
Alcohol and Other Drug Programs	Clara Boyden cboyden@smcgov.org	650-802-5101
Older Adult Services (OASIS)	Selma Mangrum	650-573-2615

For more information please visit: <http://smchealth.org/bhrs>



Behavioral Health and Recovery Services Community Service Area Map



2. School-Based

Steps to receiving services:

1. Ask your school's secretary or Principal for county's district office information.
 - For Daly City –
Jefferson Union High School District
Address: 699 Serramonte Blvd #100, Daly City, CA
Phone number: (650) 550-7900
2. Request IEP (individualized education plan)
3. School Psychologist will assess child and determine services.

It is your **RIGHT** to request services from the school to help support your child.

3. Parent Education Groups

The Parent Project

- Free, 12-week education groups offered through San Mateo County.
- Parents learn skills and information to gain support in several areas
 - communication
 - improving grades and attendance
 - ways to discipline.
- Only offered in Fall and Winter

<http://smchealth.org/parentproject>

Outside support

Community Support

- Yaseen Youth Center – San Mateo / Burlingame
- AROC – Arab Resource and Organizing Center
- Arab Cultural and Community Center
- Ramallah Club of San Francisco

Spiritual Support

- Mosques
- Churches

San Francisco County Resident?

- County based clinics throughout San Francisco.
- Accept Medi-Cal / Health Plan of San Francisco
- Call SF ACCESS team
 - (415) 255-3737
 - (888) 246-3333

THANK YOU!

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Questions? Comments?