In San Mateo County, mental health and substance use disorders affect up to 1 in 4 people and touch the lives of thousands of the family members, friends, neighbors and colleagues all around us.

The good news is, studies show when people get the help they need, they can and do recover. However, too often, individuals and families do not seek help because of stigma and discrimination, or because they are struggling to find or access care.

**Community Service Areas**

Community Service Areas (CSA) bring community members together to improve the lives of those affected by mental health and/or substance use conditions. The CSAs are organized into six regions within San Mateo County to help reach people in the most meaningful ways.

**Community Advisory Committee**

Each CSA is guided by a Community Advisory Committee. The Committee includes community members and service providers from diverse backgrounds who bring different perspectives to our work—such as education, health care, law enforcement, and faith-based and community-based organizations. BHRS clients and family members make up the majority of the Committee.

The Committee’s goal is to help individuals and families with or at-risk of mental health and/or substance use conditions access the services and supports they need in their community.

**Get Involved**

We need people who want to make a difference and help direct mental health and substance abuse efforts in your community.

Contact the Community Service Area Manager in your area to find out how you can participate in your local Community Advisory Committee.

Stipends are available for consumers and family members who participate on the Consumer Advisory Committee.

**Community Service Areas
Make a Difference**

- Focuses on wellness and recovery, empowering the community, family and individual.
- Provides culturally sensitive and holistic access, services and supports.
- Builds on strengths and values unique to each community.
- Coordinates services between primary care, mental health and substance use treatment to support clients’ total health and wellness.
- Offers same day assistance and easy, convenient access to services.
- Seeks ways to continuously improve the quality of mental health and substance use services in the community.
Community Service Area Managers

Northwest CSA
Daly City, Pacifica, Colma
Tim Holechek (650) 301-8656
email: tholechek@smcgov.org

Northeast CSA
Brisbane, South San Francisco, San Bruno, Millbrae
Doug Fong (650) 301-8620
email: dfong@smcgov.org

Coastside CSA
Half Moon Bay, La Honda, Pescadero, San Gregorio, Montara,
Ziomara Ochoa: (650) 573-2179
email: zochoa@smcgov.org

Central CSA
Burlingame, Hillsborough, San Mateo, Foster City, Belmont
Pernille Gutschick: (650) 372-8586
email: pgutschick@smcgov.org

South CSA
San Carlos, Redwood City, Woodside, Atherton, West Menlo Park, Portola Valley
Diane Dworkin: (650) 372-6134
email: ddworkin@smcgov.org

East Palo Alto CSA
East Menlo Park, East Palo Alto
Carlos Morales: (650) 421-5186
email: cmorales@smcgov.org

About Behavioral Health and Recovery Services

Behavioral Health and Recovery Services (BHRS) is committed to wellness and recovery by promoting the health and well-being of the whole person and providing support and resources to families and the community.

We provide a wide range of culturally sensitive services for children, youth, families, adults, and older adults for prevention, early intervention, and treatment of mental illness and/or substance use conditions.

For Mental Health and Substance Use Services or to refer a client, please contact the BHRS ACCESS Call Center at:

Phone: (800) 686-0101
TDD: (800) 943-2833

Learn More:

- Community Service Areas:
  www.smchealth.org/bhrs/csa
- Behavioral Health and Recovery Services:
  www.smchealth.org
- Network of care:
  www.sanmateo.networkofcare.org/mh
- BHRS Blog: www.smcbhrsblog.org
- BHRS Newsletter: www.smchealth.org/wm