

# Pathways To Recovery

2014



Community Recovery Coalition



**"PATHWAYS TO RECOVERY," compiled by Community Recovery Coalition (CRC/San Mateo County) members, is a resource guide to services and activities available to mental health clients residing in San Mateo County.**

**The CRC is a coalition of public and private agencies that serve mental health clients. Their mission is to support and empower persons with psychiatric disabilities to develop and attain personal, educational and vocational goals.**

**To obtain further information or additional copies of this booklet, please call (650) 372-6120.**



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# ACCESS LINE

Contact the ACCESS Team for information, referral, and assessment for mental health services. For consumers having HPSM Medi-Cal (including Healthy Families, Healthy Kids, and Toolworks) or Care Advantage Medicare.

1-800-686-0101

Hours of operation for ACCESS: Mondays through Fridays 8:00 AM to 5:00 PM

Asistencia en Español. Language lines including California Relay also available.

## Psychiatric Emergency Services

(650) 573-2662

Sam Trans bus routes 250, 251, 292, 294, 295 (weekdays only), 390, 391 Stop within six blocks of the San Mateo Medical Center

Call 1-800-660-4Bus for schedules

## Suicide Prevention

1-800-784-2433 or 1-800-273-8255 (1-800-273-TALK)

Para informacion en Español durante las 24 horas, llame al 1-888-628-9454

# California State Department of Rehabilitation

## LOCATIONS

### San Bruno Office

801 Traeger Avenue  
Suite 105  
San Bruno, CA 94066  
(650) 737-2606

### San Mateo Office

1065 E. Hillsdale Blvd.  
Suite 403  
Foster City, CA 94404  
(650) 358-4180

### Menlo Park Office

800 Menlo Avenue  
Suite 122  
Menlo Park, CA 94025  
(650) 688-6380

## PURPOSE

A state agency that assists people with disabilities to enter the work force or to return to work and live independently in their communities. Department services are designed to help formulate and achieve a career goal. Working together as a team, you and your counselor will develop a plan to determine the steps necessary for you to reach your goal.

## SERVICES

- Counseling and Evaluation
- College/University Tuition, Fees and Books
- Resume Development
- Interview Techniques
- Job Placement Services
- Post-employment Services
- Assistive Devices and Adaptive Equipment

## HOW TO PARTICIPATE

Referral or contact the closest Department of Rehabilitation office.

## DAY AND TIME

Monday – Friday (except holidays), 8:00 am to 5:00 pm by appointment.

## DIRECTIONS

Contact your local office at the number listed above and they will provide directions.

## WEBSITE

[www.dor.ca.gov](http://www.dor.ca.gov)



# Supported Education Program at College of San Mateo

Administered by Caminar

## LOCATION

Transition To College/College of San Mateo  
Building 15/Room 111  
1700 W. Hillsdale Blvd.  
San Mateo, CA 94402

## PURPOSE

The Supported Education Program offers an opportunity for students with psychiatric disabilities to successfully assume the role of student in pursuing their academic and life goals. Whether you're interested in peer mentoring classes, personal growth or want a degree, the Transitions To College program at CSM has the support and educational case management services to help you succeed.

## SERVICES

- Assistance with registration and applications for financial aid and related programs.
- Academic and career counseling; accommodations (like extended time for exams and/or classes).
- Disability-related counseling and assistance with symptom management.
- Drop-in support group, educational case management services and academic support services.
- Liaison with instructors, college staff and community service providers.
- Specialized courses in peer counseling and job readiness, wellness skills development and career growth, college orientation and successful goal setting.

## HOW TO PARTICIPATE

Contact the Supported Education Office:  
(650) 574-6487, Walter McVeigh, Assistant Case manager  
(650) 574-6472, Chris Robinson, Program Director  
(650) 574-6634, Jonay Grant, TAY Coordinator

## DAY AND TIME

Office is staffed Monday through Friday, 9 am – 5 pm

## DIRECTIONS

By car from Hwy 92, 101 or El Camino Real take W. Hillsdale Blvd. towards College of San Mateo and follow the signs to the campus.  
SamTrans bus routes 250, 260  
Call 1-800-660-4BUS for schedules

## FOR FURTHER INFORMATION CALL:

Chris Robinson, Director (650) 574-6472

# Human Services Certificate

## LOCATION

Cañada College  
4200 Farm Hill Blvd.  
Redwood City, CA 94061

## PURPOSE

This certificate prepares students for various social service positions, such as mental health case manager, job coach/employment specialist, community health worker, and various other jobs in human service agencies. The Human Services Programs at College of San Mateo and Cañada College were developed in cooperation with State and County Departments of Mental Health, Rehabilitation, Vocational Rehabilitation and Human Services.

## COURSE

- Courses are offered at Cañada College
- 26.5 Units are required, 12 are electives.
- 9 units transferable from Peer Support Services Certificate possible

## HOW TO PARTICIPATE

Register for any of the courses; you can attend classes at Cañada and at CSM during the same semester.

## DAY AND TIME

At the course time and location as scheduled

## DIRECTIONS

Cañada College – By car from 101 or El Camino Real, take Woodside Road to 280 north, exit Farm Hill Blvd. By car from 280, exit Farm Hill Road.  
SamTrans route 274. Call 1-800-660-4BUS for schedules

## WEBSITE

[Caminarinc.org](http://Caminarinc.org)  
[Collegeofsanmateo.edu/ttc/home.asp](http://Collegeofsanmateo.edu/ttc/home.asp)

## FOR FURTHER INFORMATION CALL:

Chris Robinson, Program Director      650-574-6472

# Peer Support Services Certificate

## LOCATION

TTC/College of San Mateo  
Building 10/ Room 120  
1700 W. Hillsdale Blvd.  
San Mateo, CA 94402

## PURPOSE

The curriculum of the Peer Support Services Certificate of Completion (PSSC) is designed to prepare students to provide empowerment focused and strength based peer support and mentoring to persons recovering from mental illness.

## CAREER OPPORTUNITIES:

The PSSC prepares students for entry-level peer positions in public and private non-profit agencies serving persons recovering from mental illness. Job titles include Peer Counselor, Recovery Mentor, Peer Recovery Educator, Activities Coordinator, Peer Support Group Leader, and Consumer Advocate. Typical job duties include: Counseling and mentoring peers, facilitating peer recovery groups, conducting home visits, planning and coordinating activities for peer-drop-in centers, connecting peer clients to resources and services and advocating on their behalf, accompanying peers to medical appointments or social activities, and assisting peers to complete housing, employment or educational responsibilities. Current indications are that the number of peer positions in mental health agencies is increasing and that the need for trained peer service providers will increase.

## CERTIFICATE of Completion

The PSSC consists of 6 units in counseling or human service. The 6 units required are:

### Fall Only Unit

CRER 140 Peer Counseling or 3  
HMSV 110 Introduction to counseling and Interviewing  
(classes substitute for each other)

### Spring Only

CRER 142 Advanced Peer Counseling or 3  
CRER 150 Rehabilitation and Recovery

All units completed by students in the PSSC also apply toward completion of the Human Services Certificate and/or Degree at College of San Mateo.

## FOR FURTHER INFORMATION CALL:

Chris Robinson, Director (650) 574-6472

# Workability III – Skyline College

## LOCATION

SKYLINE COLLEGE  
Building 2  
3300 College Drive  
San Bruno, CA 94066

## DESCRIPTION

Workability III provides a variety of career planning and placement services for people with disabilities. Services are offered as open entry/open exit classes. The program also provides for flexible, individualized support for each program participant.

## PURPOSE

- Vocational and career assessments
- Disability related pre-employment counseling
- Job search preparation
- Job developing
- Job coaching
- Academic counseling

## HOW TO PARTICIPATE

Department of Rehabilitation referral or direct contact with Program Director

## DAY AND TIME

Monday through Friday (except holidays and school breaks)  
9 am to 5 pm – some evening hours by appointment

## DIRECTIONS

Take Skyline Blvd. to College Drive

SamTrans bus routes 121, 123, 140  
Call 1-800-660-4BUS for schedules

## FOR FURTHER INFORMATION CALL:

Janet Webber 650-738-4234

# Jobs Plus

## LOCATION

**JOBS PLUS**  
2600 S. El Camino Real suite 200  
San Mateo, CA 94401

## DESCRIPTION

Jobs Plus is a service of Caminar/CLC and is a vendor used by the State Department of Rehabilitation to provide direct job development and placement services. We provide services to people with all disabilities; we specialize in services for people with psychiatric disabilities.

## PURPOSE

- Vocational and employment assessments
- One-on-one job development
- Informational interviews with private companies
- Long standing business contacts
- Job coaching services
- Commitment for the life of the job
- Provide youth vocational services (18-24 years)
- Provide bi-lingual vocational services for Spanish-speaking persons.

## HOW TO PARTICIPATE

Direct physician referral or Department of Rehabilitation referral

## DAY AND TIME

Monday to Friday (except holidays) 8:20 am to 5:00 pm, by appointment

## DIRECTIONS

From 92: turn south on El Camino, destination will be approximately ½ a mile on your right

SamTrans bus routes 390, 391  
Call 1-800-660-4BUS for schedules

## WEBSITE

[Caminarinc.org](http://Caminarinc.org)

## FOR FURTHER INFORMATION CALL:

Marci Pollack      650-373-0720

# Job Train Employment Services

## LOCATION

Job Train  
1200 O'Brien Drive  
Menlo Park, CA 94025

## PURPOSE

Condensed Individualized Training Plans tailored to the student's needs with on-site, supportive counseling services for private rehabilitation students.

## SERVICES

- Open entry, open exit
- Private Vocational Rehabilitation Coordinator
- Free job training
- On-going job placement assistance
- Programs:
  - ▶ Office Skills/Medical Office Skills
  - ▶ Project Build/Solar Training
  - ▶ Culinary Arts
  - ▶ Certified Nursing/Professional Healthcare Worker
  - ▶ CST/Telecommunications Tech
  - ▶ Computer Service Technology A+
  - ▶ GED Preparation/Computer Literacy/ESL

## HOW TO PARTICIPATE

Walk-In  
Registration and tours arranged with the Private Rehabilitation Counselor

## DAY AND TIME

Monday thru Thursday 8:30 AM to 9:00 PM  
Friday 8:30 AM to 5:00 PM

## DIRECTIONS

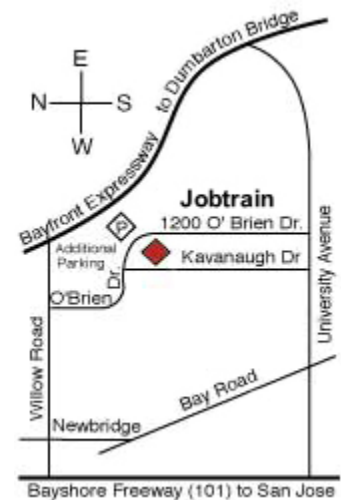
SamTrans bus route 281  
Call 1-800-660-4BUS for schedules

## WEBSITE

[www.jobtrainworks.org](http://www.jobtrainworks.org)

## FOR FURTHER INFORMATION CALL:

Receptionist (650) 330-6429



# Vocational Rehabilitation Services - VRS

## LOCATION

County of San Mateo – Human Services Agency, VRS  
550 Quarry Road  
San Carlos, CA 94070

## PURPOSE

To assist people with barriers to employment attain their maximum employment potential through counseling, work experience, education, and vocational testing.

## SERVICES

- Assessment Lab (vocational testing)
- Individual and group counseling
- Referral for skill training/academic advancement
- Supported Education referral
- Social Security Work Incentives counseling
- Referral to Cooperative Program with State Department of Rehabilitation for additional services
- Supportive services after job placement, including job coaching
- Long term follow along services
- WorkCenter placement for Situational Assessment, Work Adjustment, Work Services

## HOW TO PARTICIPATE

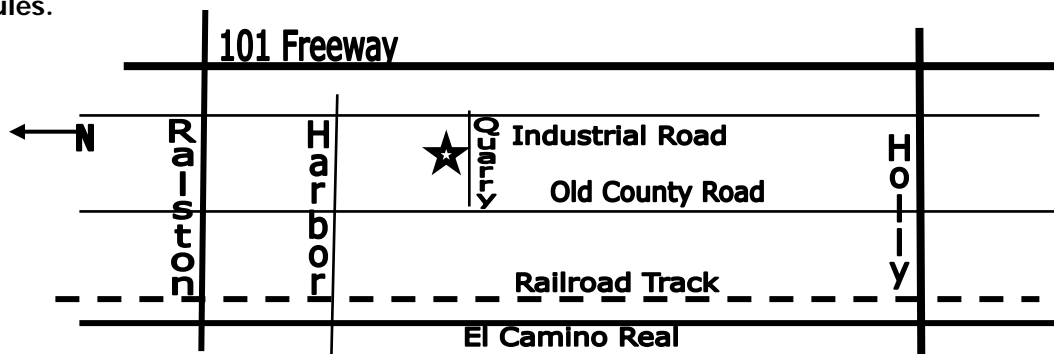
By referral from a Mental Health treatment professional, State Department of Rehabilitation Counselor, Work First/HSA staff or another sponsoring agency.

## DAY AND TIME

Drop-in hours: First Wednesday of the month 2 PM-3 PM

## DIRECTIONS

SamTrans bus routes 390, 391 or KX to El Camino & Harbor in Belmont, cross the railroad tracks and go right 2 blocks on Old County Road, turn left on Quarry Road. Call 1-800-660-4BUS for schedules.



## FOR FURTHER INFORMATION CALL:

Wendy Jordan 650-802-6482

# Ready, Set, Work! – Daly City

(formerly JobZone)

## LOCATION

County of San Mateo – Human Services Agency/Peninsula Works building  
271 92<sup>nd</sup> Street - 2<sup>nd</sup> Floor  
Daly City, CA 94015

## PURPOSE

- To assist Supported Employment participants (VRS clients) with learning skills to enable them to conduct a successful and organized job search.
- To provide a supportive peer group and an opportunity to network with other job searchers.
- To help develop interviewing skills through direct practice and role-playing activities.
- To outline supports available at VRS – peer support, job development, job coaching, ADA information, etc.
- To check-in with Job Developers and other Vocational Rehabilitation Services staff.

## HOW TO PARTICIPATE

Meet in the waiting area of the 2<sup>nd</sup> floor, a Job Developer will come and get participants

## DAY AND TIME

1<sup>st</sup> and 2<sup>nd</sup> Wednesdays of each month, 3:00 pm to 4:00 pm (except holidays)

## AVERAGE NUMBER OF PARTICIPANTS

5-10

## DIRECTIONS

Exit Eastmoor/Pacifica, follow Eastmoor/Mission signs, turn left on Junipero Serra, turn left again on Washington, turn right on Bryant to 92<sup>nd</sup> Street. The government center where the RSW workshop is located is directly behind the D.M.V.

SamTrans bus routes 121, 122  
Call 1-800-660-4BUS for schedules

## FOR FURTHER INFORMATION CALL:

Victoria Yeh      650-802-6484



# Office of Consumer and Family Affairs

## LOCATION

1950 Alameda de las Pulgas, Suite 155  
San Mateo, CA 94403

## PURPOSE

Provides support to San Mateo County Mental Health consumers and their families.

## SERVICES

- Provides outreach and information to all consumers and their families
- Insures the active participation of consumers and family members in the design, monitoring and implementation of public mental health services.
- Assists consumers and family members with problem resolution
- Assists consumers and family members in filing a grievance, appeal or State Fair Hearing and guides them through the process
- Languages spoken – English, Spanish

## HOW TO PARTICIPATE

Call the toll-free number 1-800-388-5189. Se habla Español.  
English and Spanish speaking family liaisons are available.

## DAY AND TIME

Monday to Friday (except holidays) 8:00 am to 5:00 pm

## DIRECTIONS

From 280 (North and South), Take 92 East, Take the Alameda de las Pulgas Exit, At the end of the Exit turn right, At first signal (20<sup>th</sup> Ave) turn right into parking driveway

From 101 (North and South), Take 92 West, Take the Alameda de las Pulgas Exit, At the end of the Exit turn left, At second signal (20<sup>th</sup> Ave) turn right into parking driveway

SamTrans bus routes 250, 295 (weekdays only)  
Call 1-800-660-4BUS for schedules

## FOR FURTHER INFORMATION CALL:

1-800-388-5189

# Heart and Soul

## **LOCATION**

See pages 30, 31, 32, 33

## **DESCRIPTION**

Heart and Soul is the San Mateo County consumer-run self-help program. It is a non-profit corporation providing recreational, social, support and educational activities for mental health consumers. It is staffed entirely by peer support workers.

## **PURPOSE**

To provide social, recreational and recovery activities and to develop consumer leadership.

See pages 30, 31, 32, 33 for locations, times and activities.

## **HOW TO PARTICIPATE**

Most activities are drop in and no cost.

## **DAY AND TIME**

See pages 30, 31, 32, 33 for information.

## **FOR FURTHER INFORMATION CONTACT:**

Greg Wild      650-343-8760

# Patients' Rights Advocacy

## LOCATION

Patients' Rights Advocacy Services  
900 Veterans Blvd. Suite 330 Room 2  
Redwood City, CA 94063

## PURPOSE

Responsible for providing patients' rights advocacy pursuant to Welfare and Institutions Code Section 5520, and for providing assistance with complaint resolution for clients receiving mental health services in San Mateo County. They will also go to private hospitals such as Mills and Sequoia.

## SERVICES

- **Individual Advocacy:** Investigation and resolution of individual complaints regarding the denial of statutory rights or the delivery of mental health services, and the representation of clients at certification and capacity hearings.
- **Systems Advocacy:** Involved in improving the mental health system by:
  - Monitoring mental health facilities and services
  - Assisting in the development of policies and procedures
  - Training for mental health providers
  - Education and outreach to mental health clients to increase awareness of services and of their legal rights

## HOW TO PARTICIPATE

Call the toll-free number 1-800-497-1889

## DAY AND TIME

Monday to Friday 9:00 am to 5:00 pm

## DIRECTIONS

From 101 South, take Exit 409 toward Whipple Ave, turn slight right onto Veterans Blvd

SamTrans bus routes 390, 391, KX, 270  
Call 1-800-660-4BUS for schedules

## FOR FURTHER INFORMATION CALL:

1-800-497-1889

# Mental Health & Substance Abuse Recovery Commission

## **LOCATION**

The Mental Health and Substance Abuse Recovery Commission (MHSARC) meets on the first Wednesday of the month at 3:00 p.m. Public comments are solicited and welcomed. Meetings are usually held at the Health Administration Building, 225 West 37th Avenue, Room 100, San Mateo. Occasionally meetings are held at other sites.

## **PURPOSE**

San Mateo County has an active MHSARC consisting of family members, consumers, professionals and interested citizens whose functions are set by California statutes. The MHSARC reviews and evaluates the mental health and substance abuse, which are recognized as often co-occurring, needs and issues of consumers and their families. It advises the Board of Supervisors and the local Mental Health Director concerning local mental health programs. It ensures that citizens and professionals are involved at all stages of the planning process. It reviews the Mental Health and substance abuse service budget and makes an annual report to the Board of Supervisors.

## **HOW TO PARTICIPATE**

Mental health consumers and family members are encouraged to attend these meetings and to apply for positions on the board when openings are available. Call 650-573-2544 for information about upcoming meeting dates and locations. Minutes of previous meetings are available on the San Mateo County website:

[www.co.sanmateo.ca.us/portal/site/SMC](http://www.co.sanmateo.ca.us/portal/site/SMC)

**FOR FURTHER INFORMATION CALL:**  
Chantae Rochester at 650-573-2544

# San Mateo County National Alliance on Mental Illness (NAMI)

## LOCATION

1650 Borel Place, Suite 130  
San Mateo, CA 94402

## DESCRIPTION

NAMI San Mateo County is a nonprofit, self-help organization of families of persons with brain disorders; mental health services consumers; professionals and supportive members of the community. These illnesses include schizophrenia, bipolar disorder, major depression, anxiety and panic disorders, personality disorders and obsessive-compulsive disorder.

## PURPOSE & SERVICES

Our purpose is to help improve the quality of life for persons with brain disorders and their families. NAMI distributes material about brain disorders, publishes a monthly newsletter, maintains a lending library of materials on mental illnesses, has staff with experience dealing with a loved one's mental illness and sponsors free support groups and education classes for families and consumers.

## HOW TO PARTICIPATE

For information on mental illnesses, referrals to agencies that provide services for mental health consumers and their families, dates/times and locations of support groups and dates/times and locations of our free 12-week *Family to Family Education Program*, free 9-week *Peer to Peer Education Program*, free *In Our Own Voice presentations*, free *Provider Education classes* call the NAMI office @ 650-638-0800.

## DAY AND TIME

Monday-Friday (except holidays) 9 am to 1 pm  
SamTrans bus routes 390, 391  
Call 1-800-660-4BUS for schedules

## FOR FURTHER INFORMATION CONTACT

650-638-0800  
namismc@sbcglobal.net  
namisanmateo.org

# SAN MATEO COUNTY NETWORK OF CARE WEBSITE

## **LOCATION**

<http://sanmateo.networkofcare.org/mh/>

## **PURPOSE**

Provides information about mental health and substance use providers, resources, tools, laws and related news. Includes message boards, links to government program websites, a list of support and advocacy organizations, a personal health record, Wellness Recovery Action Plan (WRAP), and a link to low-cost insurance services

## **HOW TO PARTICIPATE**

Go to <http://sanmateo.networkofcare.org/mh/>

## **DAY AND TIME**

24 hours a day, 7 days a week

# Social Security Benefits Counseling Services

## The Financial Empowerment Program (FEP)

### LOCATION

Peninsula Works – 550 Quarry Road, San Carlos, CA 94070  
FEP staff also located at BHRS clinics and other community sites

### DESCRIPTION

Education, counseling and advocacy is provided to individuals receiving Social Security Disability Insurance (SSDI), Supplemental Security Income (SSI), Medi-Cal, Medicare, and other public assistance programs. Help & referral to apply for benefits' programs is available.

### SERVICES

- **Education** about current benefits including assistance understanding Social Security letters and learning your responsibilities and rights.
- Each benefit program (SSDI, SSI) has "work incentive" rules. Benefit Counseling can help an individual understand the impact of working on his/her benefits. FEP also offers assistance reporting wages.
- Assistance & education about money management and financial planning

### YOU CAN:

- Request an individual benefits counseling/planning consultation
- Receive ongoing benefits' management support
- Get advocacy/support with Social Security, Medi-Cal and Medicare Issues
- Schedule a Benefits' workshops for consumers, family, and staff

### CONTACT INFORMATION:

Call for an appointment: Judy Downing, (650) 802-6486; John Bloomstine, (650) 802-6485; Nancy Broman, (650) 802-6475; Joe Hennen, (650) 802-6578 or Samuel Wang, (650) 802-5183

Speak with a FEP – Resource Advocate at one of the BHRS clinics OR leave a message at (650) 802-3366, and a Resource Advocate will contact you.

### OTHER FREE BENEFITS' COUNSELING SERVICES:

- Center for Independence of the Disabled (CID), San Mateo, CA (650) 645-1780
- HICAP, the Medicare Counseling Program 1-800-434-0222
- Mental Health Social Security Project through Legal Aid of San Mateo County, San Mateo, CA (650) 558-0915
- SMC – Human Services Agency Disability Advocacy Unit  
For help applying for SSI/SSDI contact Paula Guyden – (650) 802-6406
- [www.disabilitybenefits101.org](http://www.disabilitybenefits101.org) (excellent resource for benefits information)

### DIRECTIONS

Call for directions (*See following page for a list of San Mateo County Social Security offices*)

# County of San Mateo Social Security Administration (SSA) Offices

## Daly City SSA Office

355 Gellert Blvd., Suite 201

Daly City, CA 94105

Hours: Mon., Tues., Thur., Fri. 9:00 a.m. – 3:00 p.m. Wed. 9p.m.-12 p.m.

SamTrans bus route: 122

## San Mateo SSA Office

800 South Claremont, Suite 101

San Mateo, CA 94402

Hours: Mon., Tues., Thur., Fri. 9:00 a.m. – 3:00 p.m. Wed. 9p.m.-12 p.m

SamTrans bus routes: 390, 391

## Redwood City SSA Office

601 Allerton St., 2<sup>nd</sup> Floor

Redwood City, CA 94016

Hours: 9:00 a.m. – 4:00 p.m

SamTrans bus route: 391

Call 1-800-660-4BUS for SamTrans bus routes

**SSA Toll Free Information Line: 1-800-772-1213**

*(Available 7 AM to 7 PM)*

**SSA Website: [www.socialsecurity.gov](http://www.socialsecurity.gov)**

**SMC Medi-Cal and Food Stamps: 1-800-223-8383**



# Dual Recovery Anonymous – Redwood City

## LOCATION

500 Allerton Street, 2<sup>nd</sup> & 3<sup>rd</sup> Floor  
Redwood City, CA 94062

## PURPOSE

A self-help support program for our common recovery from two no-fault illnesses: an emotional or psychiatric illness and an addiction. Based on:

- Principles of the twelve steps
- Personal experience with dual recovery
- Principles of freedom and choice

## HOW TO PARTICIPATE

Make an appointment  
Se habla español

## DAY AND TIME

Monday-Thursday 8:00 am to 7:00 pm  
Friday, 8:00 am to 4:00 pm

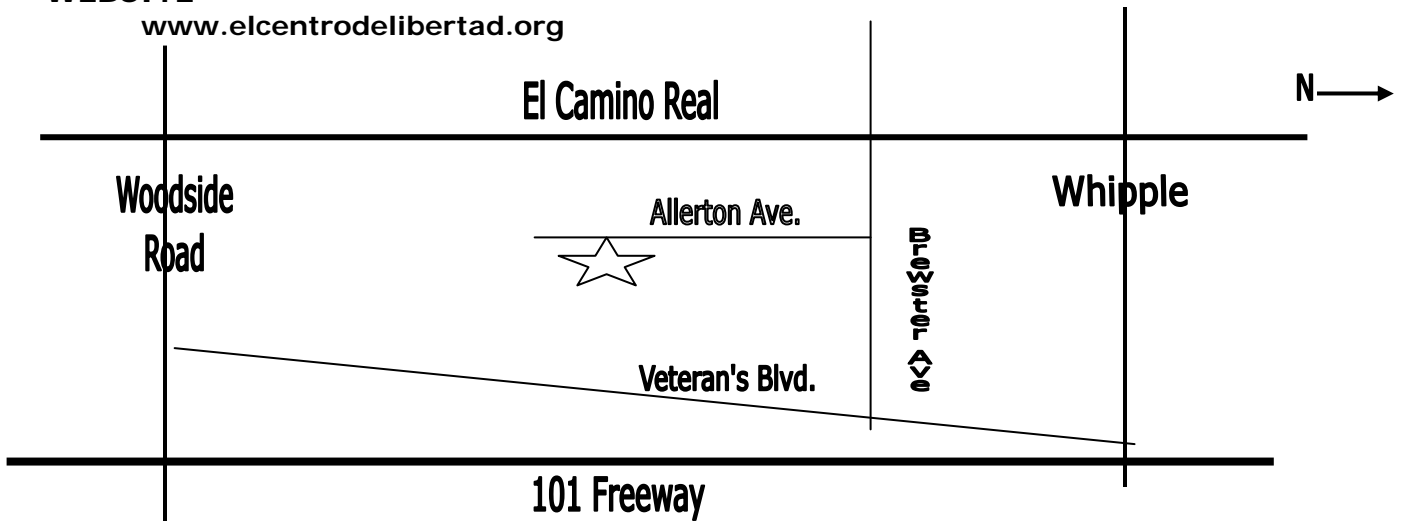
## DIRECTIONS

South on 101 turn off on Whipple, merge onto Veteran's Avenue, right on Brewster, then left on Allerton.

Call 1-800-660-4BUS for schedules

## WEBSITE

[www.elcentrodelibertad.org](http://www.elcentrodelibertad.org)



## FOR FURTHER INFORMATION CALL:

El Centro de Libertad 650-599-9955

# FIRST CHANCE PROGRAM

Administered by StarVista

## LOCATION

First Chance  
826 Mahler Road  
Burlingame, CA 94010

## PURPOSE

### Outpatient program:

- To take that first step to recover for first-time offenders as an alternative to jail
- Provide substance abuse treatment for non-violent simple drug possession
- Learn about anger management, domestic violence, mental health, and parenting
- Receive case management, individual and group counseling and referrals to other resources

### First Chance Sobering station:

- An alternative to jail for people with a DUI and public intoxication.

## HOW TO PARTICIPATE

Court appointed referrals or law enforcement referral for sobering station  
Se habla español

## DAY AND TIME

Open 24 hours a day

## DIRECTIONS

North on 101, exit on Broadway, keep right to Airport Blvd., left on Old Bayshore HWY, then left on Mahler, destination will be on your right  
Call 1-800-660-4BUS for schedules

## WEBSITE

[www.star-vista.org](http://www.star-vista.org)

## FOR FURTHER INFORMATION CALL:

Julie Kinloch, Sr. Program Manager 650-689-5597

# Community Friends

## LOCATION

Arranged with each participant individually

## DESCRIPTION

A program sponsored by the Mental Health Association that utilizes clients as Community Friends to meet with their peers in the community for individualized outings and activities. Most outings and activities are free of charge to participants.

## ACTIVITIES (Included but not limited to)

Visit museums  
Shop in malls  
Going to the movies  
Dancing  
Visit San Francisco  
Attend concerts  
Attend poetry readings  
Pool/Billiards  
Visit San Jose  
Going to art festivals

Playing BINGO  
Bowling  
Go to the beach  
Dine out  
Sporting events  
Swimming  
Doing crafts/hobbies  
Get a manicure  
Celebrate birthdays

Going to the park  
Exercising  
Utilize public transportation  
Attend the County Fair  
Going to the library  
Getting a haircut  
Go to holiday events  
Playing chess  
Gardening

## HOW TO PARTICIPATE

Call 650-343-5228

## DAY AND TIME

Scheduled individually

## FOR FURTHER INFORMATION CONTACT:

Tina LePerie, Director of Community Friends

(650) 343-5228

# Compeer Program

## LOCATION

868 Montezuma Drive  
Pacifica, CA 94044

## DESCRIPTION

A program that matches caring, trained volunteer friends from the community-at-large with people receiving mental health treatment who need the support a friend can offer. Volunteers and mental health consumers spend one hour per week together.

## ACTIVITIES

Activities to be decided by the volunteer and mental health consumer.

## HOW TO PARTICIPATE

Contact the Compeer Program of San Mateo County  
[www.compeersanmateo.org](http://www.compeersanmateo.org)  
650-355-8083

## DAY AND TIME

A mental health professional must refer

## FOR FURTHER INFORMATION CONTACT:

Inge Greenwood, Program Director

650-355-8083

# Friendship Center – Belmont

## LOCATION

Good Shepherd Episcopal Church  
Church Hall (next to the church)  
5<sup>th</sup> Avenue and O'Neill Avenue  
Belmont, CA 94002

## DESCRIPTION

A program sponsored by the Mental Health Association that provides a safe, friendly place for clients to socialize.

## ACTIVITIES (Include but not limited to)

- BINGO
- Card Games
- Arts and Crafts
- Board Games
- Dominos
- Story Club
- Wendy's Outings
- Game Day
- Summer Picnics
- Group discussions
- Mini field trips
- Coffee, breakfast snack and hot lunch are provided at each meeting

## HOW TO PARTICIPATE

Drop in

## DAY AND TIME

Wednesdays, 9:30 am to 12:30 pm (Consult monthly calendar for closings due to holidays or scheduled outings)

## DIRECTIONS

O'Neill crosses El Camino four blocks south of Ralston, turn west to 5<sup>th</sup> Avenue. The Center is located in the hall next to the church; enter through the red doors.

SamTrans bus routes 390, 391, KX  
Call 1-800-660-4BUS for schedules

## FOR FURTHER INFORMATION CONTACT:

Angela Bruno-Castro      650-368-3345 ext.102

# Friendship Center – Daly City

## LOCATION

North County Behavioral Health and Recovery Services  
Community Room  
375 89<sup>th</sup> Street  
Daly City, CA 94015

## DESCRIPTION

A program sponsored by the Mental Health Association that provides a safe, friendly place for clients to socialize.

## ACTIVITIES (Include but not limited to)

- BINGO
- Card games
- Arts & Crafts
- Board Games
- Billiards
- In & Out outings
- Game Day
- Exercise
- Dominos
- Group discussions
- Mini Field Trips
- Coffee, breakfast snack, and hot lunch are provided at each meeting

## HOW TO PARTICIPATE

Drop in

## DAY AND TIME

Mondays and Fridays, 12:00 noon to 3:00 pm (Consult monthly calendar for closings due to holidays or scheduled outings.)

## DIRECTIONS

Located on 89<sup>th</sup> Street, three blocks west of MacDonald's.  
SamTrans bus routes 121, 122  
Call 1-800-660-4BUS for schedules

## FOR FURTHER INFORMATION CONTACT:

Angela Bruno-Castro      650-368-3345 ext.102

# Friendship Center – East Palo Alto

## LOCATION

FRIENDSHIP CENTER  
Community Church of East Palo Alto  
2201 University Avenue at Bell Street  
East Palo Alto, CA 94303

## DESCRIPTION

A program sponsored by the Mental Health Association that provides a safe, friendly place for clients to socialize.

## ACTIVITIES (Include but not limited to)\*

BINGO	Card Games	Arts & Crafts
Board Games	Dominos	Summer Concert lunches
McDonalds outings	In & Out outings	Game Day
Group discussions	Mini Field Trips	

\* Coffee, breakfast snack, and hot lunch are provided at each meeting

## HOW TO PARTICIPATE

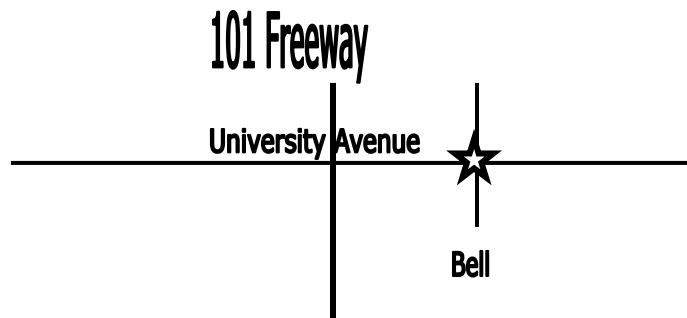
Drop in

## DAY AND TIME

Tuesdays, Wednesdays and Thursdays, 9:30 am to 12:30 pm (Consult the monthly calendar for closings due to holidays or scheduled outings.)

## DIRECTIONS

From the 101 Freeway, take the University Avenue exit – East. The cross street is Bell.  
*SamTrans bus route 281. Call 1-800-660-4BUS for schedules*



## FOR FURTHER INFORMATION CONTACT:

Angela Bruno-Castro      650-368-3345 ext.102

# Friendship Center – Redwood City

## LOCATION

South County BHRS  
802 Brewster Ave  
Redwood City, CA

## DESCRIPTION

A program sponsored by the Mental Health Association that provides a safe, friendly place for clients to socialize.

## ACTIVITIES (Include but not limited to)

- BINGO
- Card Games
- Arts and Crafts
- Board Games
- Dominos
- Game Day
- Summer Picnics
- Group discussions
- Mini field trips
- Coffee, breakfast snack and hot lunch are provided at each meeting
- Annual Parties and Fieldtrips

## HOW TO PARTICIPATE

Drop in

## DAY AND TIME

Thursdays, 9:30 am to 12:30 pm (Consult monthly calendar for closings due to holidays or scheduled outings)

## DIRECTIONS

El Camino and Brewster, one block east on the left. The Center meets in the community room.

SamTrans bus routes 390, 391,  
Call 1-800-660-4BUS for schedules

## FOR FURTHER INFORMATION CONTACT:

Angela Bruno-Castro      650-368-3345 ext.102



# Friendship Center – San Carlos

## LOCATION

Community United Church of Christ  
1336 Arroyo Avenue (at Elm Street)  
San Carlos, CA 94070

## DESCRIPTION

A program sponsored by the Mental Health Association that provides a safe, friendly place for clients to socialize.

## ACTIVITIES (Include but not limited to)

- BINGO
- Card Games
- Arts & Crafts
- Board Games
- Croquet
- Summer picnics
- Special luncheon
- Seasonal Parties
- Group discussions
- Mini Field Trips
- Coffee, breakfast snack, and hot lunch are provided at each meeting

## HOW TO PARTICIPATE

Drop in

## DAY AND TIME

Thursdays and Fridays, 9:30 am to 12:30 pm (Consult monthly calendar for closings due to holidays or scheduled outings.)

## DIRECTIONS

Arroyo crosses El Camino four blocks south of Holly, turn west (at the Union 76 station). The church is 1½ blocks up the street on the right.

SamTrans bus routes 390, 391, KX  
Call 1-800-660-4BUS for schedules

## FOR FURTHER INFORMATION CONTACT:

Angela Bruno-Castro      650-368-3345 ext.102

# Friendship Center – San Mateo

## LOCATION

St. Andrew's Lutheran Church  
15<sup>th</sup> & El Camino  
San Mateo, CA 94402

## DESCRIPTION

A program sponsored by the Mental Health Association that provides a safe, friendly place for clients to socialize.

## ACTIVITIES (Include but not limited to)

- BINGO
- Card Games
- Arts & Crafts
- Board Games
- Walking Tours
- Movies & Concerts
- Monthly Special luncheon
- Group discussions
- Mini field Trips
- Coffee, breakfast snack, and hot lunch are provided at each meeting

## HOW TO PARTICIPATE

Drop in

## DAY AND TIME

Mondays, 9:30 am to 12:30 pm (Consult monthly calendar for closings due to holidays or scheduled outings.)

## DIRECTIONS

On the corner of 15<sup>th</sup> and El Camino in San Mateo. Enter through the doors near the parking lot.

SamTrans bus routes 390, 391  
Call 1-800-660-4BUS for schedules

## FOR FURTHER INFORMATION CONTACT

Angela Bruno-Castro      650-368-3345 ext.102

# Coastside Social Center

## LOCATION

Coastside Behavioral Health and Recovery Services  
225 S. Cabrillo Highway – Multi-purpose Room  
Half Moon Bay, CA 94019

## DESCRIPTION

A consumer-run program for clients to drop-in for services and scheduled programs sponsored by Heart & Soul.

## SERVICES –

**Mondays: Walking Group at 1:00 PM**

**Wednesdays (except holidays) from 1:00 pm to 4:00 pm**

- Arts and Crafts
- Coloring
- Dominos
- Cards
- Staffed completely by peer support workers

**Friday Movies – 1:00 PM to 4:00 PM**

## HOW TO PARTICIPATE

Just drop in

## DAY AND TIME

Monday (except holidays) 1:00 PM to 3:00 PM

Wednesdays (except holidays) 1:00 PM to 4:00 PM

Fridays (except holidays) 1:00 PM to 4:00 PM

## DIRECTIONS

Take 92 West toward Half Moon Bay, Turn left onto Cabrillo Hwy S/CA-1N, Make a U-Turn at Kelly Ave onto Cabrillo Hwy S/CA- 1N

SamTrans bus routes 17, 294

Call 1-800-660-4BUS for schedules

## FOR FURTHER INFORMATION CALL:

650-343-8760

# True Hope Social Center

## LOCATION

North County Behavioral Health and Recovery Services  
375 89<sup>th</sup> Street – Multi-purpose room  
Daly City, CA 94015

## DESCRIPTION

A consumer-run program for clients to drop-in for services and scheduled programs sponsored by Heart & Soul.

## SERVICES – Wednesdays (except holidays) from 11:00 am to 3:00 pm

- Rap and support groups
- Pool Table
- Lunch
- Frequent field trips
- Games
- Speakers
- Fellowship
- Staffed completely by peer support workers
- Hot Meals on Wednesdays and Fridays

Friday night Movie Night – 4:00 pm to 8:30 pm.

## HOW TO PARTICIPATE

Just drop in

## DAY AND TIME

Wednesdays (except holidays) 11:00 am to 3:00 pm  
Fridays (except holidays) 4:00pm to 8:30 pm

## DIRECTIONS

Exit 280 at Mission, turn north on Junipero Serra to 89<sup>th</sup> Street, turn west.

SamTrans bus routes 121, 122  
Call 1-800-660-4BUS for schedules

## FOR FURTHER INFORMATION CALL:

650-343-8760

# Friends of Hope

## LOCATION

Central County Behavioral Health and Recovery Services  
1950 Alameda de las Pulgas, Multi-purpose room  
San Mateo, CA 94403

## DESCRIPTION

A consumer-run program for clients to drop-in for social and scheduled activities, sponsored by Heart & Soul.

## SERVICES

- Rap and support groups
- Bingo
- Speakers
- Fellowship
- Skills Groups
- Canteen
- Lite Lunch served Fridays
- Hot Lunch served Wednesdays
- Staffed by peer support workers

## HOW TO PARTICIPATE

Drop in

## DAY AND TIME

Wednesdays and Fridays (except holidays) 10:30 am to 3:00 pm

## DIRECTIONS

From 280 (North and South), Take 92 East, Take the Alameda de las Pulgas Exit, At the end of the Exit turn right, At first signal (20<sup>th</sup> Ave) turn right into parking driveway.

From 101 (North and South), Take 92 West, Take the Alameda de las Pulgas Exit, At the end of the Exit turn left, At second signal (20<sup>th</sup> Ave) turn right into parking driveway.

SamTrans bus routes 250, 295 (weekdays only)  
Call 1-800-660-4BUS for schedules

## FOR FURTHER INFORMATION CALL:

(650) 343-8760

# The Source Social Center

Administered by Heart and Soul

## LOCATION

Heart and Soul  
500 A 2<sup>nd</sup> Ave  
San Mateo, CA 94401

## DESCRIPTION

A consumer-run program for clients to drop-in for services and scheduled programs sponsored by Heart & Soul.

## SERVICES – Mondays, Tuesdays, Thursdays, Fridays, and Saturdays

- Game Club
- Bingo
- Rap and Support Groups
- Clubs
- Karaoke
- Games
- Speakers
- Fellowship
- Staffed completely by peer support workers

Saturday Movies – 12:30 PM to 4:00 PM

## HOW TO PARTICIPATE

Just drop in

## DAY AND TIME

- Mondays (except holidays) 11:00 AM to 3:30 PM
- Tuesdays (except holidays) 11:00 AM to 4:30 PM
- Wednesdays---CLOSED
- Thursdays (except holidays) 11:00 AM to 2:00 PM
- Fridays (except holidays)---Special Groups
- Saturdays (except holidays) 12:30 PM to 4:00 PM

## DIRECTIONS

Take E 3<sup>rd</sup> Ave, Turn right onto S Claremont St.

SamTrans bus routes: 250, 295 (weekdays only)  
Call 1-800-660-4BUS for schedules

San Mateo Cal Train station three blocks from site  
Call 1-800-660-4BUS for schedules

## FOR FURTHER INFORMATION CALL:

650-343-8760

# Barbara Mouton Multicultural Wellness Center

Administered by One East Palo Alto

## LOCATION

The Barbara A. Mouton Multicultural Wellness Center  
East Palo Alto Sanitary District 2<sup>nd</sup> Floor  
901 Weeks Street, East Palo Alto, CA 94303

## DESCRIPTION

A place where consumers and their family members can go to receive support, information, be in the community with each other, and can pursue leisure activities if they so desire.

## ACTIVITIES (Include but not limited to) \*

Indoor Recreation	Card Games	Arts & Crafts
Board Games	Dominos	Health Exercise and Nutrition
Resource Services	Cooking with culture classes	Arts in Culture
Support Groups	Family Nights	Young adult social activities
Movie Sessions	Informational Workshops	Folk Medicine & Cultural/Spiritual Healing

\*Snacks or a meal will be provided each day of operation

## HOW TO PARTICIPATE

Drop in

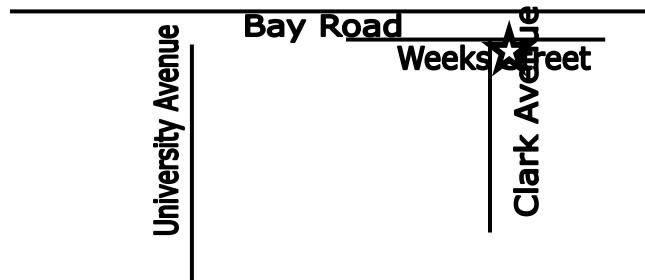
## DAY AND TIME

Tuesdays and Thursdays, 3:00 PM – 8:00 PM; Wednesdays, 10:00 AM – 1:00 PM (referred individuals only);

## DIRECTIONS

From the 101 Freeway, take the University Avenue exit – East; turn right at Bay Rd; turn right at Clark Ave; turn Left at Weeks St. East Palo Alto Sanitary district is on the corner of Clark Ave. and Weeks St.

Call 1-800 -660-4BUS for schedules



## FOR FURTHER INFORMATION CONTACT:

Chester McCall, Lead Consumer/Family Member Program Facilitator

cmccall@1epa.org  
(560) 330-1040



# The Legal Aid Society of San Mateo County Clients' Rights Advocate Program

## LOCATION

Sobrato Center  
330 Twin Dolphin Dr, Suite 123  
Redwood City, CA 94065

## DESCRIPTION

Provide assistance in the areas of public benefits, family law, housing, consumer law and health care. In addition, we help with the legal problems faced by domestic violence survivors, teen parents, seniors, children and adults with disabilities. Many of the staff are bilingual in English and Spanish. Legal Aid also uses Language Line Services, which allows the staff to communicate in a variety of languages.

## ACTIVITIES

The Clients Rights Advocate program provides counseling and advocacy for persons with disabilities. We focus primarily on issues of eligibility, due process rights, and access to public services and benefits. We can help with problems related to the Americans with Disabilities Act, transit and paratransit, the Golden Gate Regional Center, San Mateo County Behavioral Health and Recovery Services, Medi-Cal, Medicare, General Assistance, Food Stamps, and the Social Security Administration

## HOURS OF OPERATION

9:00am to Noon and 1:00pm to 5:00pm  
Monday through Friday

## FOR ADDITIONAL INFORMATION CALL:

General: (650) 558-0915 or (800) 381-8898

Fax: (650) 558-0673

TTD: (650) 558-0786

[www.legalaidsmc.org](http://www.legalaidsmc.org)