BEHAVIORAL HEALTH & RECOVERY SERVICES (BHRS) RESOURCES

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.
<table>
<thead>
<tr>
<th>Clinic Name</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>North County Clinic</td>
<td>375 89th Street, Daly City, CA 94015</td>
<td>(650) 301-8650</td>
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<tr>
<td>Coastside Clinic</td>
<td>225 Cabrillo Highway, Suite 200A, Half Moon Bay, CA 94019</td>
<td>(650) 726-6369</td>
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<tr>
<td>Central County Clinic</td>
<td>1950 Alameda de Las Pulgas, San Mateo, CA 94403</td>
<td>(650) 573-3571</td>
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<tr>
<td>South County Clinic</td>
<td>802 Brewster Ave, Redwood City, CA 94063</td>
<td>(650) 363-4111</td>
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<tr>
<td>East Palo Alto Community Counseling Center</td>
<td>2415 University Ave, Suite 301, East Palo Alto, CA 94303</td>
<td>(650) 363-4030</td>
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<tr>
<td>Alcohol and Other Drug Programs</td>
<td>Clara Boyden, <a href="mailto:cboyden@smcgov.org">cboyden@smcgov.org</a></td>
<td>650-802-5101</td>
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<tr>
<td>Older Adult Services (OASIS)</td>
<td>Selma Mangrum</td>
<td>650-573-2615</td>
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For more information please visit: [http://smchealth.org/bhrs](http://smchealth.org/bhrs)
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://smcchealth.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!

Questions? Comments?