



Health, Housing & Community Services  
Mental Health Commission

To: Mental Health Commissioners  
From: Karen Klatt, Commission Secretary  
Date: September 14, 2016

**Documents Pertaining to 09/22/16 Agenda items:**

Agenda Item	Description	Page
2. A.	Approval of September 22, 2016 Meeting Agenda	<b>1</b>
2. C.	Approval of July 28, 2016 Meeting Minutes	<b>3</b>
2. E.	Commission Comfort Agreement	<b>6</b>
7.	Follow-up on Work Plan, Site Visits/Resource List	
	<ul style="list-style-type: none"> <li>• Berkeley Mental Health Resource Lists</li> </ul>	<b>7</b>



Health, Housing &  
Community Services Department  
**Mental Health Commission**

## **Berkeley/Albany Mental Health Commission**

**Regular Meeting**  
**Thursday, September 22, 2016**

**Time: 7:00 p.m. – 9:00 p.m.**

**North Berkeley Senior Center**  
**1901 Hearst Ave., Workshop B**

# **AGENDA**

***All Agenda Items are for Discussion and Possible Action***

***Public Comment Policy:*** *Members of the public may speak on any items on the Agenda and items not on the Agenda during the initial Public Comment period. Members of the public may also comment on any item listed on the agenda as the item is taken up. Members of the public may not speak more than once on any given item. The Chair may limit public comment to 3 minutes or less.*

- 7:00 pm**
- 1. Roll Call**
  - 2. PRELIMINARY MATTERS**
    - A. Action Item: Agenda Approval**
    - B. Public Comment on items not on the agenda**
    - C. Action Item: Approval of the July 28, 2016 Minutes**
    - D. Staff Announcements/Updates**
  - 3. Action Item: Election of Mental Health Commission Chair  
(Term will end February 2017)**
  - 4. Action Item: Leave of Absence for Jean Marie Hervé Michel, Jr.**
  - 5. MHSA Update – Karen Klatt & Steve Grolnic-McClurg**
  - 6. Possible Action Item: Follow-up discussion regarding DBA Street Ambassadors**
  - 7. Possible Action Item: Follow-up on Work Plan, Site Visits/Resource List**
  - 8. Possible Action Item: Children & Youth Subcommittee Update**
  - 9. Site Visit Subcommittee Update**

***A Vibrant and Healthy Berkeley for All***

Office: 3282 Adeline St • Berkeley, CA 94703 • (510) 981-7644  
(510) 596-9299 FAX • bamhc@cityofberkeley.info

**10. Mental Health Division Update – Steve Grolnic-McClurg**

Update on BMH Adult Services.

**11. Possible Action Item: Outreach and availability of Berkeley Mental Health services to clients of Berkeley homeless providers**

**12. Possible Action Item: Writing a letter to City Council regarding Suicide Prevention**

**13. Discussion of what to do about low and middle income non-MediCal recipients who cannot find mental health services**

**14. Prioritize Agenda Items for October Meeting**

**15. Announcements**

**9:00 pm 16. Adjournment**

Communications to Berkeley boards, commissions or committees are public record and will become part of the City's electronic records, which are accessible through the City's website. **Please note: e-mail addresses, names, addresses, and other contact information are not required, but if included in any communication to a City board, commission or committee, will become part of the public record.** If you do not want your e-mail address or any other contact information to be made public, you may deliver communications via U.S. Postal Service or in person to the secretary of the relevant board, commission or committee. If you do not want your contact information included in the public record, please do not include that information in your communication. Please contact the secretary to the relevant board, commission or committee for further information. The Health, Housing and Community Services Department does not take a position as to the content.

Contact person: Karen Klatt, Mental Health Commission Secretary at 981-7644  
or [kklatt@ci.berkeley.ca.us](mailto:kklatt@ci.berkeley.ca.us).



*Communication Access Information: This meeting is being held in a wheelchair accessible location. To request a disability-related accommodation(s) to participate in the meeting, including auxiliary aids or services, please contact the Disability Services specialist at 981-6342 (V) or 981-6345 (TDD) at least three business days before the meeting date. Please refrain from wearing scented products to this meeting. Attendees at trainings are reminded that other attendees may be sensitive to various scents, whether natural or manufactured, in products and materials. Please help the City respect these needs. Thank you.*

**SB 343 Disclaimer**

*Any writings or documents provided to a majority of the Commission regarding any item on this agenda will be made available for public inspection in the SB 343 Communications Binder located at the Family, Youth and Children's Clinic at 3282 Adeline St, Berkeley.*



Department of Health,  
Housing & Community Services  
Mental Health Commission

## Berkeley/Albany Mental Health Commission Unadopted Minutes

North Berkeley Senior Center  
1901 Hearst Ave.  
7:00pm  
Workshop B

Regular Meeting  
July 28, 2016

Members of the Public Present: Carol Denney, Jonah Markowitz.  
Staff Present: Paul Buddenhagen, Yvette Katuala, Karen Klatt.

### 1. Call to Order at 7:00 pm

Commissioners Present: Bart Grossman, Shelby Heda, Paul Kealoha-Blake, Judy Kerr, Carole Marasovic, Jean Marie Hervé Michel, Jr, Shirley Posey. Commissioners Absent: Jesse Arreguin, Jeff Davis.

### 2. Preliminary Matters

#### A. Approval of July 28, 2016 Agenda – PASSED

**M/S/C (Michel, Kealoha-Blake) Move to approve the May 26, 2016 Agenda with stated changes to move item #9 to #4.**

**Ayes:** Grossman, Heda, Kealoha-Blake, Kerr, Marasovic, Michel, Posey.

**Noes:** None; **Abstentions:** None; **Absent:** Arreguin, Davis.

#### B. Public Comment – Jonah Markowitz announced that “Easy Does It” is looking for a new Executive Director.

#### C. Approval of the June 12, 2016 minutes - PASSED

**M/S/C (Grossman, Michel) Move to approve the June 12, 2016 minutes with the following language change “The Commission inadvertently violated the Brown Act by having the meeting in a building that was unknowingly inaccessible to the Public”.**

**Ayes:** Grossman, Heda, Kealoha-Blake, Kerr, Marasovic, Michel, Posey.

**Noes:** None; **Abstentions:** None; **Absent:** Arreguin, Davis.

#### D. Approval of the May 26, 2016 minutes - PASSED

**M/S/C (Grossman, Michel) Move to approve the May 26, 2016 minutes.**

**Ayes:** Grossman, Heda, Kealoha-Blake, Kerr, Marasovic, Michel, Posey.

**Noes:** None; **Abstentions:** None; **Absent:** Arreguin, Davis.

#### E. Staff Announcements/Updates

As a result of requests that occurred at the June 12, 2016 Mental Health Commission meeting, Commission Secretary, Karen Klatt, provided hard copies of the following: Mental Health Commissioner Contact List; updated graph of Mental Health

*A Vibrant and Healthy Berkeley for All*

Commission vacancies; and documents that were previously used in Mental Health Commission recruitments. The Commission was also informed that regarding a request they had around obtaining City business cards, that per the Commission Manual Commissioners are not allowed to have a business card that has the City Logo on it. The secretary will let the Commission know at the September meeting whether they can have a business card without the City Logo on it. It was also announced that a request for a one month Leave of Absence for Commissioner Michel will be on the September Meeting agenda, to enable him to attend an educational program that has a scheduling conflict with the Mental Health Commission Meeting.

3. **Discussion on Complaint against Downtown Ambassador – No Action Taken.** Commission Secretary, Karen Klatt informed the Commission that per DBA the Street Ambassador who was the subject matter of the complaint that was forwarded to the Mental Health Commission was terminated from employment. Community member Carol Denney attended the meeting and provided the Commission with information on her concerns around the DBA Street Ambassadors complaint and request for information process.

**M/S/C (Marasovic, Michel) Move that the Berkeley City Council recommend to the DBA that their Street Ambassadors be required to go through Berkeley Mental Health First Aid Training – Motion Withdrawn.**

- \*9. **\*(Moved up on the agenda) Commission Work Plan Approval - PASSED**  
**M/S/C (Michel, Kealoha-Blake) Move to accept the Work Plan as amended.**  
**Ayes:** Grossman, Heda, Kealoha-Blake, Kerr, Marasovic, Michel, Posey. **Noes:** None;  
**Abstentions:** None; **Absent:** Arreguin, Davis.

4. **Improving Work Flow during Commission Meetings and getting out on time – No Action Taken.**

5. **Overview and Recap of June 12, 2016 Mental Health Commission Meeting**

**M/S/C (Grossman, Heda) Initiate a Site Visit Committee with the following members: Carole Marasovic, Shirley Posey, Paul Kealoha-Blake, and Hervé Michel - PASSED**

**Ayes:** Grossman, Heda, Kealoha-Blake, Kerr, Marasovic, Michel, Posey. **Noes:** None;  
**Abstentions:** None; **Absent:** Arreguin, Davis.

6. **Mental Health Division Update – Adult closure and continuation of essential Services.** Paul Buddenhagen and Yvette Katuala provided information to the Commission on the Adult Clinic Closure, the provision of essential services, and the current plans for staff relocation and service provision.

7. **Re-appointment of Jennifer Fazio (Term would go through April 29, 2017) - No Action Taken.**

Re-appointment is on hold right now at the request of Jennifer Fazio.

8. **Re-appointment of Jenne King (Term would go through September 15, 2018) – PASSED**

**M/S/C (Michel, Marasovic) Move to re-appoint Jenne King on the Mental Health Commission.**

**Ayes:** Grossman, Heda, Kealoha-Blake, Kerr, Marasovic, Michel, Posey. **Noes:** None;  
**Abstentions:** None; **Absent:** Arreguin, Davis.

**\*(#9 moved up on the Agenda)**

**10. Discussion of Resource List – No Action Taken.**

**11. Discussion of Results of the City Council Referral Prioritization Process – No Action Taken.**

At this point it was 9:00pm and a motion was made to extend the meeting time.

**M/S/C (Kerr, Grossman) Move to extend the meeting to 9:10pm.**

**Ayes:** Grossman, Heda, Kealoha-Blake, Kerr, Marasovic, Posey. **Noes:** None;

**Abstentions:** None; **Absent:** Arreguin, Davis.

**12. Prioritize Agenda Items for September meeting**

Report from the Site Visit subcommittee; report from the Children’s subcommittee; Discussion on Resource List; presentation from DBA on the roles and training of the Street Ambassadors and a demonstration on the Street Ambassador Complaint system; Update from Outreach Team member Eve Ahmed on her experiences with the DBA Street Ambassadors; update from BMH Manager on how the DBA Street Ambassadors were sanctioned by the City including any ordinances that were passed and the City’s role; update from the Mental Health Manager on the Adult Clinic services; discussion on writing a letter to City Council regarding Suicide Prevention.

**13. Announcements**

**14. Adjournment at 9:10pm**

Minutes submitted by: \_\_\_\_\_  
Karen Klatt, Commission Secretary

Berkeley/Albany Mental Health Commission

## **COMFORT AGREEMENT**

*“Rules to make it comfortable to work together”*

- Do not use language derogatory to others, or yell or scream
- Be attentive when others are speaking
- Be respectful when others are speaking
- Please do not talk over anyone
- Hold a goal to allow people to feel heard (this is a value the group holds vs. a behavior)

### Crisis Support Services of Alameda County

➤ **Telephone: 1-800-309-2131 (Alameda County)**

**Website:** [www.crisissupport.org](http://www.crisissupport.org)

Description: A local telephone crisis hotline service that operates 24-hours, 7 days per week that provides phone-based crisis support and referrals.

### Behavioral Health Services – for Berkeley and Albany residents

➤ **Berkeley Mental Health – Health, Housing & Community Services Dept.**

**Telephone (Adult and Crisis Services): 510-981-5290**

**Website:** [www.ci.berkeley.ca.us/mentalhealth/](http://www.ci.berkeley.ca.us/mentalhealth/)

Description: The Mental Health Division in the City of Berkeley provides a range of community-based mental health services. Individuals can call for information and referrals. Assessments at the Adult Services Program are available by appointment only.

➤ **Mobile Crisis Team - Berkeley Mental Health**

**Telephone: 510-981-5254 (Voicemail) or via Berkeley Police dispatch, 510-981-5900.**

Description: 11:30AM – 1 AM, 365 days per year, MCT delivers crisis intervention services at locations throughout the community (suicide, homicide, threats, drug abuse, evaluation for psychiatric hospitalization); consultation; and disaster and trauma-related mental health services.

### Behavioral Health Services – for all Alameda County residents

➤ **Access Program Telephone: 800-491-9099**

**Website:** [www.acbhcs.org](http://www.acbhcs.org)

**Description:** Hours of operation are M-F, 8AM-4PM (after-hours, calls are forwarded to CSS – see above). Access is the entry point for assessments of Alameda County residents seeking publically-funded mental health services. Call them for authorization/referral to a private practice provider that accepts Alameda County Medi-Cal (including Anthem/Blue Cross and Beacon). Berkeley/Albany residents with greater mental health risk and severity will be referred to Berkeley Mental Health for an assessment.

➤ **Sausal Creek Outpatient Stabilization Program**

**Telephone: 510-437-2363**

**Website:** [www.telecarecorp.com](http://www.telecarecorp.com)

**Address: 2620 26<sup>th</sup> Avenue (off Fruitvale Ave), Oakland, CA 94601**

Description: Mon-Fri 8AM – 8PM (Sat 8-4:30) crisis walk-in services for adults in acute distress or discomfort as a result of mental illness, difficulty with medications, or personal/family crisis, including individuals who are unable to wait for routine mental health outpatient care for psychiatric medications.

➤ **John George Psychiatric Pavilion (Psychiatric Emergency Services)**

**Telephone: 510-346-7500**

**Website:** [www.acmedctr.org/johngeorge.cfm](http://www.acmedctr.org/johngeorge.cfm)

**Address: 2060 Fairmont Drive, San Leandro, CA 94578**

Description: 24-hours, 7 days per week, JGPP serves all of Alameda County adults in need of psychiatric emergency evaluation and inpatient psychiatric services. Services are provided on a voluntary and involuntary basis.

## Drug/alcohol recovery

- **Cherry Hill Detoxification Services Program**  
**Telephone: 1-866-866-7496** **Website: [www.horizonservices.org/cherry-hill.html](http://www.horizonservices.org/cherry-hill.html)**  
**Address: 2035 Fairmont Drive, San Leandro, CA 94578**  
Description: The Cherry Hill Detoxification Services Program operated by Horizon Services, provides a 24 hour, 7 day per week service for people needing a safe and supportive place to recover from acute intoxication and a complementary effort to help individuals to detoxify from addictive substances using a social model of support.
  
- **Options Recovery Services**  
**Telephone: 666-9552** **Website: [www.optionsrecovery.org](http://www.optionsrecovery.org)**  
**Address: 1931 Center Street, upstairs – entrance through courtyard in rear.**  
Description: Arrive at 8:30 for intake (women’s program is in afternoon). Day Treatment with “abstinence 12-step model”, 6-9 month program. Services include limited housing and mental health treatment, support for legal and educational/employment goals. Limited evening/weekend services.
  
- **Berkeley Fellowship AA meetings**  
**Telephone: none. (AA hotline is 839-8900)** **Website: [www.berkeleyfellowshipaa.org](http://www.berkeleyfellowshipaa.org)**  
**Address: 2108 McGee (between Addison and Allston), Berkeley.**  
Description: Daily 12-step meetings at 7am, 12 noon, 5:15pm and 7pm and many other times.
  
- **Berkeley Needle Exchange**  
**Telephone: 510-463-1843** **Website: [www.berkeleyneed.org](http://www.berkeleyneed.org)**  
Description: Needle exchange/distribution (see below), HIV and Hepatitis C testing, education on overdose prevention strategies including use of Naloxone to reverse the effect of an opiate overdose.  
Locations/times: (3 per week - see website for details)

## Homeless Services

- **The Hub** **Website: <http://www.ci.berkeley.ca.us/contentdisplay.aspx?id=5554>**  
**Telephone: 1-866-960-2132**  
**Address: 1901 Fairview Street @ Adeline**  
Description: Accessible by phone or drop-in. Provides centralized coordination of City of Berkeley homeless services, emergency shelter and transitional housing. Offers assessments to determine eligibility for services. Prioritizes services for individuals and families who have been homeless for long periods of time. Hours: Mon-Fri 9 am – Noon and 1- 4 pm.

## Drop-In Centers

- **Berkeley Drop-In Center (Coalition for Alternatives in Mental Health)**  
**Telephone: 653-3808** **Website: [www.banmhc.org](http://www.banmhc.org)**  
**Address: 3234 Adeline Ave, Berkeley CA 94703**  
Description: Hours of operation are Mon-Thurs, 9-4 PM, Friday 9-2 PM. “We are a drop-in center for past, current or at-risk mental health clients (men & women) and their families.”
  
- **Women's Daytime Drop-in Center**  
**Telephone: 548-6933 Office: 548-2884** **Website: [www.womensdropin.org](http://www.womensdropin.org)**  
**Address: 2218 Acton (near Bancroft), Berkeley CA 94702**  
Description: Hours of operation are Mon-Fri 8AM – 4 PM (closed 1<sup>st</sup> Friday each month). Services include general drop-in support for homeless women and children, including some shelter and transitional housing referrals.

## Self-Help

- **Berkeley Bipolar Support Group**  
Telephone: 653-2959 Website: [www.dbsalliance.org](http://www.dbsalliance.org)  
Address: Maffley Auditorium and/or adjoining rooms, Lower Level "A" in Herrick Hospital, 2001 Dwight Way.  
Description: Thursdays 7-9:00 PM and Saturdays 11 AM – 1 PM. Support group for people with mood disorders, as well as their family and friends (Thursdays only), offering a supportive environment to discuss concerns, life issues, and treatment. They have a large core of members who have been participating on a semi-regular basis for years.
  
- **NAMI (National Alliance for the Mentally Ill)**  
Telephone: 524-1250 Website: [www.nami.org](http://www.nami.org)  
Address: Albany Methodist Church, 980 Stannage Avenue (corner of Marin), Albany CA – Stannage door, upstairs.  
Description: NAMI "support and share" group for families/friends of adults is on the 2nd Wednesday of each month, and for family/friends of youth and young adults it is on 3rd Tuesday of each month (often, these individuals have recent onset of psychosis). NAMI is a nonprofit, self-help advocacy and support group of family members, clients and friends of people with severe mental illnesses, dedicated to the eradication of those mental illnesses and to the improvement of quality of life for those affected by these diseases.
  
- **Families Support Group of Berkeley Mental Health**  
Contact Marcela Sabin, BMH Families Advocate: 981-7610  
Address: North Berkeley Senior Center, 1901 Hearst Ave.  
Description: Meetings are at 6:30 PM on the 1st and 3rd Tuesday each month. The group consists of family and loved ones of individuals with serious mental health issues, and is facilitated by BMH Family Advocate and a staff psychologist. A monthly Spanish language family group will re-start soon – please call for more information.

## Advocacy and entitlements

- **Homeless Action Center**  
Tel: 540-0878 Address: 3126 Shattuck @ Woolsey, Berkeley 94705 Website: [www.homelessactioncenter.org](http://www.homelessactioncenter.org)  
Mon/Wed/Thurs 9AM-5PM, Tues 1-5PM (closed Fridays). HAC provides free legal assistance with a range of public benefits programs, including Supplemental Security Income (SSI), Social Security Disability Insurance (SSDI), Medi-Cal, CalWorks, General Assistance (GA), SNAP (Food Stamps), and Cash Assistance Programs for Immigrants (CAPI). We also provide informal advice and referrals for non-benefits related legal issues.
  
- **Mental Health Advocates**  
Tele: 835-5532 Address: 954 60<sup>th</sup> Street, suite #10, Oakland CA 94618 Website: [www.mhaac.org](http://www.mhaac.org)  
Mon-Fri, 9AM-5PM. Staff are specially trained to work with people who need help acquiring mental health and other services, financial aid or benefits (including GA, SSI, SSDI), and survival resources. Fees: none.

## Primary Medical Care

- **Lifelong Medical** Telephone: 981-4100 Website: [www.lifelongmedical.org](http://www.lifelongmedical.org) Three clinics in Berkeley are:
  - Ashby Health Center at Ed Roberts campus above Ashby Bart, 3075 Adeline suite 280
  - Lifelong West Berkeley, 837 Addison @ 6<sup>th</sup> Street, Berkeley.
  - Over 60's Health Center, 3260 Sacramento @ Alcatraz AveComprehensive healthcare for all ages, including behavioral health and dental. To register for one of their clinics, either call above or self-present at administration offices of Lifelong Medical at 2344-6<sup>th</sup> St @ Channing, Berk.

## Counseling and Therapy

- **Berkeley Therapy Institute** Tel: 841-8484 Add: 1749 Martin Luther King Jr. Way Website: [www.bti.org](http://www.bti.org)

Description: Psychotherapy for couples, family, individual, addiction, stress, trauma and psychological assessment. Psychiatrists are also on staff. Fees: \$20-up, Medi-Cal accepted

➤ **CBT Clinic of the Wright Institute**

**Telephone: 923-2241**

**Website:** [www.wi.edu/cbt-clinic](http://www.wi.edu/cbt-clinic)

Description: Cognitive/Behavioral individual and group psychotherapy. Fees are very low: \$10-15 and up.

➤ **Jewish Family & Children’s Services Add: 2484 Shattuck Ave, Berkeley**

**Website:** [www.jfcs-eastbay.org](http://www.jfcs-eastbay.org)

Description: “Out compassionate and expert therapists create safe environments in which to explore the emotional issues of everyday life. We offer services for individuals, couples, parents, and families, addressing a range of concerns including isolation and depression, abuse and trauma, relationship problems, parenting difficulties, and intercultural and interfaith issues.” Fees: private-pay; we also accept Medi-Cal, Medicare, and private insurance.

➤ **Pacific Center for Human Growth**

**Telephone: 548-8283 (Counseling Request Line is ext 250)**

**Address: 2712 Telegraph Ave (@ Derby), Berkeley CA 94704**

**Website:** [www.pacificcenter.org](http://www.pacificcenter.org)

Mon-Fri, 9AM-9PM. They “We foster and enhance the well-being and self respect of Lesbian, Gay, Bisexual, Transgender, and Queer youth, seniors, and adults through the delivery of LGBTQ competent mental health and wellness services.... People seek therapy for a wide variety of concerns such as relationship problems, family difficulties, depression, anxiety, grief, self-esteem issues, the challenges of living with HIV, childhood trauma, sexual identity and gender transition, and are seen by pre-licensed clinicians.” Fees are low and Medi-Cal is accepted.

➤ **Women’s Therapy Center**

**Telephone: 524-8288**

**Address: 2105 MLK Jr. Way, Berkeley (opposite police station)**

**Website:** [www.womenstherapy.org](http://www.womenstherapy.org)

“We offer therapy for women, adolescent girls, transgender/gender non-conforming people, and couples to help with not liking or feeling good about yourself; difficulties in relationships; feelings of loneliness, alienation or marginalization; childhood or recent traumas or losses; self-defeating behaviors; or chronic anxiety or depression.” “Fees are on a sliding scale. We regret we cannot take Medi-Cal, or other forms of insurance.”

➤ **Access Program (see page one)**

Description: Call Access if you have Alameda County Medi-Cal (including Alameda Alliance or Anthem Blue Cross) and you are seeking authorization/referral to private practice psychotherapists in the Berkeley/Albany area.

## **Therapy Resources: Sliding Scale Psychotherapy Agencies**

**Access Program** (entry point for publically-funded mental health services in Alameda County): **(800) 491-9099**

**Beacon Health** (for A.C. Medi-Cal with Alameda Alliance): **(855) 856-0577**

**Anthem Blue Cross** (for A.C. Medi-Cal with Anthem Blue Cross): **(888) 831-2246** or **(800) 407-4627**

**Healthcare Options** (county program for problem-solving Medi-Cal health insurance issues): **(800) 430-4263**

**Berkeley Mental Health** (primary responsibility for Berkeley/Albany residents): **(510) 981-5290**

Ann Martin's Children- Psychological testing 1375 55th Street, Emeryville, CA Info: Families with children services only Website: <a href="http://www.annmartin.org/">http://www.annmartin.org/</a>	Medi-Cal accepted	(510) 655-7880
Alameda Family Services 1335 Park Ave. Alameda Info: Short term therapy, no referral nec. Website: <a href="http://www.acbhcs.org/MHSA/overview.htm">http://www.acbhcs.org/MHSA/overview.htm</a>	Scale \$20 – 80 Medi-Cal accepted	(510) 522-8363
Asian Community Mental Health 310 8th St Suite 201 Oakland, CA Info: Adult and children behavioral health Website: <a href="http://www.acmhs.org/">http://www.acmhs.org/</a>	Based on income Medi-Cal accepted	(510) 451-6729
Axis Community Health Center 6666 Owens Drive Pleasanton Info: Mental health and substance abuse counseling Website: <a href="http://www.axishealth.org/">http://www.axishealth.org/</a>	Scale: \$30 and up Income and family size Medi-Cal	(925) 462-1755
Berkeley Therapy Institute 1749 Martin Luther King Way Berkeley Info: Couples, family, individual, addiction, stress, trauma and psych assessment. Psychiatrists on staff. Website: <a href="http://bti.org/">http://bti.org/</a>	Scale: \$20-up Medi-Cal accepted	(510) 841-8484
Blue Oak Counseling 3101 Telegraph, Berkeley Info: Individual, couples, family, child Website: <a href="http://www.blueoaktherapycenter.org/index.php">http://www.blueoaktherapycenter.org/index.php</a>	Sliding scale based on gross family income	(510) 649-9818
The Wright Institute Cognitive Behavioral Therapy Clinic 3220 Sacramento St. Berkeley CA Info: Individual and group therapy (mindfulness, DBT, ACT, mind and emotions groups) Website: <a href="http://www.wi.edu/training-cbt">http://www.wi.edu/training-cbt</a>	Scale: \$10-15 and up	(510) 923-2241
Catholic Charities of East Bay 433 Jefferson St. Oakland Website: <a href="http://www.cceb.org/programs-and-services.htm">http://www.cceb.org/programs-and-services.htm</a>	Scale: \$10 and up	(510) 768-3100, Press 3, client services
Clearwater Counseling & Assessment Services (Psychological Testing- Spanish) 345 38 <sup>th</sup> St Oakland Info: DBT therapy, Website: <a href="http://www.clearwaterclinic.com/">http://www.clearwaterclinic.com/</a>	Scale: \$140 and up	(510) 596-8137
Community Health for Asian Americans 268 Grand Ave, Oakland 94610 Info: clinicians speak range of Asian languages Website: <a href="http://www.chaaweb.org/home">http://www.chaaweb.org/home</a>	Medi-Cal accepted	(510) 835-2777

Earth Circles Counseling Center 560 Oakland Ave. Suite C Oakland Info: Leave message, they will call back in 24 hours Website: <a href="http://earthcirclescenter.com/">http://earthcirclescenter.com/</a>	Scale: \$30 and up Medi-Cal accepted	(510) 601-1929
La Familia Counseling 26081 Mocine Ave. Hayward Info: Adult and child therapy Website: <a href="http://lafamiliacounseling.org">http://lafamiliacounseling.org</a>	Scale: \$25 and up Medi-Cal accepted	(510) 881-5921
Family Path Inc. ( Eng- Spanish) 1727 Martin L King Jr. Way Suite #109 Oakland Info: Individual and family counseling Website: <a href="http://www.familypaths.org/">http://www.familypaths.org/</a>	Scale: \$25 and up (Based on Income) Medical accepted	(510) 893-9230
G.O.A.L.S for Women 3356 Adeline St. Berkeley Info: Serving needs of African American women and families Sunday and Monday closed Website: <a href="http://www.goalsforwomen.com/">http://www.goalsforwomen.com/</a>	Medi-Cal/ <b>No fee</b>	(510) 985-0500
JFK Center for Transpersonal & Holistic Counseling 2501 Harrison St. Oakland Info :Individual and group counseling Website: <a href="http://www.jfku.edu/Locations/Community-Counseling-Centers/Oakland-Center-Holistic-Counseling.html">http://www.jfku.edu/Locations/Community-Counseling-Centers/Oakland-Center-Holistic-Counseling.html</a>	Scale: \$5 and up Group \$15 and up	(510) 444-3344
Jewish Family & Children Services 2484 Shattuck Berkeley Info: Individual and group services Website: <a href="http://jfcs-eastbay.org/">http://jfcs-eastbay.org/</a>	Based on income Medi-Cal accepted	(510) 704-7475
La Clinica de la Raza-Casa del Sol 1501 Fruitvale Ave. Oakland CA Services for Spanish Speaking Website: <a href="http://www.laclinica.org/CasaDelSol/">http://www.laclinica.org/CasaDelSol/</a>	Scale: \$37 and up Medi-Cal full scope accepted	(510) 535-6200
Multi-lingual Counseling 1330 Broadway, #732, Oakland 94612 (Spanish, Farsi, other languages) Website: <a href="http://multilingualcounseling.com/">http://multilingualcounseling.com/</a>	Medi-Cal accepted	(510) 451-0662
Pacific Center for Human Growth 2712 Telegraph Ave. Berkeley Focus: LGBTQ Website: <a href="http://pacificcenter.org/">http://pacificcenter.org/</a>	Scale: \$25-up	(510) 548-8283
Pathways Counseling 13666 E. 14 <sup>th</sup> St. San Leandro Info: Part of Girls, Inc. – families and children Website: <a href="http://www.girlsinc-alameda.org/programs-services/outpatient-mental-health-clinic">http://www.girlsinc-alameda.org/programs-services/outpatient-mental-health-clinic</a>	Scale: \$15 and up Medical/VOC/Private	(510) 357-5515
Eden Counseling 20253 Redwood Road Castro Valley Website: <a href="http://www.edencounseling.org">http://www.edencounseling.org</a>	Scale: \$0-60	(510) 247-9831

<p>Psychological Services 1440 Broadway Suite 610 Oakland Info: Individual and group therapy Website: <a href="http://www.alliant.edu/cspp/comm-services-placement/san-francisco-community-services/oakland-psc.php">http://www.alliant.edu/cspp/comm-services-placement/san-francisco-community-services/oakland-psc.php</a></p>	<p>Scale: \$20 and up Medi-Cal (?)</p>	<p>(510) 628-9065</p>
<p>Rainbow Psychotherapy Associates 3671 Grand Ave, Oakland</p>	<p>Scale: 25 and up Med-Cal (?)</p>	<p>(510) 420-8083</p>
<p>The Psychotherapy Institute 2232 Carleton Street Berkeley Info: Couples, individual and group therapy Website: <a href="https://www.tpi-berkeley.org/">https://www.tpi-berkeley.org/</a></p>	<p>Sliding scale based on income and family size</p>	<p>(510) 548-2250</p>
<p>UC Berkeley Psychology Clinic 2205 Tolman Hall Berkeley Info: Individual therapy – they do not work with substance abuse or comorbid cases Website: <a href="http://psychology.berkeley.edu/clinics/psychology-clinic">http://psychology.berkeley.edu/clinics/psychology-clinic</a></p>	<p>Scale: \$20-120</p>	<p>(510) 642-2055</p>
<p>Wright Institute Addison Clinic (psychodynamic psychotherapy) Info: Individual therapy. Call for intake appt. Website: <a href="http://www.wi.edu/addison-clinic">http://www.wi.edu/addison-clinic</a></p>	<p>Scale: \$15-up</p>	<p>(510) 548-9716</p>
<p>Women's Therapy Center 2105 Martin Luther King Jr. Way Berkeley Info: Therapy for women (Transwomen welcome). Also do couples and adolescent girl therapy. Website: <a href="http://www.womenstherapy.org/index.php">http://www.womenstherapy.org/index.php</a></p>	<p>Scale: \$25-up</p>	<p>(510) 524-8288</p>
<p><b>HOTLINES</b></p>		
<p><b>Family Paths (family/parenting issues)</b></p>	<p>\$ free</p>	<p>800-829-3777</p>
<p><b>Crisis Support Services of Alameda Count</b></p>	<p>\$ free</p>	<p>800-309-2131</p>

A Safe Place Domestic Violence Services- tel: 986-8600, fax: 986-8606, Hotline: 536-SAFE (7233). Information about services available at [www.asafeplacedvs.org](http://www.asafeplacedvs.org)

A.C. Transit Tel: 891-4777/4700, Transit Disc. Card 208-0200, 891-4706 for app's. Address: 1600 Franklin, downtown Oakland

A.C. Network of Mental Health Clients: Tel: 652-5891

Adult Protective Services 577-1900 for referrals 24 Hour Abuse Hotline: (866) 225-5277

**AIDS Services:**

AIDS Project of the East Bay: 834-8181 (case management)

AIDS Hotline Tel: 800-342-AIDS

East Bay AIDS Center (EBAC), Tel: 869-8400 Add:

AIDS Case Management of Alameda County Tel: 271-4230

**ALAMEDA COUNTY BEHAVIORAL CARE SERVICES** ("Mental Health")

More info about resources at [http://www.acbhcs.org/ResourceDir/Resources\\_default.htm](http://www.acbhcs.org/ResourceDir/Resources_default.htm)

**ACCESS - 800-491-9099 or 510-346-1000**

Billing: 383-1582

MISP/CMSP (Medically Indigent County Insurance, Med Only) 667-7713

Administration Tel: 567-8100, (800) 779-0787 (consumer advocate Manuel Galindez 567-8137)

Alameda Alliance (local Medi-Cal plan) 800-430-4263

**SRP:** Bob Johnson tel: 777-3896, cell: 912-0994

Lorraine Lilly Tel: 383-5050, cell: 325-5024

**Clinical Services:**

**North County Crisis Response Program (crisis clinic 8:30-5, MCT 10-8: both Mon-Fri) TEL 383-5020, FAX 383-5022.**

**Address: Oakland Eastmont Town Center, 7200 Bancroft Ave, suite 125A room 188, Oakland 94605**

**South County Access** Tel: 891-5600 (FAX 891-5625) Add: 409 Jackson St, Hayward

Alameda MH – 510-522-4668

Alameda Co. Outpt. Services requires Medicare (?)

Oakland:535-7476 San Leandro: 667-7458

Asian Mental Health (318 - 8th Street) 451-6729

Clinica de la Raza - Casa del Sol outpatient MH services Tel: 535-4170 (fax - 525-4189)

Eden Mental Health 667-7500

Eden Day Treatment 667-7525

**Oakland MCT: 510 383 5020**

Oakland Community Support Ctr 777-3800 (Eastmont Mall)

Tri City Mental Health (Fremont, Union City, Newark) 795-2434

Tri Valley MH (Livermore, Pleasanton, Dublin): (925) 551-6851 (3730 Hopyard Road, Pleasanton CA 94588)

West Oakland Mental Health 465-1800 (2730 Adeline St, Oakland)

Vocational Program (3333 Hegenberger, Ste 600) 383-1600

**Alameda County Social Services** (GA, Medi-Cal, Food Stamps, etc):

North County Multi-Service Center. Add: 2000 San Pablo Ave, Oakland. Tel 891-0200

or Eastmont Self-Sufficiency Center, 6955 Foothill Blvd, suite 100, Oakland. Tel 383-5300

**-B-**

BACS (Bay Area Community Services) Admin. Office 613-0330

**Woodroge Place** 537-1688 ct. payphone:886-9856

Mental Health Case Management: 510-613-0330

Hedco House CLC, Hayward: 247-8235

Volunteer payee program, for seniors: 986-8904

BAWAR - Bay Area Women Against Rape crisis 845-7273 (biz 430-1298)

BART Police Dispatch (510) 464-7000

**Beacon Health main call center: 855-856-0577**

Berkeley Adult Day Health Center 601-0167 (1890 Alcatraz) – daytime program for Seniors with Medi-Cal

Berkeley Adult School- tel: 644-6130, more info at <http://bas.berkeley.net/>

Berkeley City College- tel: 981-2800, more info at [www.berkeley.peralta.edu](http://www.berkeley.peralta.edu)

**Berkeley Drop-In Center** 653-3808 (or 653-4942, or 653-2073) (3234 Adeline) Self-Help Consumer run day program

**Berkeley Food & Housing Project-** 649-4965 Fax 649-4966

1. **Men's Shelter Tel: 649-4980**

2. **Women's Shelter Tel: 649-4965**, x316 for manager.

57                    **a. Daytime program** main desk & bed space info. x313, (hours = Mon-Thurs 12-4:00),  
58                    **b. Transitional House** (call main number) Resident payphone 540-9608  
59                    **3. Housing Case Management (and BFHP Admin): 1901 Fairview St (@ Adeline), Berkeley** [www.bfhp.org](http://www.bfhp.org)  
60                    **4. "Quarter meal" Daily @ 4 PM (Weds at 5) at Berk Lutheran Church of the Cross, 1744 University Ave @ Grant.**  
61 **Berkeley Free Clinic** Add: 2339 Durant Berkeley X Dana [www.berkeleyfreeclinic.org](http://www.berkeleyfreeclinic.org)  
62                    Info and Referral (PM's only): 548-2570                    Peer Counseling Program 548-2744  
63                    Medical services: 548-4811                    HIV and STDtesting info: 644-0425  
64                    Dental Services: 548-2745 (basic dental care only, referrals given as needed)  
65 **Berkeley Mental Health -**  
66                    Family Advocate Marcela Sabin 981-7610  
67                    Adult Services at 2640 MLK, Berk 94704 Tel: 981-5290 (main fax 981-5265)  
68                    Family Youth Chldn 3282 Adeline St, Berkeley 94703 Tel: 981-5280 (Fax 981-5255)  
69                    **Mobile Crisis Team**, 11:30 AM to 10 PM, daily. 981-5254 (5244 during clinic hours)  
70                    **MH Administration** at 2180 Milvia, second floor, Berk 94704 Tel: 981-5270 (**Fax 981-5235**)  
71 Berkeley Needle Exchange- tel: 984-2316. More info at [www.berkeleyneed.org](http://www.berkeleyneed.org)  
72 **Ashby Health Center/Lifelong Medical** Tel:                    Fax                    Add.:  
73                    Angelica Mendoza (bx health team appointments) 486-3440 (FAX 553-2171)  
74                    Nurse station 486-3407  
75  
76 **Berkeley Youth Alternatives**, 1255 Allston Way in Berkeley. Office: 510.845.9010 Fax: 510.849.1421  
77 **BEST NOW** (Building Empowerment Strategies Through Networking On Wellness) (training for consumer peer counselors)  
78                    383-1605 (phone) 383-1616 (fax), bbestnow@aol.com, 3238 Adeline Ave, Berk  
79 **Bipolar Support Group** Tel: **653-2959** for detailed outgoing message (7-9 PM Thursdays and 9-11 AM Saturdays, in Herrick  
80                    basement "Maffley Room", free)  
81 **BOARD AND CARE HOMES (Licensed)**  
82 Berk:                    Russell St Residence Tel: 843-3420 Fax: 843-3418 Add: 1741 Russell St, Berk 94703 (Annex, 1743 Russell, 843-3432)  
83                    Fulton's Tel: 548-3352 Add: 2555 Fulton Ave, Berk 94704 (Men only, SRP only)  
84                    Royal Colony Tel: 655-8221 Resident payphone: 428-9508 Add: 1606 Alcatraz Ave, 94703 (SRP Only)  
85                    Angelou's (elderly only?) 704-8319 \_\_\_\_ Ashby Ave x Shattuck, Berk  
86                    Kindred Keep Tel: 420-1941 James Bamin, manager. (1) Licensed: 931 58th St, N. Oakland (18-59).  
87                    (2) Licensed 5761 Market St (60+ year old). (3) Indep. Living: 936 60th St: any age, inc. meals+ housecleaning  
88                    Hidden Shelter Tel: 333-8327, Add: 838 - 53rd St, Oakland 94608 (near Berkeley)  
89 Other:                    Park Merrit ICF Tel: 268-8491, Add: 525 East 18<sup>th</sup> St, Oakland  
90                    McClures Tel: 272-0104 Add.: 2910 McClure St, Oakland  
91                    **Morningstar Villas-** Tel: 658-1093 Add.: 6115 San Pablo Ave, Oak 94608 (SRP)  
92                    Thomas Adams, Tel: 533-3470 5152 Foothill blvd. Oakland pt. Tel: 436-8405, Vernetta (admin) 830-5548  
93                    Victoria Manor- 389 Juana Ave, San Leandro. tel: (510) 895-0468 (older adults)  
94  
95 **Bonita House** main house (1410 Bonita Ave) 526-4765 Resident 526-9862  
96 **Bonita SIL (Supported Independent Living) and case mgt. service team** 923-0180 Administration 923-1099 Fax 923-0894  
97 **BOSS Services** (Building Opportunities for Self Sufficiency)  
98                    MASC (Multi Agency Service Center) – main 843-3700 "staff only" 3780 (FAX 843-3781) (1931 Center Street)  
99                    Voicemail # 843-6800  
100                    Admin. offices: 2065 Kittridge, suite E, Berk. 94704 649-1931/0 Fax 649-0627  
101                    BOSS Service Team: 899-4100. Add: 2116 Broadway, Oakland.  
102 **BOSS Housing programs:**  
103                    Harrison House (see under "SHELTERS")  
104                    McKinnley House 549-0778  
105                    BOSS Oakland Service Team 465-0881  
106                    South County Homeless Proj. (Hayward Shelter) 786-2129  
107                    Rosa Parks Transitional House- tel: 663-7313  
108                    Meekland Transitional House- tel: 537-1413  
109                    **-C-**  
110 **Casa de la Vida** 839-3769 (transitional residential tx, "halfway house")  
111                    421 Fairmont St, Oakland 94611 (resident payphone 832-9125)  
112 Changes (Telecare) Tel: 553-8500 Add: 7200 Bancroft suite 133 94605

113 **CIL (Center for Independent Living):** tel: 841-4776 fax: 841-6168 3075 Adeline, suite 100, Berkeley (at Ashby Bart)  
114 ([www.cilberkeley.org](http://www.cilberkeley.org))  
115 Clinica de la Raza - Casa del Sol 535-6200 or 4170 (fax - 525-4189) Add:1501 Fruitvale Ave, Oakland 94601  
116 Community Care **Licensing** (for board and care homes) 650-266-8800, Oakland Satellite Office 286-4355  
117 **Conservator's office** (A.C. Public Guardian Office) 577-1905  
118 Contra Costa County MH - Central Intake: 888-678-7277 (Vallejo: 707-553-5331)  
119 Contra Costa County MH – West County: 510-215-3770 (fax) Gen line: 510-215-3731 2523 El Portal Dr. STE 103 San Pablo 94806  
120 Contra Costa Crisis Center (hotline): **800-273-TALK** and **800-SUICIDE, Youth Program** 800-833-2900, **Homeless** 800-808-6444

121 Coroner (Alameda County) – 480 4<sup>th</sup> st. Oakland. tel: 268-7300 (M-F 12pm-4pm)  
122 CPS - Child Protective Services – 259-1800, 268-2002  
123 **Creative Wellness Center (of Bonita House), programs Mon and Fri 9-3, Tues 9:15-11:45.** Address: South Berkeley Community  
124 Church at 1802 Fairview x Ellis St. Tel: 923-2269  
125 **Criminal Justice Mental Health,**  
126 **Santa Rita Jail** MH (925) 551-6740 Santa Rita Jail 667-3900  
127 CJMH Admin 667-3900  
128 Probation Dept. for A.C. 268-7050  
129 Medical Records Dep.: tel: 925-551-6745, fax: 925-551-6346  
130 **Crisis Support Services** Crisis of Alameda County (24-hour crisis line) **800-309-2131** (AKA Suicide Prevention) Business line 420-  
131 2460 Grief/Senior Programs 800-260-0094  
132 Crisis Support in Spanish: 1-877-298-3373  
133 Crisis Hotlines w/Specializations:  
134 Rape (Bay Area Women Against Rape – 24 hr. line): 510-845-7273  
135 Domestic Violence (STAND – 24 hr line): 1-888-215-5555  
136 LGBT (Community United Against Violence – 24 hr): 1-415-333-4357

-D-

#### **DENTAL CARE**

139 1. Lifelong's Dental clinic: 280-6080, Add:1860 Alcatraz Ave Berkeley. FAX 280-6081  
140 2. Western Dental 540-8400 (115 Berkeley Square).  
141 3. Highland Hospital Dental Clinic 437-4473 for appt 437-8510 (urgent care OK)  
142 4. Berkeley Free Clinic: 548-2745 (check under "B" for more info)  
143 Dept of Rehab Berk-883-6000 (Ed Roberts Campus, 3075 Adeline St Ste 170, Berkeley) Oak-286-0511 (1515 Clay St.)  
144 Disability Rights California (Formerly PAI) Tel: 839-0811 or 267-1200 Toll-Free: 1-800-776-5746  
145 (<http://www.disabilityrightsca.org/>)  
146 Dispute Resolution Service (Berkeley) 428-1811  
147 DMV for appointments: 1-800-777-0133 (or schedule it on the website at [www.dmv.ca.gov](http://www.dmv.ca.gov))  
148 Domestic Violence Crisis Line: (STAND – 24 hr line): 1-888-215-5555  
149 **Downtown Oakland Clinic** (Lifelong Medical) 451-4270 616 16th Street, Oakland, CA 94612 FAX 451-4285  
150 **DRUG & ALCOHOL REFERRALS** (1=outpt, 2=residential, 3=day treatmt, 4=self-help, 5=women, 6=methadone, 7=detox, 8=dual dx)  
151 **Acupuncture clinic @ Herrick** (near Lifelong's Berkeley Primary Care): 204-4835 (1)  
152 **Alameda County's Detox program 346-7839 and Sobering 346-7851**  
153 Al Anon – meeting directory, Berkeley to Pinole District 276-2270 (4)  
154 AA Central Office (24-hr) Tel: 839-8900 (4)  
155 BATS - Berkeley Addiction Treatment Services Tel: 644-0200 Add: 2975 Sacto (methadone pgm) (6)  
156 Bonita House (see info under B) (2, 8)  
157 **Casa Maria (sober living / residential tx linked w/ BOSS) 899-4200 (house), 268-7837 (referral authorization)**  
158 **Cherry Hill Sobering & Detox: 866-866-7496.** Add: 2035 Fairmont Dr, San Leandro. Fax: 351-7630 or 351-2035  
159 (sobering center 1-23 hours, detox 3-5 days)  
160 **Chrysalis House** Tel: 450-1190 (intakes 450-1192) Add: 3845 Telegraph (3-6 month residential grm, women only) (2, 5)  
161 Cocaine Recovery Center Tel: 430-1771 Add: 9006 MacArthur Blvd, Oakland  
162 **Cronin House Tel: 784-5874** Add: 2595 Depot. Rd, Hayward (2)  
163 CURA, Inc Tel: 713-3200 Add: 37437 Glenmoor Drive, Fremont (residential treatment) (2)  
164 Diablo Valley Ranch Tel: 925-672-5700 Add: 11540 Marsh Creek Road, Clayton (90-day pgm, men only) (2)

165 **East Bay Community Recovery Proj.** (outpt Day Tx) Tel: 446-7180 or 466-7100. Add: 2577 San Pablo Ave, Oakland.  
 166 Medi-Cal Dual Dx Day Treatment is one program. See [www.ebcrcp.org](http://www.ebcrcp.org) (1, 3, 8)  
 167 **Project Pride** Tel: 893-3733 (same as Orchid House) 446-7150 (res tx component of E. Bay Recov Project)  
 168 East Oakland Recovery Ctr, Tel: 568-2432 Add: 10700 MacArthur Blvd, ste 12, Oakland (6 mo outpatient pgm.) (1)  
 169 Fourteenth St. Clinic Tel: 533-0700 (Heroin detox, methadone) (6)  
 170 Haart Tel: 875-2300 Add: 10850 MacArthur Blvd #200, Oakland (Heroin detox, methadone), (6)  
 171 Healthy Babies 596-4189 and 450-0886 Add: 471 34<sup>th</sup> St, Oakland (\_\_\_, 5)  
 172 **Highland Hosp. Outpt. A&D Program:** Tel: 437-5192 Highland Hosp address: 1411 E. 31<sup>st</sup> St, Oakland (4 days per  
 173 week), 10:30 AM – 2 PM. Random UA's. No insurance required. Intake appointment required.  
 174 LifeRing Secular Recovery Tel: 814-2221 for mtg schedule (secular self help support groups) ([www.unhooked.com](http://www.unhooked.com)) (4)  
 175 Merritt Peralta Institute: 652-7000 (1,3)  
 176 Narcotics Anonymous: Tel: 444-4673 (family groups 526-2455) (4)  
 177 National Council on Alcoholism: Tel: 415-296-9900 (info referral, 24 hour crisis line, lifeskills prg.)  
 178 New Beginnings (in Doctor's Hospital) Tel: 724-1520 Add: 2000 Vale Rd, San Pablo 94806  
 179 (medical detox in hospital setting with aftercare inpatient rehab, **Medicare only**) (2, 7)  
 180 New Bridge Tel: 548-7270 (residential, Therapeutic Comminty, 1820 Scenic Ave, Berkeley) (2)  
 181 Oasis Clinic – Healthcare and psychosocial needs of people with hepatitis and addiction problems.  
 182 Tel 510-834-5442, Address 520 27th St, Oakland, CA 94612, [www.oasiscliniconline.org](http://www.oasiscliniconline.org)  
 183 **Options Recovery Services** (1931 Center Street, upstairs) tel: 666-9552, fax: 666-0987 (1, 3) ([www.optionsrecovery.org](http://www.optionsrecovery.org))  
 184 Day Treatment. Arrive at 8:30 for intake. Some evening/weekend services.  
 185 MH clinic telephone: 666-9900  
 186 Options' Oakland site at 616 – 16<sup>th</sup> St, Oakland – Tel 836-9900  
 187 Orchid House Tel: 535-0611 Add: 1342 E. 27<sup>th</sup> St. (residential treatment for women, children), (2, 5)  
 188 Salvation Army Adult Rehab Ctr Tel: 451-4514 Add: 601 Webster St, Oakland (1, 2, 3)  
 189 Second Chance (Newark) Tel: 792-4357 (1, 4)  
 190 Sojourn, Richmond Tel: 374-3813 (adults & youth, anger mgt., parenting, Medi-Cal outpatient AOD)  
 191 St. Mary's Center Tel: 893-4723 Add: 635 22<sup>nd</sup> St., Oak) (55+ only) Winter shelter Dec 1-April 30 (1, 2) Food, Medical and  
 192 Case Management Services  
 193 Thunder Road Tel: 653-5040 (youth, res. tx., Oak) (2)  
 194 **Drug Court** (Alameda County) 268-2529 (Julie Eddy)  
 195 **-E-**  
 196 **East Bay Community Law Center** – 548-4040 Add: 2921 Adeline St.  
 197 **Neighborhood Justic Clinic:** Tel: 548-4064 Add: 3130 Shattuck Ave @ Woolsey  
 198 **East Bay Community Recovery Proj.** Tel: 446-7142, 446-7180 or 446-7100. Add: 2551 San Pablo Ave, 2nd fl Oakland  
 199 Dual Diagnosis Medi-Cal Day Treatment. See [www.ebcrcp.org](http://www.ebcrcp.org)  
 200 **Project Pride** Tel: 893-3733 (same as Orchid House) 446-7150 (res tx component of E. Bay Recov Project)  
 201 **TRACT-** tel: 219-9641 or contact Brad Kelly @ 446-7185  
 202 **FACT-** tel: 435-1828 or 466-7117  
 203 East Bay Municipal Utilities District (EBMUD)- tel: 866-403-2683  
 204 East Bay Paratransit- 287-5000  
 205 Easy Does It 464-8582 (emergency transport and help for wheelchair-bound)  
 206 Echo Housing – Berkeley 548-5420, Oakland 836-4826, Hayward 581-9380 Tenant assistance and counseling.  
 207 **Eden Information & Referral** 537-2552, 10-4, M-F (social services directory for East Bay Area)  
 208 Eden Mental Health 667-7500 (Day Treatment 667-7525)  
 209 **Erna P. Harris Court (1330 University): 841-0664 Support staff: 841-5572**  
 210 **-F-**  
 211 FACT- See East Bay Community Recovery Project  
 212 **Family Resources**  
 213 **FERC** 7200 Bancroft Avenue, Suite 269 Oakland CA 94605 510-746-1700 Website: <http://www.askferc.org/>  
 214 **Family Paths** 893-5444 or 1-800-829-3777 [www.familypaths.org/](http://www.familypaths.org/)  
 215 **Family Violence Law Center** (510) 208-0220 Crisis Line: 1-800-947-8301  
 216 Food HelpLine 800-870-3663 for referrals to appropriate local food centers  
 217 **Food Pantry (Berkeley)** Tel: 525-2280 Add: 1600 Sacramento St, MWF 2-4:00 PM (Berk/Albany residents only)  
 218 Food Bank (Alameda County) 568-3663  
 219 Fred Finch Youth Center Tel: 482-2244 Coolidge Court (for transitional age youth) Tel: 336-9250 or 336-9225

220 **-G-**  
221  
222 General Assistance - Alameda **County Social Services North County Multi-Service Ctr:** 2000 San Pablo Ave, Oak Tel: 891-0700  
223 **Goodwill** Industries One Stop Homeless Center, 1600 San Pablo Avenue, Oakland, CA 94612 (510) 903-3220  
Greyhound Bus Oakland- 2103 San Pablo ave. Oakland, tel: 800-231-2222 or 832-4730

224 **-H-**  
225 **Head Injury** Rehabilitation Services (aka E.Bay Head Injury Support Group) 888-574-4477  
226 Healthcare for the Homeless 532-1930  
227 Hedco House Hayward (like Berkeley CLC) 247-8235  
228 Herrick Partial Hospitalization Program 204-4569  
229 **Highland** Hospital - 437-4800 Add: 1411 E. 31<sup>st</sup> Street, Oakland  
230 Medical Records (Fax): 437-5052  
231 **Outpatient Psychiatry** and day treatment (Medicare only): Rosalyn Lyons, intake coordinator (510) 437-4543  
232 ER- 437-4557  
233 Acute Care Clinic 437-4340  
234 A&D Program outpt: 437-5192/4688/8588  
235 Dental Clinic 437-4473 for appt 437-8510  
236 Hoarders' and Clutterers' Support Groups in SF only – contact MH Assoc of SF at (415) 882-6230 for details  
237 Home Cares Durable Medical Equipment 251-2273 (canes, walkers, ....)  
238 **Homeless Action Ctr.** 540-0878 (fax 540-0403) 3126 Shattuck Ave, Berkeley (SSI/GA help) <http://homelessactioncenter.org/>  
239 **Homeless Court (Alameda County)- tel: 877-9203**  
240 Homeless Youth Collaborative 532-3234  
241 HOME HEALTH agencies (PT, nursing, OT, hospice, etc)  
242 City of Berk. Public Health Nursing - 981-5300 or 981-5340  
243 Alameda County " " " -268-2735  
244 Visiting Nurses Association 596-4800 / 8501

245 **HOSPITALS**  
246 **Alta Bates 2450 Ashby Ave, Berkeley 94705** Main switchboard 204-4444, FAX Herr 841-8818  
247 Med Records Dept (510) 849-0347 (Herrick Med/Psych records) 204-1446 (Alta Bates)  
248 **Rehab Dept for neuropsych testing** 204-4751 for referrals

249  
250 **Herrick**  
251 Geri-Psychiatric- 3 East A (510) 204-4447  
252 Emergency Room 204-1303  
253 **Inpatient admissions:** 204-4405  
254 **Nurses Station:** 4EA: 204-4435 4N: 204-4452  
255 **Patient payphones:** 4EB: 540-9304/9501 4EA: 540-9089/98 4N: 204-1139/204-1140  
256 Social Workers: Craig Himot 204-4492, Satchiko Okano: 204-4482, Linda Richardson 204-6434, Priscilla Brown 204-5919  
257 **Partial Hospitalization Program:** 204-4569 Provides groups, lunch (Patty Dugan 204-4508, program office 204-5474)

258  
259 **John George Pavillion** Main Tel : 346-7500 Add : 2060 Fairmont Drive, San Leandro 94578  
260 PES (Psych. Emergency Svc.) 346-1420, FAX 346-7517. Anna Lee, LCSW- 346-1405 Bernie Kellman, MFT- 346-1424  
261 Medical Records: Phone: 346-1376 (?x 61376) Medical Records FAX 895-4576  
262 Nursing Stations:  
263 Psych Emergency- 346-1423 Bernie Kellman, MFT 346-1424 and Haeyong Sohn, LCSW 346-1406  
264 Unit B – 346-1447 S. Wkr (Emma Bonacich, LCSW) 346-1452  
265 Unit C – 346-1469 S. Wkr (Ellen Crane, LCSW) 346-1496  
266 Unit D – 346-1489 S. Wkr (Anne Almendral, LCSW) 346-1477, (Harjit Gil, MSW) 346-1402  
267 **Patient Payphones:**  
268 PES: 351-5578/2531 Unit A 351-7568/6915 Unit B 351-2534 Unit C 351-3568 Unit D 351-3096

269  
270 **Villa Fairmont** Tel: 352-9690 Add: 15200 Foothill Blvd, San Leandro 94578  
271 Fax 352-9564 or 352-2393  
272 Patient payphones: B wing: 351-9679/9622, E wing: 351-9147/9167

273  
274  
275  
276  
277  
278  
279  
280  
281  
282  
283  
284  
285  
286  
287  
288  
289  
290  
291  
292  
293  
294  
295  
296  
297  
298  
299  
300  
301  
302  
303  
304  
305  
306  
307  
308  
309  
310  
311  
312  
313  
314  
315  
316  
317  
318  
319  
320  
321  
322  
323  
324  
325  
326  
327  
328  
329  
330  
331

### **Other Hospitals**

Agnew State Hospital Tel: (408) 432-8500  
Atascadero State Hosp Tel: (805) 468-2000 Add: POB 7001, Atasc. CA 93423-7001  
Calif. Specialty Hospital (formerly First Vallejo) 707-648-2200 525 Oregon St, Vallejo 94590  
Contra Costa County Regional Med. Center Tel: (925) 370-5000 Add: 2500 Alhambra, Martinez 94553 (med records, -5220),  
Eden Hospital Tel: 537-1234 Add: 20103 Lake Chabot Rd, Castro Valley 94546  
Fairmont Hospital (Alameda County sub-acute medical) 437-4800  
Fremont Hospital (BHC): Tel: 796-1100 Add: 39001 Sundale Dr, Fremont 94538  
Garfield Hospital Tel: 261-9191 Add: 1451 28<sup>th</sup> Ave, Oakland 94601 (for patients with traumatic brain injury)  
Gladman Hospital Tel: 536-8111 Add: 2633 East 27th St Oakland 94601 (both "Short Stay" and Long Term facilities)  
patient pay phones: 436-8258 or 8325  
Highland General Hospital Tel: 437-4800 Add: 1411 East 31st St, Oakland 94602 (see Highland under "H" for more info)  
Kaiser (for coverage questions) 800-464-4000 (Kaiser Oakland Psychiatry Tel: 752-1075 or 596-1075)  
Medical Records Fax: 752-7483, Phone: 752-6026  
Langley Porter Psychiatric Hospital/UCSF: Tel: 415-476-7000 Add: 401 Parnassus Ave San Francisco 94143  
Morton Bakar Tel: 582-7676 Add: 494 Blossom Way, Hayward 94541  
Napa State Hospital Tel: (707) 253-5000, Fax: 707-253-5085 Add: 2100 Napa Vallejo Hwy, Napa 94558-6293  
Sierra Vista Hospital, 8001 Bruceville Road, Sacramento, CA 95823  
SF General Add: 1001 Portrero Ave, San Fran 94110 attn: medical records 2B5/legal  
Summit Hospital Tel: 655-4000 (ER 869-6600) 350 Hawthorne ave. Oakland  
East Bay AIDS Center tel: 869-8400 fax: 869-8475  
Washington Hospital Tel: 797-1111 (Fremont)

### **HOTELS**

#### **Oakland hotels and apartments, with reduced rents, limited support services, sometimes wait lists:**

1. California Hotel 3501 San Pablo Ave. Oakland, 94608; (510) 655-7254
2. San Pablo Hotel, 1955 San Pablo Avenue Oakland, CA 94608. Manager Ed Sisson or Andy: (510) 238-1500 or 1502.
3. Dellums Apartments 644 14<sup>th</sup> St. (& MLK Way) Oakland, 94612; (510) 444-4020
4. Oaks Hotel 587 15<sup>th</sup> St. Oakland, 94612; (510) 444-1414
5. Hamilton Apartments 510 21<sup>st</sup> St. Oakland, 94612; (510) 286-8266
6. Harrison Hotel 1415 Harrison St. Oakland, 94612; (510) 834-8508

#### **Berkeley hotels with support services and wait lists:**

1. Erna P. Harris Court 1330 University Ave. Berkeley, Berkeley, 94702; (510) 841-5569
2. UA Homes 1040 University Ave. Berkeley, 94710; services 649-6637, front desk: 649-6635. Property Mgr 649-6636.

#### **Private hotels in Oakland**

1. Lakehurst Hall Hotel: Tel: 451-3648 (1569 Jackson St. Oakland 94612)
2. Avondale (540 – 28<sup>th</sup> St, Oak) Tel: 835-8240 or 832-9726
3. Old Oakland Hotel, 805 Washington, Oakland 94607 Tel: 832-9492, or 839-9021
4. Traveler's Hotel, 392 11<sup>th</sup> Street (can't locate #)
5. Jefferson Inn, 424 Jefferson Street Tel: 763-0173
6. Ridge (634-15th St, Oakland) 835-1936
7. Sutter Hotel (584 14<sup>th</sup> st, Oakland 94612) 451-2555

#### **Private Hotels in Berkeley**

1. Nash 841-1163 (2045 University)
2. University 848-3133 (2057 University)
3. Cal (2008 Shattuck) 849-9479
4. Berkeley Budget Inn / Bonanza 524-8778 (1720 San Pablo)
5. Capri Motel 845-7090
6. YMCA (Berkeley) 848-6800
7. Golden Bear 525-6770

#### **HOUSING (more resources at Housing Dept website: <http://www.ci.berkeley.ca.us/DepartmentHome.aspx?id=8428>)**

##### **-Non-Profit Housing Developers**

Affordable Housing Associates 649-8500 fax: 548-3094 email: [info@ahainc.org](mailto:info@ahainc.org) , more info at [www.ahainc.org](http://www.ahainc.org)  
RCD – Resources for Community Development 841-4410 fax: 548-3502 email: [contractred@rcdev.org](mailto:contractred@rcdev.org)  
Satellite Senior Housing – 647-0700 fax: 547-0820 att: 647-0828  
Eden Housing 582-1460 fax: 582-6523

#### **Housing Resources – Misc.**

332 RMD (“New Horizons Management”) (510) 420-1414 Address: 5760 Market Street, Oakland  
333 Berkeley Housing Authority, (510) 981-5470 1901 Fairview Street (www.cityofberkeley.info/bha)  
334 Echo Housing – Berkeley 548-5420, Oakland 836-4826, Hayward 581-9380 Tenant assistance and counseling.  
335 Eden Information & Referral “211” or 537-2552, 10-4, M-F (updated shelter availability)  
336 **Housing Services – Legal**  
337 East Bay Community Law Center- 2921 Adeline st. Berkeley 94703. tel: (510) 548-4040 (Counseling and assistance for low  
338 income tenants).  
339 Eviction Defense Center- 1611 Telegraph ave. #726, Oakland, 94612. tel: (510) 452-4541 (Non-profit legal assistance to  
340 tenants who have been served with a legal complaint or summons. On a case-by-case basis, may take 1 strike  
341 Section 8 evictions).  
342 Housing Rights, Inc.- 1966 San Pablo ave. Berkeley, 94704 tel: (510) 548-8776 (information about services  
343 at [www.housingrights.org](http://www.housingrights.org)).  
344 Legal Assistance for Seniors- 464 7<sup>th</sup> st. Oakland 94607. Tel: (510) 832-3040 fax: (510) 987-7399 (www.lashicap.org)  
345 Gray Panthers Berkeley/East Bay (for Seniors)- 1403 Addison Street, Berkeley 94702. Tel: (510) 548-9696, fax: (510) 548-  
346 9697. National Org. Website: www.graypanthers.org  
347 **-I-**  
348 **In Home Support Services (IHSS)** Intakes: 567-8080 (IHSS union for referrals: (510) 577-1800)  
349 Integrated Medical Associates (IMA) 569-7236 FAX 635-9025  
350 **-J-**  
351 Johnston’s Medical Supply 843-2488 (2801 Shattuck Ave)  
352 **-K-**  
353 Kaiser (for coverage questions) 800-464-4000 (Kaiser psychiatry: 752-1075)  
354 **-L-**  
355 **La Chiem PHP 596-8125**  
356 La Chiem's Victim of Crime services 596-8137  
357 **LABS for City-Pay program** (larger list is posted in doctors offices):  
358 Quest Unilab 1. Tel: 841-4473 Add: 2819 Milvia St,  
359 2. Tel: 849-2854 Add: 3000 Colby St #104,  
360 3. Tel: 849-3181 Add: 2999 Regent St.  
361 4. Tel: 558-9378 Add: 1171 Solano Ave, Albany  
362 5. Tel: 549-3987 Add: 2435 Webster St., Berkeley  
363 Legal Aid Society 451-9261  
364 LGBT Violence 24 hr. Crisis Hotline (Community United Against Violence): 1-415-333-4357  
365 **Lifelong Medical Administrative offices (510) 981-4100, Address: 2344 6th Street, Berkeley, CA 94710**  
366 (for clinics see Berkeley Primary Care, West Berkeley Family Practice, Over 60’s Health Ctr & Downtown Oakland Clinic)  
367  
368 **-M-**  
369 Marin County MH Access 415-499-6666 –or- 888-818-1115  
370 **MASC** (Multi Agency Service Center) - 843-3700 (staff only: 843-3780) Address: 1931 Center Street, behind gate, downstairs  
371 Meals On Wheels (Berkeley) 981-5250  
372 Medi-Cal 596-0110 for replacement card  
373 or 800-952-5253 or 800 541-5555  
374 **Medi-Cal county transfer info: 916-636-1980 (or, 800-541-5555) Helpdesk “only for providers” – 888-346-0605**  
375 **Mental Health Advocates** 835-5532 954 - 60th Street, Suite 10, Oakland, CA 94608 ([www.mhaac.org](http://www.mhaac.org))  
376 Mental Health Association of Alameda County: 835-5010 (for info about NAMI in this county)  
377 " " " of SF (415)882-6230  
378 **MENTAL HEALTH REFERRAL NETWORKS**  
379 AC Psychological Assoc 433-9580  
380 Alameda County Medical Association 654-5383  
381 East Bay Men’s Network 568-8669 (for Men’s peer support groups)  
382 Eden Information & Referral 537-2552, 10-4, M-F  
383 Gaylesta 1-888-869-4993 (Gay, Lesbian, Bisexual, Transgender Psychotherapist Assoc, for referrals)  
384 Low Fee Referral Network (includes Medi-Cal) 433-9499  
385 Medicare **Psychiatrists** 925-944-9711  
386 No Calif **Psychiatric Assoc** 415 334-2418  
387 MISSEY (for sexually exploited youth): Add: 436 14th St., Ste. 1201, Oak. Tel:(510) 251-2070 On Call Tel:(510) 290-6450

388  
389 -N-  
390 NAMI – see Families Alliance for the Mentally Ill  
391 **Northern Nevada Adult Mental Health (NNAMHS)- 480 Galletti Way, Sparks NV, 89431-5573. Tel: 775-688-2001 Medical**  
392 **Recrds Fax: 775-688-2052**  
393 -O-  
394 Oakland Community Support Ctr 481-3700 (777-3800?) (10700 MacArthur Blvd, Bldg 15, Oak 94605)  
395 Oasis Clinic – Healthcare and psychosocial needs of people with hepatitis and addiction problems. Tel 510.834.5442  
396 Address 520 27th St, Oakland, CA 94612, www.oasiscliniconline.org  
397 Over 60's Health Ctr 601-6060, 3260 Sacramento St, Berk., Member Svc: 704-6010  
398 Optometry - UC Berkeley Optometry- tel: 642-2020  
399 -P-  
400 Pacific Center 548-8283 (2712 Telegraph)  
401 Parole Office 577-2407  
402 Paratransit- see “East Bay Paratransit”  
403 **Pathways to Wellness 1700 Broadway, Suite 500, Oakland 94612. Tel: 273-4200 FAX 273-8340 Intake 800-975-7284 (PATH)**  
404 (www.pathwaystowellness.net/oakland.html) (Psychiatric “meds only” clinic)  
405 Patient’s Rights Advocates 835-2505 or 800-734-2504  
406 **Payee Program** of Alameda County MH 667-3175 (Jennifer Villalta for assistance 567-1557) fax 667-3970  
407 **FAX 383-1583**  
408 **main # 383-1582**  
409 Laurie Aldine (Sub-Payee PST) tel : 383-1558  
410 Maria Gonzalez-Ruiz (Sub-Payee PST) tel : 383-1559  
411 Rosa Rivera (Sub-Payee PST) tel : 383-151560  
412 Linda Walters (Sub-Payee PST) tel : 383-1561  
413 Hilda Garcia (Sub-Payee PST) tel : 777-2194  
414 Georgina Miller (Sub-Payee PST) tel : 777-2193  
415 Elsie Garcia (Program Specialist Sub-Payee) tel : 777-2196  
416 **Pharmacies:**  
417 **North Oakland Pharmacy** Tel: 622-7536 Address: 5709 Market Street, Emeryville, CA 94608-2811  
418 United Pharmacy (2929 Telegraph) 843-3201, fax 843-0308  
419 Walgreen's Tel: 849-4691 Add: 2187 Shattuck @ Allston  
420 Walgreen's Tel: 981-8392 Add: 2801 Adeline @ Oregon  
421 Walgreen's Tel: 548-2104 Add: 2995 San Pablo Ave @ Ashby  
422 Walgreen's Tel: 528-8274 Add: 1050 Gilman @ San Pablo  
423 CVS Tel: 849-0484 Add: 1451 Shattuck Ave @ Rose  
424 CVS Tel: 549-4250 Add: 2300 Shattuck Ave @ Bancroft  
425 CVS 841-2211 Add: 3031 Telegraph Ave #115 (opposite Whole Foods)  
426 Milvia Pharmacy (Herrick) tel: 548-0773  
4271.  
4282. Poison Control: 1-800-876-4766  
429 **POLICE NON-EMERGENCY Berkeley 981-5900, Oakland 777-3333**  
430 Private Industry Council (PIC) Tel: 891-9393 Add: 1212 Broadway, Oakland  
431 Probation Dept. for Adult Services (510) 268-7245 (for status). 268-7050 (for case assignments). 400 Broadway Oakland 94607  
432 -R-  
433 Rape Crisis Hotline (Bay Area Women Against Rape – 24 hr. line): 510-845-7273  
434 Recovery Inc 482-5808 (free self- groups on mental health symptom management ... local meetings exist)  
435 Regional Center of the East Bay 383-1200 (7677 Oakport St., ste 1200, Oakland 94621)  
436 Richmond Mental Health Cl. (39th x Bissell, Richmond 94805) Contra Costa Intake 888-678-7277  
437 Adults 374-3284 / FYC: 374-3261  
438 records: 374-3658  
439 Roots and Re-entry (post-incarceration legal support). 1900 Addison Street, Ste 200, Berkeley 94704 Tel:279-4662 Fax: 981-1622  
440 **Rubicon Employment Services Berkeley** Tel: 510-549-8820. Add: 1918 Bonita Ave @ Berkeley Way (near Trader Joe's)  
441  
442 Russell Street Residence Main tel: 843-3420, Tenant phone 848-3419, FAX: 843-3420. Add: 1741 Russel st. Berkeley 94703  
443 Russell Street Annex 4BR House- Tel: 843-3432, Add: 1743 Russell St, Berkeley 94703  
444 -S-

445 Salvation Army (food and clothing referrals) 549-3426 (1535 Univ, entrance on Sacramento)  
 446 Oakland 268-1178 (536 - 8th Street, Oakland)  
 447 San Quentin Prison 415-454-1460  
 448 **Santa Rita Jail MH** (925) 551-6740  
 449 Prison mental health screening office 925-551-6740 fax: (925) 551-6727  
 450 Telecare program at SRJ: (925) 551-6819 (Alicia Castro manager 925-803-7221)  
 451 **Jail Court Advocacy Project: Julie Eddy (Sr. Advocate) tel: (510) 627-4992, cell- (510) 219-9641**  
 452 **Records Fax: 925-551-6727**  
 453 **San Francisco MH:** general I&R: 415-981-4700  
 454 ACCESS 415-255-3737  
 455 Westside Crisis: 415-353-5050  
 456 Mission Mental Health: 415-558-5671  
 457 Tenderloin Clinic: 415-673-5700  
 458 Sunset MH: 415-753-7255  
 459 Jail MH: 415-487-5601/4  
 460 SF Center for Special Problems: 415-292-1500  
 461 **Sausal Creek Outpatient Stabilization Clinic** (M-F 8AM-8PM, Sat 8-4:30) Main # 437-2363  
 462 Clinician fax: 437-2366 Medical records fax 437-2369  
 463 Address: 2620 26th Ave, Oakland, CA 94601  
 464  
 465 **SHELTER HOTLINES:**  
 466 **BERKELEY SHELTER BED HOTLINE-** (866) 960-2132. Call M-F starting at 12pm. Beds are reserved on a first come first  
 467 served basis until beds are filled. From 7pm-8pm there is a second reservation period to fill any remaining beds. Sat-Sun 2pm-4pm  
 468 hotline is open until beds are filled. Phone reservations only- NO WALK-INS ACCEPTED.  
 469 **Eden Information and Referral – “211” or (888) 886-9660.** 24 hour/7day a week phone service with updated info on available beds  
 470 in Alameda County. For facilities with avail beds, Eden I&R will provide a follow up referral contact number for the individual to call  
 471 to find out about obtaining the bed.  
 472 **SHELTERS:**  
 473 Bay Area (formerly Richmond) Rescue Mission men:2154868, women:215-4860 (200 Macdonald Ave, Richmond)  
 474 **Berk. Food and Housing Program ("Food Project")**  
 475 **Women’s Shelter: 2140 Dwight Way (women) 649-4965 (call MSC for bed referral - 649-4976)**  
 476 **Men’s Shelter 1930 Center (men) 649-4980 (call for bed referral call 649-4976)**  
 477 **Covenant House** (youth shelter) Tel: 379-1010 . Add: 200 Harrison Street Oakland, CA 94607 Website:  
 478 www.covenanthousecalifornia.org  
 479 **Crossroads (East Oakland’s Community Project)** 510-532-3211 - partners with Behavioral Health Care Services (BHCS)  
 480 to provide 10 beds by referral from BHCS. Crossroads also has 125 beds including family, men, women and a separate  
 481 transgender wing.  
 482 **City Team Ministries** 722 Washington St, Oakland) 452-3758 & 663-0655 (Men only, Christian based, recovery oriented)  
 483 **DreamCatcher** shelter for youth 13-19 (LGBTQ-friendly): 800-379-1114 or 522-8363 (422-4 Jefferson St, Oakland)  
 484 Episcopal Sanctuary, SF: 415-487-3707, food service manager 419-1015  
 485 FESCO - Family Emergency Shelter in Hay. 581-3223  
 486 **Harrison House (BOSS) 711 Harrison St, Berkeley CA 94710:**  
 487 **Main Line (510) 525 4469, Fax (510) 525- 2657**  
 488 **Tonette Woods x103, Gail Clough x2002**  
 489 Hayward Emergency Shelter Pgm. (women only) 786-1246 – 24 hour bilingual crisis line  
 490 **Hayward Shelter (BOSS)** South County Homeless Project 732-5956 x 201 or 786-2129. Pre-approval from county MH  
 491 office is required.  
 492 Midway Shelter (Alameda) 522-2936 (866-292-9688 for initial referrals)  
 493 Safe Place Shelter (for battered women) 536-7233 (off.: 536-4747) **(D.V.)**  
 494 Salvation Army, 810 Clay St, Oak 451-5547 (families OK)  
 495 San Leandro Women’s Shelter Off: 357-0205 /Shelter desk:357-0390/ (866-292-9688 for initial referrals)  
 496 SAVE (Fremont) 794-6055, 24-hour hotline **(D.V.)**  
 497 Second Chance (Newark) 792-4357 – drug and alcohol recovery  
 498 St. Mary’s Center (925 Brockhurst St near San Pablo Ave, Oakland, CA 94608) 510-923-9600 (55+ only, daily recovery  
 499 group) Winter shelter Dec 1-April 30  
 500 West Oak Health Center 1531 Jefferson (for A&D users—30 day) 658-1041

501 Winter Overflow Shelter (open November-March, usually) - See Eve Ahmed  
502 YEAH! At Lutheran Church of the Cross Tel: 704-9867. Add: 1744 University Ave, Berk (18-25 y.o.)  
503  
504 Shuman Liles Clinic 569-9334 (10850 MacArthur, Suite 300, Oak 94605) fax 569-9309  
505 Solano County Mental Health 707-553-5810  
506 Social Security Administration (Berkeley Office, 2045 Allston) 877-531-4696 (Nt'l: 800-772-1213)  
507 Oakland 273-6602 or -7180  
508 San Leandro: 483-7750  
509 To reach analyst working on pending initial and reconsideration claims: **510-622-3506**  
510 Office of Hearings and Appeals 444-1880  
511 SDI - State Disability Ins. Tel: 577-2300 (-2307 to request forms)  
512 STARS Transitional Age Youth Pgm 746-7480  
513 St. Mary's Center for Homeless Seniors Tel: 510-923-9600 Add: 925 Brockhurst Street (near San Pablo Ave) Oakland, CA  
514 94608), shelter Dec-April <http://www.stmaryscenter.org/>  
515 STRIDES 535-5240  
516 Suicide Prevention (see also: Crisis Support Services): Alameda County 24 hr Crisis Line: 1-800-309-2131  
517 National Suicide Hotline 1-800-784-2433 (1-800-SUICIDE)  
518 **Suitcase Clinic:** A. General Clinic Tuesday 6:15 – 9 PM, drop in at First Pres. Church Add.: 2407 Dana St x Haste  
519 B. Women's Clinic Mondays 7:30-9 PM, drop in at BFHP, 2140 Dwight Way, Voicemail: (510) 423-3659  
520 C. Youth Suitcase Clinic Mondays, 6 – 9 PM at St. Mark's Episcopal Church Add: 2300 Bancroft x Ellsworth  
521  
522 Survivors International 535-6622 (many voluntary professional services for survivors of political torture) ([www.survivorsintl.org](http://www.survivorsintl.org))  
523  
524 **-T-**  
525  
526 Tang Center, UCB Ctr. for Psy Services 642-9494 (FAX 642-2368)  
527 **Taxi Services:**  
528 Yellow Cab Express 234-5555  
529 Luxor Cab 774-7575  
530 Yellow Airport Taxi Services 845-3333  
531 Yellow AI Berkeley Airport Cab 644-3300  
532 Yellow Airport Cab Taxi Emeryville 644-0202  
533 Berkeley Yellow Cab 486-0121  
534 Berkeley Cabs 649-1234  
535 **THERAPY CENTERS** (mostly private, low fee - also see "Mental Health Referral Networks")  
536 Berkeley: Berkeley Therapy Inst. 841-8484 Add: 1749 MLK, Berk ([www.bti.org](http://www.bti.org)) (psychiatric tx available)  
537 Blue Oak Counseling 3101 Telegraph, 649-9818  
538 Jewish Family and Children's Services (2484 Shattuck) 704-7475 (M/C ok)  
539 Pacific Center (LGBT) 548-8283  
540 Redwood Ctr - 843-1396  
541 The Psychotherapy Inst. 548-2250 Add: 2232 Carlton St ([www.tpi-berkeley.org](http://www.tpi-berkeley.org))  
542 UC Berkeley Psychology Clinic Tel: 642-2055 Add: 2205 Tolman Hall – incl. sliding scale assessments at Center For Assessment  
543 Women's Therapy Center (couples OK) 524-8288 Add: 2105 MLK, Berkeley ( <http://www.womenstherapy.org/>)  
544 Wright Institute Clinic 548-9716 (Addison St, Berkeley)  
545 Cognitive Behavioral Therapy Clinic (of Wright Institute) 923-2241, Add: 2236 Parker Street, Berkeley  
546 Other: Asian Mental Health 451-6729, 310 8th Street, Suite 201 Oakland, CA 94607  
547 Ann Martin's Children's 655-7880 Add: 1250 Grand Av, Oak (Medi-Cal OK, bereavement, some meds)  
548 Catholic Charities 768-3100 (433 Jefferson St, Oakland), Berk 768-3102 voicemail  
549 Center for Behavioral Therapy (Grand Lake area) 433-0204  
550 Center for New Americans (ie, immigrants, multi-cultural capacity) (925)939-3442  
551 Center for Non-Abusive Relationships 452-6243  
552 Grief Counseling Program of Crisis Support Services (Berk): 889-1104  
553 Institute for Labor and Mental Health 653-6166 (job stress, uses interns)  
554 JFKU Ctr for Transpersonal and Holistic Counseling: 27th x Harrison, Oak. 444-3344  
555 La Familia (Hayward) spanish speaking 881-5921  
556 North Berkeley Counseling Center 841-8242

557 S.F. Bay Area Center for Cognitive Therapy, 5435 College 652-4455  
558 Oakland Men's Project 835-2433  
559 Psychological Services Ctr. of CSPP: 628-9065 (1730 Franklin, suite 212) – general services  
560 Rainbow Psychotherapy Associates (African Amer. clinicians) 420-8083 (4003 Howe Street, Oakland)  
561 West Coast Children's Center 527-7249  
562 Toolworks (vocational services) 271-4745 (1611 Telegraph Ave, ste. 400)  
563 Towne House CLC 658-9480  
564 **TRACT- See East Bay Community Recovery Project (Under Drug and Alcohol Referrals)**  
565 Translation – AT&T language interpretive 800-448-3003, ID#901-104  
566 Transportation: East Bay Paratransit 287-5000  
567 Traveller's Aid: 444-6834  
568 **Tri-City Mental Health** Community Support Center, 39155 Liberty St., Suite G710, Fremont Tel: 510-795-2434, FAX 793-3972  
569 **Trust Clinic, 1000 Broadway, suite 500, OAK. Tel 268-2294, FAX 237-3789**  
570 -U-  
571 **UA Homes** On site services: 649-6637. Front desk: 649-6635. Property Mgr 649-6636. Add: 1040 University Ave, Berk. 94710  
572 United Pharmacy (Ashby and Telegraph) 510-843-3201  
573 -V-  
574 Vallejo Mental Health Clinic 707-553-5331  
575 Valley Community Support Center, 3730 Hopyard Rd., Pleasanton Tel: (925) 551-6851  
576 **VA Veteran's Administration** (800) 827-1000  
577 Oakland Vets Center tel: 763-3904, fax: 763-5631  
578 Oakland Army Base 587-3400 or 587-3434 (20 St. Charles St. Bld 762)  
579 **MH Clinic: 587-3434**  
580 **Homeless Patient Alignment Team 267-7854**  
581 Medical clinic 267-7820 or 7801. Eligibility clerk 267-7803. Add: 2221 MLK, Oakland (2<sup>nd</sup> Floor)  
582 Victim Assistance 272-6180 / 800-victims / Probation Dept Vict Wit 374-3272 (see also La Chiem)  
583 Visiting Nurses Association 596-4800 / 8501  
584 **VOCATIONAL resources:**  
585 **Rubicon Berkeley Tel: 549-8820. Add: 1918 Bonita Ave x Berkeley Way, Berkeley CA 94704**  
586 East Bay Works (www.eastbayworks.org)  
587 Inter-City Services Tel: 655-3552 Add: 3269 Adeline near Ashby Bart  
588 Private Industry Council (PIC) 891-9393, Add: 362 22 (www.oaklandpic.org)  
589 State Dept of Rehabilitation 883-6000 (1936 University, ste. 150), or Oakland 286-0511 (1515 Clay St)  
590 Toolworks 271-4745 (1611 Telegraph Ave, ste. 400) (see www.toolworks.org)  
591 Vocational Program, of Beh. Healthcare of A.C. 383-1600  
592 -W-  
593 West Berkeley Family Practice Tel: 704-6000 Add: 2031 6th Street @ Addison, Berkeley (non-profit, Medi-Cal, some uninsured)  
594 West Oakland Mental Health 700 Adeline St, Oakland 465-1800  
595 West Oakland Health Center Tel: 835-9610  
596 Women's Cancer Resource Ctr. Helpline: 420-7900 Biz: 601-4040 Add: 5741 Telegraph, Oakland 94609 (free support groups)  
597 **Women's Daytime Drop In Ctr.** Tel: 548-6933 Office:548-2884, Vol:466-5663 Add: 2218 Acton @ Bancroft, Berkeley 94702  
598 Women's Health Center Tel: 843-6194 Add: 2908 Ellsworth, Berkeley (non-profit, basic GYN, GP, Medi-Cal + Medicare OK)  
599 **Woodroe House** Tel: 537-1688 Ct. payphone: 886-9856 Fax 537-9222 Add: 22505 Woodroe Ave, Hayward 94541  
600  
601

602		
603		
604		
605	<b><u>CITY OF BERKELEY</u></b>	
606	City Attorney	981-6950
607	City Manager:	981-7000
608	<b>Computer Help Desk:</b>	<b>981-6525</b>
609	<b>Corporation Yard:</b>	<b>981-6620</b>
610	Domestic Violence Prevention (BPD):	981-5736
611	EAP (for City employees)	800-227-1060
612	Fire Department:	981-3473
613	Health & Human Services:	981-5100
614	<b>Housing Department</b>	<b>981-5400</b>
615	<b>Housing Authority</b>	<b>981-5470</b> <i>New address: 1936 University Ave, Suite 150 (betw MLK and Milvia).</i>
616	Human Resources:	981-6800
617	<b>IT Helpdesk</b>	<b>981-6525</b>
618	<b>Jail</b>	<b>981-5766</b>
619	Mayor's Office:	981-7000
620	Meals on Wheels:	981-5250
621	<b>Police (non emergency)</b>	<b>981-5900</b>
622	Sexual Assault:	981-5734 (5735)
623	Community Services:	981-5806 (5808)
624	Public Defender:	644-6982
625	Public Health Nursing:	981-5300 or 981-5340
626	Public Health Clinic (830 University):	981-5350
627	<b>Public Works</b>	
628	<b>For building repairs, bodily fluid cleanup</b>	<b>981-6620</b>
629	<b>For car loaners, vehicle repair/mtnc</b>	“ “
630	<b>For tow 8 AM-3 PM</b>	“ “
631	<i>(Tows 3 PM – 9 PM call Transfer Station)</i>	
632	Rent Board:	<b>981-7368</b>
633	<b>Senior Centers</b>	
634	<b>North Berkeley Senior Center, 1901 Hearst Ave @ MLK Jr. Way, Berkeley, CA 94709 Tel: (510) 981-5190</b>	
635	<b>South Berkeley Senior Center, 2939 Ellis St., Berkeley, CA 94703 (510) 981-5170</b>	
636		
637	<b>Shelter Plus Care:</b>	
638	<b>Andrew Wicker</b>	<b>981-5418</b>
639	Smoking Cessation:	<b>981-5330</b>
640	Taxi Van Program:	981-7269
641	<b>Transfer Station</b>	<b>981-6375</b>
642	<b>Warrants (Police Dept) :</b>	<b>981-5759</b>
643		