



CHANGES

Coordinated Approach to Care

At CHANGES, we are here to help you take positive steps towards the things that matter in your life.

We believe that a coordinated approach to care can empower you to lead a healthier and more fulfilling life. Our multidisciplinary teams include a psychiatrist or nurse practitioner, a nurse, a team lead with either a master's degree or doctorate who is licensed or license-eligible, case managers with experience in mental health, peer support specialists, a vocational specialist, and a substance use specialist, who are all here to help you on your path to wellness and recovery.

Our intensive case management (ICM) program is grounded in the community-based case management model and our Full Service Partnership (FSP) is based on the Assertive Community Treatment (ACT) model. The program that you join will connect you to the community resources that can help you achieve your goals. If you'd like, we will work together with your family and friends to help you take steps toward making recovery happen.

What to Expect

CHANGES staff will work with you at each stage of change you face in your recovery. We tailor care using proven methods and evidence-based practices to help you live a healthy lifestyle so you can live successfully in the community.

Our culture is based on recovery. We believe in respect and non-judgment, and we celebrate individual uniqueness. We care about the interpersonal relationships we develop so we can foster a supportive environment.

Our staff are passionate, resourceful, and motivated. They are your partners in recovery and will be throughout your journey.

Our goal is to be a place that helps you thrive. We want you to be the leader of your recovery journey, and to create the life you want for yourself.

“The goal of recovery is not to become normal. The goal is to embrace the human vocation of becoming more deeply, more fully human.”

— PATRICIA DEEGAN, PHD, FOUNDER OF COMMONGROUND



CONTACT

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OFFICE HOURS

Monday - Friday: 8:30 a.m. to 5:00 p.m.
Crisis services are available 24/7



Services at CHANGES

- Collaborative treatment planning with a recovery focus
- Comprehensive evaluation and risk assessment
- Symptom management skills training
- Crisis planning and prevention
- Supportive counseling (group and individual)
- Medication management
- Medication education and training
- Independent living skills training
- Housing referral and support
- Therapy sessions
- Vocational support

Becoming a Member

Clients are referred through ACCESS in Alameda County.

Admission Criteria

- Resident of Alameda County, ages 18 and older
- Diagnosed with severe mental illness.

Our Story

Methods used at CHANGES include:

Stages of Change uses specific approaches that have been found to be effective for an individual's specific stage of readiness to change.

Motivational Interviewing is designed to engage and motivate clients who have not yet found traditional interventions helpful.

Harm Reduction is a set of strategies that helps clients reduce the harm done to themselves and their communities by their choices.

Personal Strengths development is an approach that emphasizes working in partnership with clients, assessing strengths and personal planning choices that increase their personhood.

Data-Driven Interventions work with clients based on client outcome measures.

This program is funded by Alameda County MediCal