



# Hillside House

## Enhanced Behavior Supports Home (EBSH)

Hillside House serves adults ages 18 and older with varying levels of intellectual and developmental abilities who might also have mental health symptoms. Hillside House provides flexible, individualized services to residents to help them live safely in their own home, integrate into their community, and reduce reliance on locked or institutional settings.

Hillside House can be a forever home if that is what the resident needs and prefers. We offer enhanced support services including flexible staffing according to resident needs, 24/7 supervision, a variety of activities designed around the resident's individual preferences and needs, and access to community with staff-supervised transportation.

Our services emphasize choice-making skills and positive behavior support strategies based on the unique needs and capabilities of each resident. Every resident will have their own individual behavior support team that will include: a program administrator, a board-certified behavior analyst (BCBA), nursing support, registered behavior technicians (RBT), licensed clinicians, occupational and physical therapists, psychiatric and medical support staff. Hillside House has staff on site 24 hours a day to provide support to and partner with residents to ensure a safe and healthy community.

## What to Expect

Hillside House is a beautiful 4-bedroom home where residents each have their own bedroom and can explore a variety of interests such as cooking, gardening, budgeting, and practicing living skills to be as independent as possible. Our staff can even arrange outside activities such as going to school, attending a day program, or other fun events on a case-by-case basis.

**Our culture** is based on respect and non-judgment, and we celebrate individual uniqueness. We care about the interpersonal relationships we develop so we can maintain a supportive program setting.

**Our staff** are passionate, resourceful, and motivated. They are partners in recovery and stabilization.

**Our goal** is to be a place that helps our residents thrive. We want to support our residents to create the life they want for themselves.



### CONTACT

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### OFFICE HOURS

Services are available 24/7



## Services at Hillside

Services at Hillside House include, but are not limited to:

- WRAP planning: develop a toolkit for wellness
- Behavior support to ensure safety in the home and community
- Therapy to help build skills to help with stress or trauma
- Activities of daily living and social skills training
- Physical health and substance use education
- Medication support and education
- Structured on-site programming including physical, recreational, social, artistic, therapeutic, spiritual, and skills development
- Community outings
- Visits to community service providers such as day treatment services, school activities, or healthcare professionals
- Transition planning to prepare residents for their next home if that is what the resident chooses

## Becoming a Resident

Referrals are made through the Regional Center of the East Bay (RCEB).

## Admission Criteria

RCEB clients who require enhanced services and supports due to challenging behaviors that cannot be managed in other types of community settings.

**“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

## Our Story

Hillside House is a fully accessible Enhanced Behavior Supports Home (EBSH) that serves up to four adult clients, ages 18 and older, at any time.

Hillside House provides 24-hour, non-medical care to individuals with varying levels of intellectual and developmental abilities who require enhanced behavioral supports, staffing, and supervision in a homelike setting.

This program is funded by Regional Center of the East Bay.