



## Jay Mahler Recovery Center

At Jay Mahler Recovery Center, we provide intensive mental health and psychiatric treatment services in a safe, welcoming environment for adults experiencing a mental health emergency.

We believe recovery starts from within, and that our job is to do whatever it takes to provide the support needed on your recovery journey. Our 16-bed facility includes a full staff of, clinicians, nurses, rehabilitation therapist, residential counselor and peers on-site and on-call 24 hours a day to provide wrap-around support.

Our services are designed using **Evidenced-Based Practices (EBP)** such as **Wellness Recovery Action Plan (WRAP)**, **Dialectical Behavior Therapy (DBT)**, **Mindfulness-Based Stress Reduction (MBSR)**, and **Seeking Safety**, as well as Telecare's **Recovery-Centered Clinical System (RCCS)**. This system incorporates EBPs and innovative design components, and emphasizes choice-making skills, harm-reduction techniques and strives to awaken the hopes and dreams of the individual. The RCCS emphasizes "no-force first" practices. Staff work with individuals within their cultural dynamic in building independence and self-responsibility in order to foster their recovery and successfully transition them back to lower levels of care.

### What to Expect

Your recovery plan starts with you. Upon arrival, a diverse clinical team will provide an individualized assessment and work with you every step of the way to support your goals in life.

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

**Our staff** are passionate, resourceful, and motivated. They are your partners in recovery, and will be with you 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.



### CONTACT

Jay Mahler Recovery Center  
15430 Foothill Blvd.  
San Leandro, CA 94578  
510.357.3562 Main  
510.357.3614 Fax

### OFFICE HOURS

Monday - Sunday: 24-hours a day,  
7 days a week



## Services at Jay Mahler Recovery Center

A variety of therapies and activities adapted to your needs and preferences are offered as a part of your treatment plan. Services at the Jay Mahler Recovery Center include, but are not limited to:

- Individual and group therapy
- Education and training around medication management
- Substance recovery
- Healthy eating and fitness
- Mindfulness
- Art therapy
- Living skills and vocational skills training
- Linkages to community support systems
- Self-advocacy training
- Services specific to transition age youth (TAY) ages 18 to 24
- Aftercare planning
- Counseling for family members

## Becoming a Member

All referrals are coordinated by Alameda County Behavioral Health Care Services.

## Admission Criteria

- Adult age 18 years and older
- Resident of Alameda County
- Persons diagnosed with serious mental illness who are experiencing a mental health crisis, and who may have a co-occurring substance abuse disorder

## Our Story

The Jay Mahler Recovery Center is named after a longtime mental health consumer advocate in Alameda County, Jay Mahler. Starting in the 1960s as a student in Berkeley, Mr. Mahler spent years in and out of mental health treatment programs. In the late 60s, after he went back to school to major in psychology, Mr. Mahler helped found Mental Health Consumer Concerns and California Network of Mental Health Clients, was appointed by the Governor to the California Council on Mental Health from 1979-1985, and served on the Alameda County Mental Health Advisory Board, the Fairmont Hospital Advisory Board, and the Eden District Mental Health Committee.