



MORTON BAKAR CENTER

494 BLOSSOM WAY | HAYWARD, CA 94541 | 510.582.7676

HOURS

Monday – Friday
8:30 a.m. – 5 p.m.

CRISIS SERVICES

On-call services 24 hours a day,
7 days a week

CONTACT

Mary Thrower

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510.582.7676

510.582.9080 (fax)

Morton Bakar Center is a Skilled Nursing Facility (SNF) providing psychosocial rehabilitation and skills-building support for older adults (ages 65+) with a primary diagnosis of severe mental illness. Under the direction of a multidisciplinary team, residents receive diagnostic evaluation and treatment to address their psychiatric and medical needs.

We provide a longer-term recovery program within a supportive, structured, and secure inpatient environment designed to help residents prepare to move to the community and/or lower levels of care. We have 24-hour nursing care and an amazing staff dedicated to building a collaborative recovery environment based on Telecare's Recovery-Centered Clinical System (RCCS) model.

WHAT MAKES US DIFFERENT

Since 1980, we've maintained a nurturing environment for our residents. We provide classes encouraging creative expression such as art therapy. While we provide a locked facility, our residents routinely visit local shops and attractions, as well as family members and friends. A large percentage of our staff have worked at Morton Bakar Center for an extended period of time; many for 20+ years! This creates a rare opportunity for long-term relationship-building between staff and residents.

Our staff meets with residents at every stage of change an individual is facing. By using specific methods to help them reach their own personal goals we are able to engage with members and build strong, trusting relationships.

- **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 residents who have not yet found traditional interventions helpful.
- **Harm Reduction** is a set of strategies that helps residents reduce the harm done to themselves and their communities by their choices.
- **Personal Strengths** development is an approach that emphasizes working in partnership with residents, assessing strengths and personal planning choices that increase their personhood.
- **Data Driven Interventions** work with residents using measures of the amount of harm and strengths in a client's life and providing feedback about the choices they make.

SERVICES

The Telecare RCCS model provides a comprehensive, holistic, and richly personal approach to recovery. Our team of mental health and medical professionals includes a psychiatrist, internist, licensed therapist, registered nurse, rehabilitation therapist and a dietitian. Services include, but are not limited to:

- Collaborative treatment planning with a recovery focus
- Comprehensive evaluation and risk assessment
- Independent living skills training
- Physical, occupational, and speech therapy
- Medication education and training
- Psychosocial assessment
- Psychotherapy
- 24-hour nursing care

ADMISSION CRITERIA

Adult residents aged 65+ of Northern California who have a severe mental illness who require 24-hour supervision and/or assistance with psychiatric recovery.

REFERRAL PROCESS

Residents are referred through an acute psychiatric facility or through Alameda County. Other counties may contact us through their acute psychiatric facilities.

CONTACTING A FAMILY MEMBER

The involvement of family members is a very important aspect of recovery. Our program recognizes the central importance of families to the residents we serve, as well as the challenges and pressures they face in supporting a loved one. We strive to provide support in strengthening our residents' family relationships and extended support systems.

Family members can contact residents by calling the main number at 510.582.7676.

Per HIPAA (Health Insurance Portability and Accountability Act) guidelines, staff members cannot release any client information without a signed authorization.

JUST THE BASICS

Beds: 97

Population Served: Older adults (age 65+) diagnosed with a severe mental illness

Funded by: Alameda County, Medi-Cal, Supplemental Security Income (SSI), and resident fees. Individual insurance, third-party payors, and Medicare Part B are also accepted.