



San Mateo Transitions

Supportive Housing and Behavioral Health Services

At San Mateo Transitions, we know that the journey of recovery can be a tough one, and we believe that no one should have to go through it alone. We have a multidisciplinary team that includes peer specialists, a psychiatrist, a nurse, a masters-level team lead, and case managers with experience working in behavioral health, co-occurring substance use, forensic issues, and housing. We are here to work collaboratively and pride ourselves in being client-centered. Throughout this process, we highlight resiliency and foster hope.

Our program is based on the Assertive Community Treatment (ACT) model where staff work with you to integrate back into your community as you experience recovery. Our staff create a supportive environment, including services based on your needs, hopes, and dreams, to connect you to the proper resources that can help you achieve your goals.

In addition to the ACT services that all our members enjoy, some members also benefit from accessing our supportive housing services where a continuum of housing options are available to meet our members in their stage of change and recovery.

What to Expect

Your partnership at San Mateo Transitions starts with a carefully tailored treatment plan according to your specific needs. We work with you to meet these needs by assigning you an intensive case management team who can help you with interventions based on evidenced based practices, life skills training, vocational or educational development, housing/residency needs, and community integration.

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

1692 El Camino Real
San Carlos, CA 94070
650-817-9070 Main
650-817-9074 Fax

OFFICE HOURS

Monday-Friday: 8:00 a.m. to 5:00 p.m.



Services at San Mateo Transitions

- Intensive case management
- Crisis Intervention and prevention
- Wellness development
- Co-occurring engagement and education
- Forensic treatment
- Community-based services
- Money management services
- 24/7 availability
- Skill building
- Medication support and education
- Comprehensive assessment and treatment
- Supportive Housing
- Vocational and educational development

Becoming a Member

Referrals are made through San Mateo County Behavioral Health and Recovery Services (BHRS).

Admission Criteria

Adults, ages 18 and older, who have been diagnosed with a serious mental illness.

Integrated Services

Telecare Full Service Partnerships (FSP) provides “Integrated Service Delivery” to 230 San Mateo County residents who have symptoms commonly associated with a profound psychiatric disability (or disabilities) and who may also have co-occurring disorders (such as substance use or medical conditions), and serious life stressors such as problems obtaining or maintaining housing or run-ins with the legal system.

This program is funded by San Mateo County Behavioral Health and Recovery Services (BHRS).