



Cordilleras Mental Health Center

Cordilleras MHRC & Cordilleras Suites

The Cordilleras Mental Health Center is home to two distinct Telecare programs, Cordilleras Mental Health Rehabilitation Center (MHRC) and Cordilleras SUITES, where intensive mental health services are provided in a safe, welcoming environment so that people can focus on their individual recovery. We provide a longer-term recovery program within a supportive, structured, and secure inpatient environment designed to help clients prepare to move to the community and/or lower levels of care.

Cordilleras MHRC is a 68-bed sub-acute program that employs a multidisciplinary staff of psychiatrists, internal medicine, licensed therapists, registered nurses, recovery specialists, rehabilitation therapists, peer support specialists, and a dietitian.

Cordilleras Suites is a 49-bed recovery-focused Adult Residential Facility (AFF) that employs residential counselors and social workers who provide individualized treatment planning, comprehensive case management, as well as crisis intervention/harm-reduction services. There is a focus on access to community-based social, educational and pre-vocational/vocational services and activities.

Services at both programs are designed using Telecare's Recovery-Centered Clinical System (RCCS). This system 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 back to lower levels of care.

What to Expect

A recovery plan starts with the individual. Upon arrival, our diverse clinical team provides individualized assessments and works with people every step of the way to support their 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 relationships we develop so we can foster a supportive program setting.

Our staff are passionate, resourceful, and motivated. They are partners throughout the recovery journey.

Our goal is to be a tool that helps people thrive no matter the obstacles, so they can be the leaders of their own recovery journeys and personal growth.



CONTACT

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OFFICE HOURS

Staff are available 24/7



Services at Cordilleras Mental Health Center

Services include, but are not limited to:

- Community living and social skills training
- Therapy and activity groups
- Peer support services
- Individual and group therapy
- Family support
- Medication education
- Horticultural therapy

Becoming a Resident

Individuals are referred through San Mateo County Behavioral Health and Recovery Services.

Admission Criteria

Adult residents of San Mateo County who have a long history of mental illness and multiple episodes of acute psychiatric hospitalization.

Our Story

Cordilleras Mental Health Center houses two separate treatment programs for adults with chronic mental illness; a licensed 68-bed mental health rehabilitation center (MHRC) and a licensed 49-bed adult residential facility (ARF) called The Suites.

The goal of Cordilleras is to allow individuals who would otherwise be in a state hospital or an acute care setting to develop the skills and supports needed to live more independently in the community. Cordilleras also offers treatment options for persons who have substance use issues in addition to a serious mental illness.

“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