



Gladman MHRC

Mental Health Rehabilitation Center

At Gladman Mental Health Rehabilitation Center (MHRC), we provide intensive mental health and psychiatric treatment services in a safe, welcoming environment so people can focus on getting better.

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. Our 40-bed facility has multidisciplinary staffing which includes psychiatrists, internal medicine, social workers, registered nurses, recovery specialists, rehabilitation therapists, peer support specialists, and a dietitian.

Our services 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.

“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

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510-536-8111 Main
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OFFICE HOURS

Staff are available 24/7



Services at Gladman MHRC

Services include, but are not limited to:

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

Becoming a Resident

For questions about referrals please call 510-536-8111

Admission Criteria

- Resident of Alameda County or Contra Costa County aged 18 and older
- Admitted through the Alameda County Systems Utilization Committee

Our Story

Gladman opened its doors in 1965 as Telecare's very first program and the very first free-standing psychiatric facility in Northern California. Since then, Gladman has been reconfigured a number of times before its current 40-bed MHRC designation.

We have a rich history of providing a home-like atmosphere to clients, with opportunities such as gardening, on-site gym equipment, a café-like dining room and a free library.

This program is funded by Alameda County and Medi-Cal.