



Harbor City Behavioral  
Health Center



Harbor City Behavioral Health Center (HCBHC) provides a comprehensive array of mental health services to individuals and families. We are a part of the fastest growing hospital and health care group in the area, Harbor City Medical. HCBHC is a collaborative group of collegial and skilled behavioral health practitioners providing compassionate care to patients in three states and throughout the metropolitan area.

Our core values include:

- Employing the highest standards of professionalism with compassion at all times
- Seeking and creating more effective ways to serve the community of Harbor City
- Recognizing and responding to the human dignity of every person
- Working toward the recovery of health and improving the quality of life for people we serve

The order of these core values is intentional. It starts with creating an environment that draws and nurtures the best staff to provide high-quality services. High-quality HCBHC services result in additional opportunities to create a healthier Harbor City community. With a goal of helping to create a healthier Harbor City community, it requires respecting the dignity of each patient, client, or family by helping them achieve a plan toward recovery or improved quality of life.

## Our Vision



It is our vision to be the preeminent behavioral health care provider in our market. We will achieve this through patient-centered, team-based, coordinated health care, supported by the strength of our parent organization and team of health care professionals.

Innovation and foresight are interwoven into every fabric of HCBHC's organizational culture. This culture has evolved since HCBHC first opened its doors.

HCBHC's directors are dedicated to being community partners with the leaders and residents of Harbor City and its surrounding communities. HCBHC reaffirms its intentions to address current needs and anticipate the future state of mental health care within the community.

We do this through a carefully crafted and continuously refined process of strategic planning. This planning correlates current and future mental health care needs with the current capability and the future promise of new approaches and services toward helping patients and families with their individual challenges. We strive to provide our patients with a continuum of care that can include inpatient hospitalization, partial hospitalization, intensive outpatient treatment, outpatient referrals, and housing and rehabilitation services, as needed.



## Our Mission



The mission of HCBHC is to promote the behavioral health of individuals, families, and communities through programs and services that promote recovery, build resilience, create opportunity, and improve quality of life. We aim to maximize the mental health of our patients and the community through expert care, compassion, innovative delivery models, medical research and education, and the appropriate use of health care resources.

Services are designed to promote recovery, increase independence, improve quality of life, and support community integration and inclusion.

### Services include:

Outpatient Clinical Services, Crisis/Hospitalization Services, Community-Based Adult and Family Services, Professional Consultation and Evaluation, Rehabilitation, Vocational Services, Social/Recreational Opportunities, Residential Services, and Prevention Services.

All new and ongoing services and programs continue to embrace HCBHC's commitment to being high quality, comprehensive, culturally competent, recovery focused, and trauma informed. This includes:

- Adult outpatient services for mental health problems. Psychiatry services are integrated into treatment. Counseling and psychiatry services may be offered for individuals who struggle to maintain psychiatric stability in the community.
- Family services for behavioral and mental health problems use service modalities including family therapy, individual, and group work. Psychiatry services are integrated into treatment interventions. Supportive counseling and psychiatry services may be offered for children/youth who struggle to maintain psychiatric stability in the community. Evidence-based practices include Cognitive Behavioral Therapy, Motivational Interviewing, Trauma Focused Cognitive Behavioral Therapy (TF-CBT), EMDR, and culturally specific services. Services are provided in English, Spanish, Portuguese, and Arabic.
- Assessment services provide comprehensive, objective and cost-effective clinical assessments and evaluations.
- Emergency services include responses to suicide attempts and situations that include a high-risk threat to self and/or others; short-term outpatient stabilization and case management until a transfer can be made to long-term services; treatment for acute psychiatric problems; monitoring of hospitalized clients; crisis stabilization services; consultation to other community professionals, including law enforcement; and survivor of suicide services to those affected by a death by suicide.
- School-based mental health services include partnerships with area schools to identify student group needs and provide evidence-based group intervention for children who have experienced a past trauma and have active Post-Traumatic Stress Disorder symptoms.
- Training and presentations are offered for behavioral health care providers, primary medical care providers, and community agencies and groups. Topics include implementation and integration of evidence-based practices; rapid change cycle process improvement; electronic health record systems; peer involvement in agency practices; cultural competence training and practices; Motivational Interviewing; Cognitive Behavioral Therapy applications; suicide risk assessment; trauma-informed services; culturally specific services for different populations; substance use disorders; co-occurring disorders; and many others.

