

# MISSION

“TO ELIMINATE THE IMPACT OF BEHAVIORAL HEALTH PROBLEMS FOR ALL PEOPLE”

## THE ANKA WAY

### CARING

- Integrated care and person-centered planning
- Home-like facilities
- Recovery in a positive environment

### DEPENDABLE

- Serving the community for over 40 years
- Serving nearly 16,000 individuals and their families annually
- Evidence based best practices
- Financially self-sustaining programs

### PROFESSIONAL

- CARF accredited
- Cutting-edge employee training
- Award-winning programs and services
- Innovative technology and practices: including Certified Electronic Health Record, Telehealth, and Quality Assurance Systems



Phoenix Center is provided in partnership by:



## PHOENIX CENTER

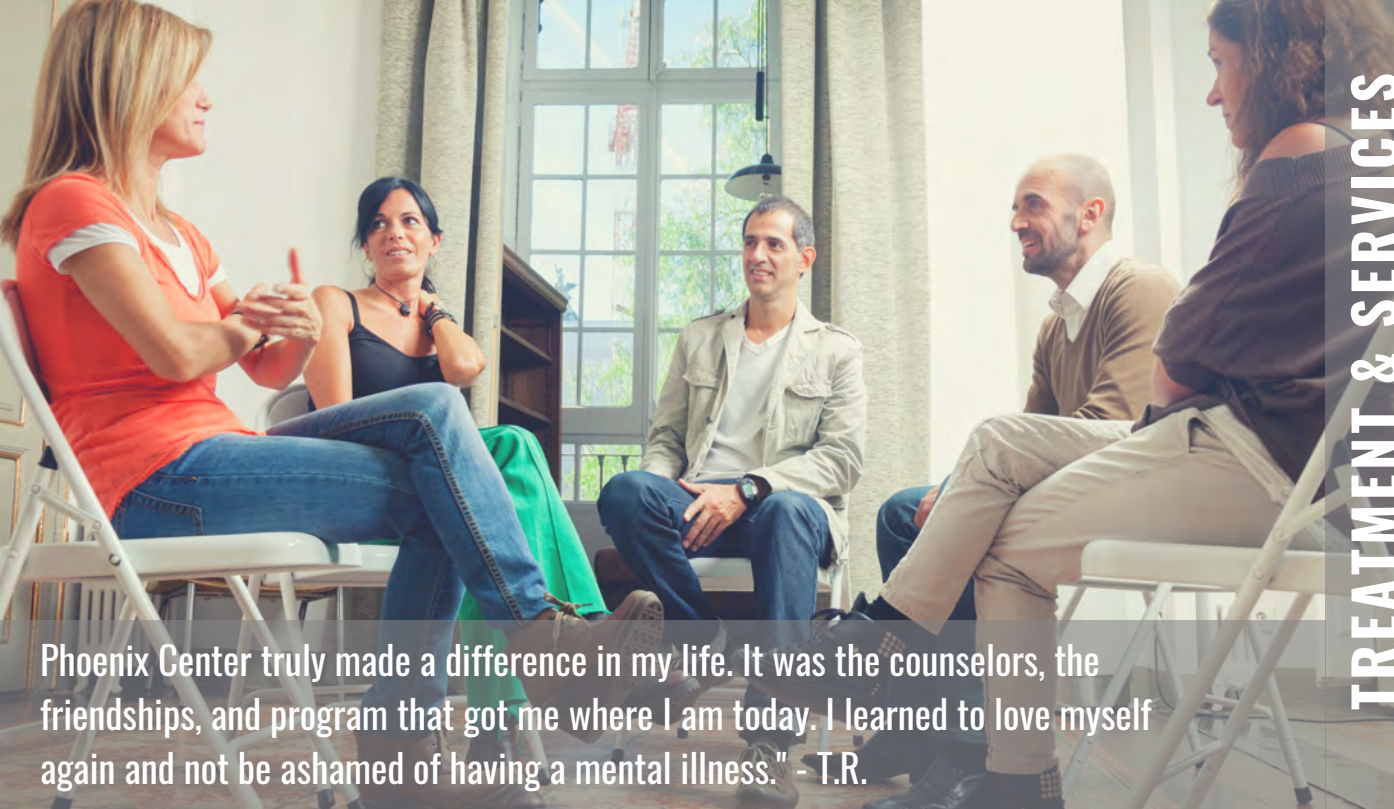
Outpatient Mental Health Clinic for  
Adults with Medi-Cal  
Concord, CA

**PHOENIX CENTER**  
1470 Civic Court, Suite 110  
Concord, CA 94520  
Phone: (925) 680-0222 | Fax: (925) 609-8634

Anka Behavioral Health, Inc.  
Phone: (925) 825-4700 | Fax: (925) 825-2610  
Email: [info@ankabhi.org](mailto:info@ankabhi.org) | [www.ankabhi.org](http://www.ankabhi.org)



(925) 680-0222



## TREATMENT & SERVICES

Phoenix Center truly made a difference in my life. It was the counselors, the friendships, and program that got me where I am today. I learned to love myself again and not be ashamed of having a mental illness." - T.R.

## MISSION & GOALS

As an outpatient clinic for adults experiencing behavioral health challenges, Phoenix Center's ultimate goal is to support our clients in their stabilization, treatment, and emotional growth and create a milieu in which they have the opportunity to attain and sustain the highest level of independent functioning within the community.

## HOURS

Monday - Friday, 8:30AM - 5:00PM

Closed on some holidays. Check with center for exact schedule.

## ELIGIBILITY

To be eligible for services, an individual must meet the following criteria:

- Must be 18 years of age or older.
- Must have a mental health diagnosis and be referred by Contra Costa County Behavioral Health.
- Must have Medi-Cal insurance.
- May also have dually diagnosed substance use disorders.
- Demonstrate a desire to participate in an outpatient program and be a willing and active participant in a wellness and recovery plan.

Phoenix Center provides the following treatment and services:

- **Assessment of mental health and substance use needs and treatment plan development**
- **Individual therapy provided once a week or on an as needed basis**
- **Psychiatric medication administration and management**
- **Nursing services, including health screenings, management, and education.**
- **Group Therapy is offered five days per week and includes the following focuses:**
  - **Expressive Arts**
  - **Depression & Anxiety**
  - **Men's Support Group**
  - **Relationship Skills**
  - **Building Self-Esteem**
- **Case Management**
- **Some assistance with transportation**
- **Healthy living skills and social skills development.**