

## HARMESH KUMAR, Ph.D.

### Licensed Psychologist



Dr. Harmesh Kumar is a licensed Clinical Psychologist with more than three decades of experience. in the field of mental health with a private consulting practice. He is currently working as a psychologist on contract with the California Department of Corrections and Rehabilitation at California Health Care Facility, Stockton.

Dr. Kumar has solid ability to create a therapeutic alliance with patients, develop practical clinical and administrative teams, keeping the staff's morale high while dealing with a complex patient population, their families and keeping the community healthy and happy.

He is founder and president of a non-profit mental health agency in California called South Asian Behavioral Health and Training Foundation (SABH Inc.) also DBA Angles of Humanity. This agency provides mental health awareness and resources to South Asian communities in their linguistic and cultural context.

He owned and operated several California State licensed assisted living and skilled nursing facilities across California, serving the elderly, mentally and the developmentally disabled for their long-term housing needs. He provides consultation to staff and owners about team building, handling difficult residents, handling the anxious family members and dealing with city, county, state, and federal agencies.

He also founded a mental health agency in June 1993, called Neurobehavioral and Psychological Institute (NPI Inc.), which later changed its name to The Hume Center. Dr. Kumar served as President of the Hume Center until August 31, 2004. The Hume Center is still providing much needed services to those who need it the most.

Dr. Kumar was a pioneer in developing many clinical programs from scratch and with financial resources to sustain them including Outpatient, Partial Hospitalization Program, Geropsychiatric Program, Behavioral Consultation for staff and consumers of Board and Care Homes vendored by Regional Center of the East Bay (RCEB), Residential Care Services for Adults and Elderly (ARF and RCFE), help establish APPIC-and-CAPIC Accredited Training Programs for Pre and Post-doctoral trainees and served as Director of Training Program and supervised many Pre and Post-doctoral trainees over the years including currently he is supervising post-doctoral fellows in his private practice.

Though most of his work has been in the United States, Dr. Kumar began his professional career in 1983 as a social scientist (Psychologist) with the World Health Organization (WHO)'s Collaborative

Center for Mental Health and Research, Department of Psychiatry, and College of Nursing, Post Graduate Institute of Medical Education and Research (PGIMER), Chandigarh, India Community Service: Dr. Kumar volunteered more than 3000 hours at St. Mary's Medical Center and Hospital in San Francisco from 1991-1993 and contributed thousands of hours in various community leadership roles over the years including:

- Executive Committee Member of Interfaith Council of Contra Costa County from 2003 to 2014,
- Member on Measure Q Finance Oversight Committee, City of Concord, CA (2010-2014)

Commissioner for the City of Concord on the Human Relations Commission and as a Chair of the Commission from 2006-2010

- Member of the Board of Directors of Monument Community Partnership (MCP) from 2003-2005.
- Served as Trustee of the Board of Trustees of Ik Onkar Peace Foundation from 2002-2004.
- Attended the World Parliament of Religions, July 2004, in Barcelona, Spain to promote the message of universal love
- He served on the Advisory Council of India Community Center ([www.icc.org](http://www.icc.org)).

Dr. Kumar started the Annual Spring Diversity Festival (Baisakhi) eighteen years ago in Todos Santos Park Plaza in downtown Concord in April 2004 to build bridges between different ethnic communities and create social harmony in collaboration with the Interfaith Council of Contra Costa County.

He organized and participated in the free community health fairs organized by various local charitable organizations. Dr. Kumar also chaired a committee on cross-cultural issues in neuropsychology of Northern California Neuropsychological Forum (NCNF) from 1995 to 1997 and recently served as a member at Large on the Executive Board of NCNF.

He believes in investing more on prevention and supportive housing for people with disabilities and parolees, rather than spending more resources on managing constant crises and contributing to recidivism statistics.

Dr. Kumar is trained in the use of controlled force with inmates who are danger to self and others. with law enforcement agencies.

Dr. Kumar received various honors for his professional and community services as listed below:

- Certificate of Recognition by the Senate of State of California, 8/15/2002 for his services to the welfare of the citizens of California.
- HIND RATTAN (Jewel of India) AWARD, 1996 by The Non-Resident-Indians Welfare Society of India and many local Indo-American and mainstream organizations for his

achievements and contributions to the well-being of the Indo-American community as well as to the mainstream society in the United States.

- "Making a Difference Award", 2014, for his service to Contra Costa County residents by Interfaith Council of Contra Costa County.

- His work in Mental Health and Community Development has been recognized by President Bill Clinton, as well as members of Congress, State Senate, State Assembly, the Contra Costa County Board of Supervisors, and the Concord City Council.

He also works to prevent the elderly from becoming homeless, especially those who do not speak English and cannot drive due to poor vision and other health issues.

Dr. Kumar has helped and consulted with many private business owners to keep healthy boundaries and nurturing relationships with their employees to sustain and grow their businesses and promote team building, thereby avoiding emotional, legal, and systemic issues, reducing incidences of sexual harassment, preventing workplace violence, team building, retention of employees to reduce retraining expenses. He has been very helpful to provide mentoring, positive role model and transformative leadership to reduce burnout, turnover and promoting a healthy collaborative working relationships between health care and law enforcement agencies without finding fault, blaming game, being non-judgmental, on-punitive and non-reactive. He believes in bio-psycho-social and spiritual model to enabling people to find real meaning in their work and foster mutually respectful relationships in the work environment.

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