

**Serving Sacramento – North Location**

Funded by the Sacramento County Division of Behavioral Health Services through the voter-approved Proposition 63, Mental Health Services Act (MHSA)

## **FIT**

### **FLEXIBLE INTEGRATED TREATMENT**

#### **WHAT WE DO:**

- Outpatient Mental Health Services for youth under 21 years old
- Evidence Based/Promising Practices: Trauma Focused Cognitive Behavioral Therapy (TF-CBT), Dialectical Behavior Therapy (DBT)
- Short-term therapy
- Skills building
- Medication support
- Case management
- Support out of homelessness/at risk of

### **SERVICE HOURS:**

Monday-Thursday 8:30am-5:30pm  
Friday 8:30am-5:00pm  
Closed weekends & holidays



Services are for MediCal members who meet criteria for Specialty Mental Health Services.

### **SITE WALK-IN HOURS**

Thursdays 9:00am-4:00pm

### **WEBSITE LINK:**

[WWW.SSYAF.ORG](http://WWW.SSYAF.ORG)

### **SITE ADDRESS AND CONTACT INFO:**

8421 Auburn Blvd, Building 3  
Citrus Heights, CA 95610  
PHONE: (916) 512-8420  
FAX: (916) 722-9229  
EMAIL: [info@ssyaf.org](mailto:info@ssyaf.org)

