

Serving Sacramento – Central 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

Wednesdays 9:00am-4:00pm

WEBSITE LINK:

WWW.SSYAF.ORG

SITE ADDRESS AND CONTACT INFO:

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