

FLEXIBLE INTEGRATED TREATMENT (FIT)

EMPOWERING YOUTH TO REACH THEIR FULL POTENTIAL



THOUSANDS OF CHILDREN AND YOUTH IN OUR COMMUNITY ARE SUFFERING FROM SERIOUS MENTAL HEALTH CONDITIONS THAT WITHOUT HELP, MAY FACE SIGNIFICANT OBSTACLES TO REALIZING THEIR FULL POTENTIAL.

Through Stanford Sierra Youth & Families' Flexible Integrated Treatment (FIT) program, our community's most at-risk youth of all ages and their families become empowered to lead their lives more fully through our intensive, evidence-based therapy models and linkage to community-based services and supports. The safety and well-being of youth are paramount goals of the FIT program. We focus on tangible outcomes for youth and their families that build on their strengths and successes, increase resiliency, reinforce family connections and improve overall mental and behavioral health.

PROGRAM FACTS:

- Medi-Cal eligible children and youth ages 0–21 may receive services through FIT for 6–9 months.
- FIT team members provide family driven, culturally competent, strength-based, trauma informed mental health services and supports.
- The "Flexible" in FIT refers to the program's capacity to vary the type, location, frequency, duration, and intensity of services in accordance with youth and family needs.
- Therapeutic services may be provided in the family's home, in the school setting, in the community setting of the family's choice, or in our conveniently located counseling center.

CASE MANAGEMENT SERVICES:

- Our team of trained professionals provide comprehensive case management services and supports to youth and their families. Services may include:
- Psychiatric evaluations and medication management
- Attendance and advocacy at Individualized Education Plan (IEP) meetings with schools
- Attendance and advocacy at Student Study Team (SST) meetings with schools 85% of youth served in
- Attendance and advocacy at Team Decision Making (TDM) meetings with Child Protective Services (CPS)
- Linkage to community-based resources for transportation, food, clothing, and shelter
- Collaboration with schools, doctors, hospitals, social services, child welfare, courts,
- Alta Regional Center, Alcohol and Drug Services (ADS) and Juvenile Justice

Stanford Sierra Youth & Families

WHAT SERVICES LOOK LIKE:

When youth are referred to our FIT program, they first receive a comprehensive assessment to determine the family's strengths and needs. Staff utilize an array of mental health services and supports that are individualized and based on specific needs.

- Youth and families develop a treatment plan with the support of our clinicians to identify individualized goals and objectives.
- Youth may receive individual or group rehabilitation and/or individual, family, or group therapy.
- Therapy is provided by a Licensed or Licensed Waived Clinician.
- Youth have access to our expressive play therapy center and art as needed.
- Child Family Team meetings occur a minimum of every 3-6 months or more often based on need.
- Therapeutic services and Child Family Team meetings are held in families' homes, schools, community settings, or at our conveniently located counseling center.
- Professional staff provide culturally competent services, meaning not only are translation services always available, but we understand and respect each family's unique culture and put it at the forefront of our work together.
- We create safety plans with families to prevent or utilize in a crisis.
- We provide 24-hour crisis intervention and on-call family support.

HOW TO MAKE A REFERRAL:

You may request Stanford Sierra Youth & Families' FIT services by contacting Sacramento County's Access Team at: (916) 875-1055 or toll-free at (888) 881-4881.

Access Team members provide information, assess service needs and eligibility criteria, authorize mental health services, and make referrals to contracted mental health programs.

For more information on our FIT Program, please contact our FIT Program Director at (916) 344-0199.



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