



Stanford Sierra  
Youth & Families

SACRAMENTO  
COUNTY

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 for youth/families experiencing, or at risk of, homelessness

## **SERVICE HOURS:**

Monday-Thursday 8:30am-5:30pm

Friday 8:30am-5:00pm

Closed weekends & holidays

## **SITE WALK-IN HOURS**

Mondays 3:00pm-5:00pm

Tuesdays 9:00am-11:00am

Wednesdays 11:00am-1:00pm

## **SITE ADDRESS**

8912 Volunteer Lane  
Sacramento, CA 95826



## **VIRTUAL CLINIC**

Meeting virtually on Wednesdays  
from 3:30 to 5:30PM:

Click here <http://www.ssyaf.org/fit-walk-clinics> or scan the QR code below.

## **CONTACT INFO**

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