



Stanford Sierra
Youth & Families

SACRAMENTO
COUNTY

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 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

Tuesdays 3:00pm-5:00pm

Thursdays 9:00am-11:00am

Thursdays 1:00pm-3:00pm

SITE ADDRESS

8421 Auburn Blvd
Building 3
Citrus Heights, CA 95610



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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