



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)
- 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

Mondays 3:00pm-5:00pm

Tuesdays 9:00am-11:00am

Wednesdays 11:00am-1:00pm

Wednesdays 5:00pm-7:00pm

## WEBSITE LINK:

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

## SITE ADDRESS AND CONTACT INFO:

8912 Volunteer Lane

Sacramento, CA 95826

PHONE: (916) 344-0199

FAX: (916) 344-0196

EMAIL: [info@ssyaf.org](mailto:info@ssyaf.org)

