



# Adult and Child Provider Walk-in Hours

Our providers offer outpatient mental health services to help people feel better in their lives. Depending on what you need, we have different levels of support for a lot of help or a little bit. Services can be in the home, school (for children), office or other places that would be helpful to receive services. We can also help our clients enrolled in our mental health services if homelessness is a concern.

| <b>Adults:</b> Individuals age 21 or older<br><b>Children:</b> Individuals under age 21<br><b>CORE:</b> Community Outreach Recovery Empowerment<br><b>FIT:</b> Flexible Intergrated Treatment |  | <b>Effective:</b><br>Monday, 11/18/2024 through Friday, 11/22/2024 |  |                                   | <a href="#">Click Here: Flexible Integrated Treatment (FIT) Clinic Locations</a> |  |   |
|---|--|--|--|-----------------------------------|--|--|---|
| Provider  | Walk-in Hours (date/time)  | Location   |  |                                   | Phone Number   | Evidence-based Practices   | Webpage Address/Link  |
|   |  | Geographic Region  | Address  | Cross Street                      |  |  |   |
| <b>Children's Outpatient Providers Accepting New Clients</b>  |  |  |  |                                   |  |  |   |
| Capital Star  | Tue: 2:30-5:30 PM-in person<br>Wed: 4-6 PM/phone triage<br>Fri: 8:30-11:30AM-in person   | North  | 3800 Watt Ave,<br>Suite 110<br>Sacramento, CA 95821          | Edison Ave                        | 916-344-0249   | PCIT, PC CARE.<br>TF-CBT, TIP  | <a href="https://www.starsinc.com/sacramento-county/capital-star-office/">https://www.starsinc.com/sacramento-county/capital-star-office/</a> |
| HeartLand Child & Family Services   | <b>In Office:</b><br>Tuesday 11:00am-5:00pm<br>Wednesday 11:00 am- 5:00 pm<br>Thursday 11:00am-5:00pm<br><b>Telehealth/Phone:</b><br>Tuesday 5:00- 6:00pm<br>Wednesday 5:00- 6:00 pm<br>Thursday 5:00- 6:00 pm | North  | 2829 Watt Ave STE 200,<br>Sacramento CA 95821                | Marconi                           | 916-418-0828   | TF-CBT, ART  | <a href="https://doingwhateverittakes.org/">https://doingwhateverittakes.org/</a>   |
| Pacific Clinic  | Thursdays 9:00am-5:30pm<br>Call in Times Monday and Friday 9:00 am to 5.00 pm  | North  | 3840 Rosin Court,<br>Suite 100<br>Sacramento, CA 95834       | Northgate Blvd                    | 916-921-0828   | TF-CBT   | <a href="https://www.pacificclinics.org/our-services/locations/">https://www.pacificclinics.org/our-services/locations/</a>                   |
| River Oak Center for Children   | Tuesday Telehealth 3:30- 5:30 pm<br>Wednesday Office 12:00- 2:00 pm<br>Thursday Office 1:00- 3:00 pm <b>(Closed on Thursday, November 14- no walk-ins)</b><br>Friday Office 9:00- 11:00 am                     | North  | 5445 Laurel Hills Dr.<br>Sacramento CA 95841                 | Garfield                          | 916-609-5100   | TF-CBT; PCIT;<br>PC-CARE; DBT;<br>Coping Cat;<br>Incredible Years, ART,<br>Team Aim High | <a href="http://www.riveroak.org">www.riveroak.org</a>  |
| Stanford Sierra Youth and Families  | Tuesday 3:00- 5:00 pm<br>Wednesday 5:00- 7:00 pm <b>(Closed November 27th)</b><br>Thursday 9:00- 11:00 am <b>(Closed November 28th)</b><br>Thursday 1:00- 3:00 pm <b>(Closed November 28th)</b>                | North  | 8421 Auburn Blvd,<br>Building 3,<br>Citrus Heights, CA 95610 | Auburn Blvd and Auburn Oaks Court | 916-512-8420   | TF-CBT, PCIT,<br>PC-CARE   | <a href="https://ssyaf.org">https://ssyaf.org</a>   |

|   |  |         |  |                          |              |  |   |
|---|--|---------|--|--------------------------|--------------|--|---|
| Dignity   | Mondays 1:00 pm to 3:00 pm<br>Tuesdays from 9:00 am to 11:00am<br>Thursdays from 4:00pm-5:00pm*<br>Thursdays 5:00 pm to 6:00 pm Phone only   | Central | 9837 Folsom Boulevard,<br>Suite F<br>Sacramento, CA 95827    | Horn Road                | 916-450-2600 | None                                     | <a href="https://www.dignityhealth.org/dhmf/locations/sacramento-childrens-behavioral-health">https://www.dignityhealth.org/dhmf/locations/sacramento-childrens-behavioral-health</a> |
| Pacific Clinic  | Tuesdays 3:00 pm to 5:30 pm<br>Wednesdays 10:00am to 12:00pm<br>Call In Times Monday and Friday from 9:00 am to 5:00 pm  | Central | 9343 Tech Center Drive,<br>Suite 200<br>Sacramento, CA 95826 | Mayhew Road              | 916-388-6400 | TF-CBT                                   | <a href="https://www.pacificclinics.org/our-services/locations/">https://www.pacificclinics.org/our-services/locations/</a>   |
| Stanford Sierra Youth and Families                    | Monday 3:00-5:00 pm (Closed November 11th)<br>Tuesday 9:00 -11:00 am<br>Wednesday 11:00-1:00 pm (Closed November 27th)<br>Wednesday 5:00 -7:00 pm  | Central | 8912 Volunteer Lane,<br>Sacramento, CA 95826                 | Watt Ave and Folsom Blvd | 916-344-0199 | TF-CBT, PCIT, PC-CARE                    | <a href="https://ssyaf.org">https://ssyaf.org</a>   |
| Sacramento County Children's Outpatient Clinic (CAPS) | Call to schedule appointment   | Central | 3331 Power Inn Rd,<br>Suite 140<br>Sacramento, CA 95826      | Cucamonga Ave            | 916-875-1183 | None                                     | <a href="#">None</a>  |
| UCD   | Monday 2:00 to 4:00 pm<br>Monday 3:00 to 5:00 pm<br>Monday 5:00 pm<br>Tuesday 12:00 to 2:00 pm<br>Tuesday 2:00 to 4:00 pm<br>Friday 1:00 to 3:00 pm  | Central | 3671 Business Drive,<br>Suite 100<br>Sacramento, CA 95820    | 14th Ave                 | 916-734-8396 | PCIT, TF CBT, DBT PC CARE                | <a href="https://health.ucdavis.edu/children/services/CAARE/">https://health.ucdavis.edu/children/services/CAARE/</a>   |
| Dignity   | Mondays 1:00 pm to 3:00 pm<br>Tuesdays from 9:00 am to 11:00am<br>Thursdays from 4:00pm-5:00pm*<br>Thursdays 5:00 pm to 6:00 pm Phone only   | South   | 6615 Valley Hi Drive,<br>Suite A<br>Sacramento, CA 95823     | Bruceville Road          | 916-450-2650 | None                                     | <a href="https://www.dignityhealth.org/dhmf/locations/sacramento-childrens-behavioral-health">https://www.dignityhealth.org/dhmf/locations/sacramento-childrens-behavioral-health</a> |
| La Familia  | Monday 9:00 am to 1:00 pm<br>Wednesday 1:00 pm to 5.00 pm<br>Fridays 11:00 am to 1:00 pm<br>1st Saturday of the month by appointment only  | South   | 3301 37th Avenue<br>Sacramento, CA 95824                     | Franklin Blvd            | 916-452-3601 | Cultura de Salud                         | <a href="https://lafcc.org/">https://lafcc.org/</a>   |
| HeartLand Child & Family Services                     | <b>In Office:</b><br>Tuesday 11:00am-5:00pm<br>Wednesday 11:00 am- 5:00 pm<br>Thursday 11:00am-5:00pm<br><b>Telehealth/Phone:</b><br>Tuesday 5:00- 6:00pm<br>Wednesday 5:00- 6:00 pm<br>Thursday 5:00- 6:00 pm | South   | 6833 Stockton Blvd.,<br>Suite 485<br>Sacramento, CA 95823    | 65th Street              | 916-942-9144 | TF-CBT, ART                              | <a href="https://doingwhateverittakes.org/">https://doingwhateverittakes.org/</a>   |
| Sacramento Children's Home                            | Monday 3:00 PM-5:00 PM<br>Tuesday 3:00 PM-5:30 PM<br>Thursday 3:00 PM-5:00 PM  | South   | 2750 Sutterville Rd.<br>Sacramento, CA 95820                 | Franklin Blvd.           | 916-492-7240 | TFCBT, PCIT, PC-CARE                     | <a href="https://www.kidshome.org/">https://www.kidshome.org/</a>   |
| Turning Point   | Mondays 1:00pm-2:00pm<br>Wednesdays 4:00pm-6:00pm<br>Fridays 10:00am-11:00am   | South   | 3161 Dwight Road,<br>Elk Grove, CA 95758                     | Laguna Blvd              | 916-427-7141 | TF-CBT, PCIT, PC-CARE, ART, AF-CBT, LMFG | <a href="https://www.tpcp.org/">https://www.tpcp.org/</a>   |

| Adult's Outpatient Providers Accepting New Clients                   |   |            |   |  |              |   |   |
|--|---|------------|---|--|--------------|---|---|
| BACS   | Wednesdays: 9:00am-11:00am<br>Friday: 1:00pm-3:00pm                               | East       | 9333 Tech Center Drive,<br>Suite 100, Sacramento        | Mayhew   | 916-379-7964 | Strengths Model                         | <a href="https://www.bayarea.org/core-sacramento/">https://www.bayarea.org/core-sacramento/</a> |
| BACS   | Tuesdays: 11:00am-1:00pm<br>Thursdays: 11:00am-1:00pm                             | East       | 4600 47 <sup>th</sup> Ave, Suite 111,<br>Sacramento     | 46 <sup>th</sup> Street                              | 916-318-0141 | Strengths Model                         | <a href="https://www.bayarea.org/core-sacramento/">https://www.bayarea.org/core-sacramento/</a> |
| El Hogar   | Mondays: 9:00am-11:00am<br>Wednesdays: 1:00pm-3:00pm<br>Thursdays: 9:00am-11:00am | North East | 8421 Auburn Blvd, Citrus<br>Heights                     | **Twin Oaks<br>Avenue (or<br>directly off of<br>I80) | 916-441-3819 | Strengths<br>Model, Seeking<br>Safety   | <a href="https://www.elhogarinc.org/">https://www.elhogarinc.org/</a>                           |
| Hope Cooperative   | Mondays: 9:30-11:30   | North East | 3737 Marconi Ave,<br>Sacramento                         | Watt Ave and<br>Marconi                              | 916-480-1801 | Strengths Model                         | <a href="https://hopecoop.org">https://hopecoop.org</a>   |
| Turning Point  | Mondays: 9:00am -12:00pm<br>Wednesdays: 1:00pm-4:00pm<br>Thursdays: 1:00pm-4:00pm | North West | 3810 Rosin Ct. Ste 170,<br>Sacramento                   | Northgate  | 916-567-4222 | Strengths Model                         | <a href="https://www.tpcp.org/program/core/">https://www.tpcp.org/program/core/</a>             |
| Turning Point  | Mondays: 9:00am-12:00pm<br>Wednesdays: 1:00pm-4:00pm<br>Thursdays: 1:00pm-4:00pm  | North West | 3628 Madison Ave Ste 6,<br>North Highlands              | Roseville Rd.  | 916-388-3231 | Strengths Model                         | <a href="https://www.tpcp.org/program/core/">https://www.tpcp.org/program/core/</a>             |
| El Hogar   | Monday: 8:30am- 11am<br>Tuesday: 8:30am-11am<br>Wednesday: 8:30am- 11am           | West       | 600 Bercut Drive,<br>Sacramento                         | Richards Blvd  | 916-440-1500 | Strengths<br>Model, Seeking<br>Safety   | <a href="https://www.elhogarinc.org/">https://www.elhogarinc.org/</a>                           |
| Hope Cooperative   | Wednesday: 9:00-11:00   | West       | 1400 X street,<br>Sacramento                            | X street and<br>14th street                          | 916-738-7400 | Strengths Model                         | <a href="https://hopecoop.org">https://hopecoop.org</a>   |
| Hope Cooperative   | Wednesday: 1:00pm-3:00pm  | Central    | 650 Howe Ave. Bldn 300,<br>Sacramento                   | Howe. and<br>Sierra Blvd.                            | 916-485-6500 | Strengths Model                         | <a href="https://hopecoop.org">https://hopecoop.org</a>   |
| Sacramento County<br>Adult Psychiatric<br>Support Services<br>(APSS) | M-F 10am to 3pm   | Central    | 2130 Stockton Blvd,<br>Bldg 100<br>Sacramento, CA 95817 | 39th Street  | 916-875-0701 | CBT, DBT, MI,<br>PSS, Seeking<br>Safety | None  |
| BACS   | Tuesdays: 9:00am-11:00am<br>Thursdays: 12:00pm-2:00pm                             | South      | 7171 Bowling Drive,<br>Suite 300, Sacramento            | Florin Rd  | 916-270-6994 | Strengths Model                         | <a href="https://www.bayarea.org/core-sacramento/">https://www.bayarea.org/core-sacramento/</a> |
| Turning Point  | Mondays: 12:30pm-4:00pm<br>Thursdays: 12:30pm-4:00pm                              | South      | 9340 E. Stockton Blvd,<br>Elk Grove                     | Laguna Blvd.   | 916-509-8198 | Strengths Model                         | <a href="https://www.tpcp.org/program/core/">https://www.tpcp.org/program/core/</a>             |