

Additional Behavioral Health Services Resources

Mental Health Urgent Care Clinic

(916) 520-2460

Walk-Ins: 2130 Stockton Boulevard,
Building 300, Sacramento, CA 95817.

Mental Health Access Team

Call (916) 875-1055

Substance Use Prevention and Treatment

(916) 874-9754

DHS-SUPT@saccounty.net

Homeless Engagement and Response Team (HEART)

(916) 875-1720

BHS-HEARTReferrals@saccounty.gov

Community Support Team (CST)

(916) 874-6015

211 Sacramento

(916) 498-1000 or 211



County of Sacramento Department of Health Services Behavioral Health Services

David Villanueva
County Executive

Timothy Lutz, Director
Department of Health Services

Ryan Quist, Ph.D., Director
Behavioral Health Services

Kelli Weaver, Deputy Director
Behavioral Health Services



Department of Health Services

7001– A East Parkway,
Sacramento, CA 95823

PH: 916-875-6508

Email: DHS-MH-AOT@saccounty.gov

Assisted Outpatient Treatment (AOT)

Behavioral Health Services



Eligibility/Criteria

- Is 18 yrs. of age or older.
- Person is suffering from a mental illness
- Unlikely to survive w/o supervision & condition is substantially deteriorating.
- Person has 2 or more psychiatric hospitalizations in 36 months, Person has 2 or more arrests in the past 36 months OR
- Person has had opportunity to participate in a treatment plan by director of the local mental health department, and person continues to fail to engage.

Submitting a referral

By Email:

DHS-MH-AOT@saccounty.gov

By Phone:

916-875-6508

Who Can refer?

- A person 18 years of age or older who is: the parent, spouse, child (18yrs of age or older) or sibling,
- Director of a treating facility where the individual resides.
- Director of the hospital where the person is hospitalized.
- Treating or supervising mental health provider;
- Probation, parole or peace officer.
- Judge/Court

Goals/Objectives

AOT is an intensive outpatient recovery oriented, strengths based, client centered treatment program.

- AOT will connect referred persons to a high intensity, community based full service partnership program utilizing a "whatever it takes" model of service provision.
- AOT will further client self-determination in the most effective level of service intensity and community integration as appropriate.
- AOT will promote and optimize community functioning.
- AOT will reduce emergency room visits, psychiatric hospitalizations, admissions to long term facilities, arrests, incarcerations, and homelessness due to untreated or undertreated mental illness.