



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
- Parent Child Interactive therapy (PCIT), PC-CARE, Alternatives for Families Cognitive Behavioral Therapy (AF-CBT), and TIP
- Short-term therapy
- Coping skills building
- Medication support
- Case management
- Support out of homelessness/at risk of
- Crisis Intervention
- Child and Family Team Meetings
- Linkage to community resources

## SERVICE HOURS:

MONDAY-FRIDAY 8AM-5PM

Services are for MediCal members who meet criteria for Specialty Mental Health Services.

## SITE WALK-IN HOURS

Tuesdays: 2:30-5:30pm  
Wednesdays: 4-6pm (Phone Triage)  
Fridays: 8:30am-11:30am

## SITE ADDRESS AND CONTACT INFO:

3800 Watt Ave. Suite 110,  
Sacramento, CA 95821

PHONE: (916)344-0249  
FAX: (916) 914-2462  
EMAIL: [info@starsinc.com](mailto:info@starsinc.com)

## WEBSITE LINK:

[www.starsinc.com/sacramento-county/](http://www.starsinc.com/sacramento-county/)

