



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
- Trauma- Focused Cognitive Behavioral Therapy
- Aggression Replacement Therapy
- Short-term therapy
- Coping skills building
- Medication support
- Case management
- Support out of homelessness/at risk of
- School Based Services

### **SERVICE HOURS:**

Monday- Friday  
9am-5pm

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

### **SITE WALK-IN HOURS:**

Monday - Friday  
9am - 4pm

### **SITE ADDRESS AND CONTACT INFO:**

#### **Watt Avenue Clinic**

2829 Watt Avenue, Suite 200

Sacramento, CA 95821

(916) 418-0828

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### **WEBSITE LINK:**

[www.doingwhateverittakes.org](http://www.doingwhateverittakes.org)

Use the QR code to be directed to our website.

