



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

SITE ADDRESS AND CONTACT INFO:

8912 Volunteer Lane

Sacramento, CA 95826

PHONE: (916) 344-0199

FAX: (916) 344-0196

EMAIL: info@ssyaf.org

