



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
- TF-CBT, PCIT, PC-CARE
- Short-term therapy
- Coping skills building
- Medication support
- Case management
- Support out of homelessness/at risk of
- Crisis Intervention
- Group Therapy



### **SERVICE HOURS:**

Monday-Friday  
8:00am-6:00pm

Services are for MediCal Members who meet criteria for Specialty Mental Health Services

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

Mondays, 1:00pm-2:00pm

Wednesdays, 4:00pm-5:00pm

Fridays, 10:00am-11:00am

### **WEBSITE LINK:**

<https://www.tpcp.org/>

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

3161 Dwight Road  
Elk Grove, CA 95758

PHONE: 916-427-7141

FAX: 916-427-7122

