

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 (TF-CBT)
- Dialectical Behavioral Therapy (DBT)
- Parent-Child Interactive Therapy (PCIT)
- Parent-Child Care (PC-CARE)
- Collaborative Assessment and Management of Suicidality (CAMS)
- Medication support for active clients
- Case management for active clients
- Support active and eligible clients who are homelessness/at risk of homelessness

### SERVICE HOURS:

Monday to Friday  
8:00 am to 7:00 pm



### SITE WALK-IN HOURS

Monday 9:00 am to 11:00 am  
Tuesday 12:00 pm to 2:00 pm  
Friday 12:00 pm to 2:00 pm

### SITE ADDRESS AND CONTACT INFO:

3671 Business Drive Ste. 110  
Sacramento, CA 95762  
PHONE: (916) 734-8396  
FAX: (916) 454-1242  
EMAIL: CAARECenter@ucdavis.edu

### WEBSITE LINK:

<https://UC Davis CAARE Diagnostic and Treatment Center | UC Davis Children's Hospital>

