



## Adult and Child Mental Health Provider Open Assessment Hours

Our providers offer outpatient mental health services to help people feel better in their lives. Depending on what you need, we have different levels of support for a lot of help or a little bit. Services can be in the home, school (for children), office or other places that would be helpful to receive services. We can also help our clients enrolled in our mental health services if homelessness is a concern.

Adults: Individuals age 21 or older

Children: Individuals under age 21

CORE: Community Outreach Recovery Empowerment

FIT: Flexible Integrated Treatment

THRIVE: Transformative Healing Renewing Inclusive Voices Empowerment

### Flexible Integrated Treatment (FIT) Clinic Locations

Provider Type	Provider Name	Open Assessment Hours	Geographic Region	Address	Cross Street	Phone Number	Evidence-based Practices	Webpage
Children's Outpatient Provider	Capital Star	Tuesday: 2:30-5:30 PM-in person Wednesday: 4-6 PM/phone triage Friday: 8:30-11:30AM-in person	North	3800 Watt Ave, Suite 110 Sacramento, CA 95821	Edison Ave	916-344-0249	PCIT, PC CARE. TF-CBT, TIP	<a href="#">Capital Star webpage</a>
Children's Outpatient Provider	HeartLand Child & Family Services	<b>In Office:</b> Tuesday 11:00 am-5:00 pm Wednesday 11:00 am-5:00 pm Thursday 11:00 am-5:00 pm <b>Telehealth/Phone:</b> Tuesday 5:00-6:00 pm Wednesday 5:00-6:00 pm Thursday 5:00-6:00 pm	North	811 Grand Ave, STE D, Sacramento CA 95838	Rio Linda BID	916-922-9868	TF-CBT, ART	<a href="#">HeartLand Child &amp; Family Services webpage</a>
Children's Outpatient Provider	HeartLand Child & Family Services	<b>In Office:</b> Tuesday 11:00am-5:00pm Wednesday 11:00 am- 5:00 pm Thursday 11:00am-5:00pm <b>Telehealth/Phone:</b> Tuesday 5:00- 6:00pm Wednesday 5:00- 6:00 pm Thursday 5:00- 6:00 pm	North	2829 Watt Ave STE 200, Sacramento CA 95821	Marconi	916-418-0828	TF-CBT, ART	<a href="#">HeartLand Child &amp; Family Services webpage</a>

Children's Outpatient Provider	Pacific Clinic	Thursdays 9:00am-5:30pm Call in Times Monday and Friday 9:00 am to 11:00 am	North	3840 Rosin Court, Suite 100 Sacramento, CA 95834	Northgate Blvd	916-921-0828	TF-CBT	<a href="#">Pacific Clinic webpage</a>
Children's Outpatient Provider	Stanford Sierra Youth and Families	In Office: Monday–Thursday, 4:00–6:00 PM (Closed 6/30/26)	North	8421 Auburn Blvd, Building 3, Citrus Heights, CA 95610	Auburn Blvd and Auburn Oaks Court	916-512-8420	TF-CBT, PCIT, PC-CARE	<a href="#">Stanford Sierra Youth and Family webpage</a>
Children's Outpatient Provider	Dignity	Mondays 1:00 pm to 3:00 pm Tuesdays from 9:00 am to 11:00am Thursdays from 4:00pm-5:00pm* Thursdays 5:00 pm to 6:00 pm Phone only	Central	9837 Folsom Boulevard, Suite F Sacramento, CA 95827	Horn Road	916-450-2600	None	<a href="#">Dignity Health webpage</a>
Children's Outpatient Provider	Pacific Clinic	Tuesdays 2:00 pm to 5:30 pm Call In Times Monday and Friday from 9:00 am to 11:00 am	Central	9343 Tech Center Drive, Suite 200 Sacramento, CA 95826	Mayhew Road	916-388-6400	TF-CBT	<a href="#">Pacific Clinic webpage</a>
Children's Outpatient Provider	Stanford Sierra Youth and Families	In Office: Monday–Thursday, 4:00–6:00 PM (Closed 6/30/26)	Central	8912 Volunteer Lane, Sacramento, CA 95826	Watt Ave and Folsom Blvd	916-344-0199	TF-CBT, PCIT, PC-CARE	<a href="#">Stanford Sierra Youth and Family webpage</a>
Children's Outpatient Provider	Sacramento County Children's Outpatient Clinic (CAPS)	Call to schedule appointment	Central	3331 Power Inn Rd, Suite 140 Sacramento, CA 95826	Cucamonga Ave	916-875-1183	None	<u>None</u>
Children's Outpatient Provider	UCD	Monday 9:00 am & 10:00 am Monday 5:00 pm phone triage only Tuesday 2:00 pm to 4:00 pm	Central	3671 Business Drive, Suite 100 Sacramento, CA 95820	14th Ave	916-734-8396	PCIT, TF CBT, DBT PC CARE	<a href="#">UCD webpage</a>

Children's Outpatient Provider	La Familia	Monday 9:00 am to 1:00 pm Wednesday 1:00 pm to 5.00 pm Fridays 11:00 am to 1:00 pm 1st Saturday of the month by appointment only	South	3301 37th Avenue Sacramento, CA 95824	Franklin Blvd	916-452-3601	Cultura de Salud	<a href="#">La Familia webpage</a>
Children's Outpatient Provider	Sacramento Children's Home	Monday 3:00 PM-5:00 PM Tuesday 3:00 PM-5:30 PM Thursday 3:00 PM-5:00 PM	South	2750 Sutterville Rd. Sacramento, CA 95820	Franklin Blvd.	916-492-7240	TFCBT, PCIT, PC-CARE	<a href="#">Sacramento Children's Home webpage</a>
Children's Outpatient Provider	Turning Point	Mondays 1:00pm-2:00pm Wednesdays 4:00pm-6:00pm Fridays 10:00am-11:00am	South and River Delta Region	3161 Dwight Road, Elk Grove, CA 95758	Laguna Blvd	916-427-7141	TF-CBT, PCIT, PC-CARE, ART, AF-CBT, LMFG	<a href="#">Turning Point webpage</a>
Adult's Outpatient Provider	BACS	Monday: 9:00am-11:00am Wednesdays: 9:00am-11:00am (priority for court involved) Thursday: 9:00am-11:00am	East	9333 Tech Center Drive, Suite 100, Sacramento 95826	Mayhew	916-379-7964	Strengths Model	<a href="#">BACS webpage</a>
Adult's Outpatient Provider	BACS	Tuesdays: 10:00am-1:00pm Thursdays: 10:00am-1:00pm	East	4600 47th Ave, Suite 111, Sacramento 95824	46th Street	916-318-0141	Strengths Model	<a href="#">BACS webpage</a>
Adult's Outpatient Provider	El Hogar	Mondays: 9:00am-11:00am Wednesdays: 1:00pm-3:00pm Thursdays: 9:00am-11:00am	North East	8421 Auburn Blvd, Citrus Heights 95610	**Twin Oaks Avenue (or directly off of I80)	916-441-3819	Strengths Model, Seeking Safety	<a href="#">El Hogar webpage</a>
Adult's Outpatient Provider	Hope Cooperative	Mondays: 9:30-11:30	North East	3737 Marconi Ave, Sacramento 95821	Watt Ave and Marconi	916-480-1801	Strengths Model	<a href="#">Hope Cooperative webpage</a>
Adult's Outpatient Provider	Turning Point	Wednesdays: 1:00pm-4:00pm Thursdays: 1:00pm-4:00pm	North West	3810 Rosin Ct. Ste 170, Sacramento 95834	Northgate	916-567-4222	Strengths Model	<a href="#">Turning Point webpage</a>
Adult's Outpatient Provider	Turning Point	Wednesdays: 1:00pm-4:00pm Thursdays: 1:00pm-4:00pm	North West	3628 Madison Ave Ste 6, North Highlands 95660	Roseville Rd.	916-388-3231	Strengths Model	<a href="#">Turning Point webpage</a>

Adult's Outpatient Provider	El Hogar	Monday: 8:30am- 11am Tuesday: 8:30am-11am Wednesday: 8:30am- 11am	West	600 Bercut Drive, Sacramento 95811	Richards Blvd	916-440-1500	Strengths Model, Seeking Safety	<a href="#">El Hogar webpage</a>
Adult's Outpatient Provider	Hope Cooperative	Wednesday: 9:00-11:00	West	1400 X street, Sacramento 95818	X street and 14th street	916-738-7400	Strengths Model	<a href="#">Hope Cooperative webpage</a>
Adult's Outpatient Provider	Hope Cooperative	Mondays: 9:30-11:30	Central	650 Howe Ave. Bldng 300 Sacramento, CA 95825	Howe and Sierra Blvd	916-485-6500	Strengths Model	<a href="#">Hope Cooperative webpage</a>
Adult's Outpatient Provider	Sacramento County Adult Psychiatric Support Services (APSS)	Monday-Friday: 10am to 12pm; 1pm-3pm	Central	2130 Stockton Blvd, Bldg 100 Sacramento, CA 95817	39th Street	916-875-0701	CBT, DBT, MI, PSS, Seeking Safety	<u>None</u>
Adult's Outpatient Provider	BACS	Tuesdays: 9:00am-12:00am Thursdays: 12:00pm-3:00pm	South	7171 Bowling Drive, Suite 300, Sacramento 95823	Florin Rd	916-270-6994	Strengths Model	<a href="#">BACS webpage</a>
Adult's Outpatient Provider	Turning Point	Mondays: 12:30pm-4:00pm Thursdays: 12:30pm-4:00pm	South	9340 E. Stockton Blvd, Elk Grove 95624	Laguna Blvd.	916-509-8198	Strengths Model	<a href="#">Turning Point webpage</a>
THRIVE Outpatient Provider	WellSpace THRIVE	Wednesday: 1-3pm Friday: 1-3pm	North West	2435 Marconi Ave Sacramento 95821	Fulton Ave	916 313 8420	Strengths Model	<a href="#">WellSpace THRIVE webpage</a>
THRIVE Outpatient Provider	BACS THRIVE	Monday 1-4pm; Wednesday 9am-12	Central	501 S Street Sacramento 95811	5th/6th St	916-279-3327	Strengths Model	<a href="#">BACS THRIVE webpage</a>