



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:

Tuesday, Wednesday and Thursday  
10am-5pm

Request services by phone 5pm-6pm  
(916)922-9868

### SITE ADDRESS AND CONTACT INFO:

#### Grand Avenue Clinic

811 Grand Ave, Suite D

Sacramento, CA 95838

(916)922-9868

[alicia.anguiano@doingwhateverittakes.org](mailto:alicia.anguiano@doingwhateverittakes.org)

### WEBSITE LINK:

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

Use the QR code to be directed to our website.

