

Serving Sacramento – North 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), Dialectical Behavior Therapy (DBT)
- Short-term therapy
- Skills building
- Medication support
- Case management
- Support for youth/families experiencing, or at risk of, homelessness

SERVICE HOURS:

Monday-Thursday 8:30 am-5:30 pm
Friday 8:30 am-5:00 pm
Closed weekends & holidays

SITE WALK-IN HOURS

Monday-Thursday 4:00 pm-6:00 pm

SITE ADDRESS

8421 Auburn Blvd.,
Building 3
Citrus Heights, CA 95610



CONTACT INFO

Phone: (916) 512-8420
Fax: (916) 722-9229
Email: IntakeInquiry@ssyaf.org
Website: SSYAF.ORG