

South Service Area

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
- Short-term therapy
- Coping skills building
- Medication support
- Case management
- Support out of homelessness/at risk of

## SERVICE HOURS:

Mon: 8:30 AM – 5:00 PM  
Tue: 8:30 AM – 5:00 PM  
Wed: 8:30 AM – 5:00 PM  
Thu: 8:30 AM – 5:00 PM  
Fri: 8:30 AM – 4:30 PM

Services are for MediCal members who meet criteria for Specialty Mental Health Services.

## SITE WALK-IN HOURS

Tuesday: 9:00 AM-11:00 AM  
Thursday: 1:00 PM-3:00 PM

## SITE ADDRESS AND CONTACT INFO:

6615 Valley Hi Drive,  
Sacramento, CA 95823  
PHONE: 916-450-2650  
FAX: 916-681-6354

## WEBSITE LINK:

<https://www.dignityhealth.org/dhmf/locations/sacramento-childrens-behavioral-health>

