



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
- English & Spanish-speaking providers
- Trauma-Focused Cognitive Behavioral Therapy
- Individual & Family Therapy
- Parent Coaching
- Behavior Support & Stabilization
- Coping Skills Building
- Medication Support
- Case management
- Therapy & Behavioral Groups
- Support out of Homelessness/at risk of
- Advocacy for Youth & Family

### SERVICE HOURS:

Monday-Friday  
8:30am-5:00pm

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

### SITE WALK-IN HOURS

Every Thursday: 9am-5pm

### SITE ADDRESS

### AND CONTACT INFO:

3840 Rosin Ct, Ste 100

Sacramento, CA 95834

PHONE: 916-921-0828

FAX: 916-237-8073

EMAIL: [SacFIT@pacificclinics.org](mailto:SacFIT@pacificclinics.org)

### WEBSITE LINK:

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

