



Child and Family Integrated System of Care

To receive additional information on child and family mental health issues and services please contact us at the numbers below:

CENTRAL ADMINISTRATION
7001-A East Parkway, Ste. 300
Sacramento, CA 95823
Phone: 916-875-7070
Fax: 916-875-9775

COUNTY OPERATED PROGRAMS ADMINISTRATION
3331 Power Inn Road, Ste. 160
Sacramento, CA 95826
Phone: 916-876-6600
Fax: 916-875-0972
TDD: 800-735-2929

www.sacdhhhs.com/mental.htm



County of Sacramento
Department of
Health & Human Services
DIVISION OF MENTAL HEALTH

Lisa Bertaccini, LCSW, Chief
Child and Family Mental Health

Kathleen Henry, LCSW, Director
Division of Mental Health

Jim Hunt, Director
Department of Health and Human Services

County Executive, Terry Schutten

BOARD OF SUPERVISORS

Roger Dickinson	Illa Collin	Susan Peters	Roberta MacGlashan	Don Nottoli
--------------------	----------------	-----------------	-----------------------	----------------

1st District	2nd District	3rd District	4th District	5th District
--------------	--------------	--------------	--------------	--------------

SACRAMENTO COUNTY DEPARTMENT OF HEALTH AND HUMAN SERVICES



DID YOU KNOW THAT?

- Every child's mental health is important.
- At least one in five children and adolescents may have an emotional or behavioral problem.
- At least one in ten children and adolescents may have a serious emotional disturbance that disrupts his or her ability to function.
- Emotional and behavioral problems are real, painful and can be severe.
- Many children suffer from emotional problems that are not the fault of their caregivers or themselves.
- Mental health disorders in children and adolescents are caused by biology, environment or a combination of both.

Examples of biological factors are genetics, chemical imbalances in the body, and damage to the central nervous system.

Environment factors are exposure to violence, extreme stress, and loss of an important person.

- Many of the symptoms and much of the distress associated with childhood and adolescent emotional or behavioral problems may be alleviated with timely and appropriate treatment and support services.

IF A CHILD YOU KNOW IS EXPERIENCING THESE PROBLEMS...

WE CAN HELP...

WHAT IS A CHILD AND FAMILY INTEGRATED SYSTEM OF CARE?

The Child and Family Integrated System of Care is a part of Sacramento County's Division of Mental Health in the Department of Health and Human Services.

We operate within a richly diverse environment, which includes partnerships with families from ethnically and culturally diverse communities, government agencies and non-profit, community based organizations.

All programs provide a full array of culturally competent and linguistically proficient counseling services, medication support, family advocacy, case management, and social rehabilitation.

OUR COMMITMENT

We are committed to assisting children and youth of all backgrounds with emotional disturbances to remain safely at home, succeed in school and avoid involvement with the Juvenile Justice system.

SERVICES PROVIDED BY THE CHILD AND FAMILY INTEGRATED SYSTEM OF CARE

- Crisis Intervention and Stabilization
- Outpatient Services
- Intensive In-Home
- Day Rehabilitation
- Case Management Services
- Medication Support and Services
- Psychological Testing
- Residential Placement
- Inpatient Psychiatric Hospitalization
- We collaborate with all public child serving agencies such as Child Welfare, Probation, Education, Alta Regional and Alcohol and Other Drugs.

WHERE DO I TAKE A CHILD OR YOUTH DURING A PSYCHIATRIC EMERGENCY?

In a life threatening situation, contact 911 or take your child/youth to the **Minor Emergency Response Team (MERT)**, which is the child and youth component of the Sacramento County Division of Mental Health Crisis Unit, located at the Mental Health Treatment Center.

This program operates during day and evening shifts and provides psychiatric crisis and stabilization services for up to 23 hours for children and youth up to 18 years of age.

Staff in this program provide assessments for psychiatric involuntary holds due to danger to self, others or grave disability and authorize psychiatric hospitalizations, as well as crisis foster care beds.

SACRAMENTO COUNTY
MENTAL HEALTH TREATMENT CENTER
2150 STOCKTON BOULEVARD
SACRAMENTO, CA 95817

DAILY: 7:00 A.M. TO 11:00 P.M.
(916) 875-1114

DAILY: 11:00 P.M. TO 7:30 A.M.
(916) 732-3637
TDD:
(800) 735-2929

HOW CAN A CHILD OR YOUTH ACQUIRE MENTAL HEALTH SERVICES?

Call our **Child and Family Access Team**, which is the entry point for all county-operated and contracted child and family planned mental health services.

The team screens and links Sacramento County children and youth between the ages of 0-20 years to the appropriate mental health service. It provides information and referral services for all Child and Family Integrated System of Care services.



Toll Free:
(888) 881-4881
Sacramento County:
(916) 875-9980
TDD: (800)-735-2929
Fax:
(916) 875-9970

Monday—Friday
8:00 AM—5:00 PM

Bilingual staff and/or interpreters available at no charge.

IS THERE A PLACE CHILDREN/YOUTH CAN DROP IN FOR COUNSELING?

- Our Neighborhood Alternative Centers provide individual and group counseling on a drop-in/crisis basis to youth with mental health and substance abuse problems and their families.

3201 Florin-Perkins Road
Sacramento, California 95826
Monday—Friday
8:00 am—5:00 PM

- Mental health services are also offered at neighborhood multi-services centers and family resource centers throughout the county.

ARE THERE MENTAL HEALTH SERVICES FOR INFANTS AND TODDLERS?

- We offer services for preschool-aged children with mental health issues and their families or caregivers.

ARE THERE MENTAL HEALTH SERVICES THAT CAN BE INCORPORATED WITH A CHILD/YOUTH'S EDUCATIONAL CHALLENGES?

- Mental health services are provided at numerous school campuses throughout Sacramento County.
- The Children's Case Management Services program provides comprehensive assessments for individuals referred by schools pursuant to an Individual Education Plan (IEP). When authorized mental health services are offered under Chapter 26.5 of the Government Code, which entitles students with emotional disorders to a free and appropriate education.

WHAT IF A CHILD OR YOUTH IS PART OF THE CHILDREN'S PROTECTIVE SERVICES SYSTEM?

- We collaborate with CPS and ensure foster youth receive the mental health services they need.

WHAT IF A CHILD OR YOUTH HAS A SUBSTANCE ABUSE PROBLEM AS WELL AS MENTAL HEALTH ISSUES?

- We offer integrated mental health and substance abuse treatment services for individuals with co-occurring disorders.

CAN SOMEONE HELP US NAVIGATE THROUGH THE SYSTEM OF CARE?

- **Yes!** The SAFE (Sacramento Advocacy for Family Empowerment) Program is designed and staffed by families and youth to provide support, education, empowerment, and advocacy to youth and families receiving children's mental health services.
- Parent and youth advocates are integrated into children's mental health planning, management, and service delivery.
- The SAFE Program is staffed by paid bilingual parents and youth to empower consumers of mental health services.

To contact a family or youth advocate, call the SAFE Program:



(916) 875-4182
800-735-2929 TDD