



## Child and Family Integrated System of Care

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

CENTRAL ADMINISTRATION  
3321 Power Inn Road, Suite 120  
Sacramento, CA 95826  
**Phone: 916-875-6600**

CALIFORNIA RELAY SERVICE:  
**711**  
Fax: 916-875-9775

COUNTY OPERATED PROGRAMS ADMINISTRATION  
3331 Power Inn Road, Ste. 160  
Sacramento, CA 95826  
**Phone: 916-876-6600**  
CALIFORNIA RELAY SERVICE:  
**711**  
Fax: 916-875-0972



County of Sacramento  
Department of  
Behavioral Health Services  
DIVISION OF MENTAL HEALTH

Lisa Bertaccini, LCSW, Chief  
Child and Family Mental Health

Mary Ann Bennett, Acting Director  
Division of Mental Health

Ann Edwards-Buckley, Director  
Department of Behavioral Health Services

County Executive, Terry Schutten

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## SACRAMENTO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH 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 Behavioral Health Services.

A System of Care coordinates services from child-serving agencies in partnership with the youth and families that are receiving services.

All programs provide a full array of culturally competent and linguistically proficient mental health services.

### OUR COMMITMENT

We are committed to assisting children and youth of all backgrounds with serious 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
- Day Treatment Intensive
- Case Management Services
- Medication Support and Services
- Psychological Testing
- Residential Placement
- Inpatient Psychiatric Hospitalization
- Collaboration with 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.

MERT provides children and youth 0 to 18 years of age psychiatric crisis stabilization services for up to 23 hours. Hours are below.

Staff in this program provide assessments for psychiatric involuntary hospitalizations due to danger to self or others or grave disability and authorize psychiatric hospitalizations as appropriate.

**MERT**  
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**  
CALIFORNIA RELAY SERVICE:  
**711**

DAILY: 11:00 P.M. TO 7:30 A.M.  
**(916) 732-3637**  
CALIFORNIA RELAY SERVICE:  
**711**

## HOW CAN A CHILD OR YOUTH ACQUIRE MENTAL HEALTH SERVICES?

Call our **Child and Family Access Team**, which is the entry point for planned children's mental health services.

  
Toll Free:  
**(888) 881-4881**  
Sacramento County:  
**(916) 875-9980**  
**TTY/TDD (916) 876-8892**

  
Fax:  
(916) 875-9970

Monday—Friday  
8:00 AM—5:00 PM

## ARE THERE MENTAL HEALTH SERVICES FOR INFANTS AND TODDLERS?

- We provide services to enhance the social/emotional well-being of infants and pre-school children with disruptive behaviors.

## ARE THERE MENTAL HEALTH SERVICES THAT CAN BE COORDINATED WITH A CHILD'S ACADEMIC PERFORMANCE?

- Mental health treatment goals may address issues that affect academic performance.
- Children's Case Management Services (CCMS) provides comprehensive assessments for individuals referred by schools pursuant to an Individual Education Plan (IEP). When authorized, mental health services are offered under the 3632 program, which entitles students with serious emotional disorders to a free and appropriate education.

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

- We collaborate with CPS and dedicate treatment slots specifically for this population.

## WHAT IF A YOUTH HAS A SUBSTANCE ABUSE PROBLEM AS WELL AS MENTAL HEALTH PROBLEMS?

- 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 recipients of mental health services.

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

 **(916) 875-4182**  
California Relay Service  
**711**

The County of Sacramento does not discriminate on the basis of a disability in admission to, access to, or operations of its programs, services, and activities. If you need an ADA accommodation in order to participate in or have access to a county program, service, or activity in the Department of Behavioral Health Services, Division of Mental Health, please contact us at: **TTY/TDD: (916) 876-8853**  
**Voice: (916) 875-4639**