

Hours of Operation

Monday through Friday 8:00a.m. - 5:00p.m.

Toll Free After Hours 1-888-881-4881

Emergency Services

Mental health emergency services are available for youth under 18 years old 10:00a.m. - 7:00p.m. 7 days a week through the Intake Stabilization Unit (ISU) at the Mental Health Treatment Center located at

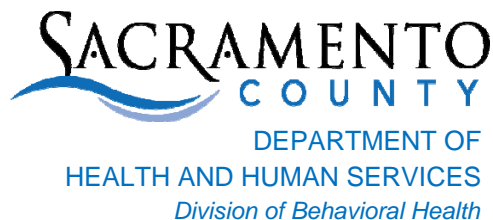
2150 Stockton Boulevard
Sacramento, CA 95817
916-875-1000

California Relay: 711

For after hour emergencies clients can be taken to the nearest emergency department.

If You are Having a Life Threatening Emergency Call 911

Sacramento County does not discriminate on the basis of a disability. 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 Health and Human Services, Division of Behavioral Health Services, please contact Quality Management at 916-876-2253 or by TTY/TDD by dialing 916-875-0844.



www.dhhs.saccounty.net/bhs

Our Mission

To provide a culturally competent system of care that promotes holistic recovery, optimum health, and resiliency

Navdeep S. Gill
County Executive

Sherri Z. Heller, Ed.D., Director
Department of Health and Human Services

Uma K. Zykofsky, LCSW,
Behavioral Health Director
Division of Behavioral Health Services
7001-A East Parkway, Suite 400
Sacramento, CA 95823

Board of Supervisors

Phil Serna - 1st District
Patrick Kennedy - 2nd District
Susan Peters - 3rd District
Sue Frost - 4th District
Don Nottoli - 5th District

Rev 6/27/2017



Mental Health Access Team



We link Sacramento County residents with culturally and linguistically competent, recovery-focused mental health services

- Phone: 916-875-1055
- 24-Hour Toll Free: 888-881-4881
- TTY/TDD: 916-876-8892 or 711
- Faxes: 916-875-9970
or
916-875-1190

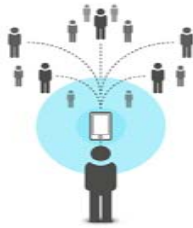
3331 Power Inn Road, Suite 180
Sacramento, CA 95826

What We Do

Mental Health Access Team provides Sacramento County residents with referrals or linkages to authorized specialty mental health services.

We determine eligibility for services based on referral information and by conducting a brief phone screening in the individual's primary language.

Bilingual staff, interpreters and TTY/TDD are available at no cost.



Available Services

The Sacramento County Mental Health Access Team refers to an extensive network of culturally competent and linguistically proficient mental health service providers. Services provided include:

- Crisis intervention
- Mental health assessments
- Therapy and/or rehabilitation services
- Intensive Home Based Services
- Skills building and support groups
- Case management
- Intensive Care coordination
- Linkage to community resources
- Medication support
- Early Childhood Mental Health
- Services for Youth with coexisting Mental Health and Alcohol/Substance Abuse Disorders

How Do You Start

Individuals, caregivers, schools, medical providers, and other concerned adults can refer to Access via phone, fax or US mail.



Call

- Phone: 916-875-1055
- 24-Hour Toll Free: 888-881-4881
- TTY/TDD: 916-876-8892 or 711

Fax

- Service requests can be faxed. Forms can be found on our website:



<http://www.dhhs.saccounty.net/BHS/Pages/BHS-Home.aspx>

- Fax completed form to:
(916) 875-9970 or (916) 875-1190

Mail

- Complete the Service Request Form in detail and mail to:



Sacramento County
Mental Health Access Team
3331 Power Inn Road, Suite 180
Sacramento, CA 95826

Next Steps

The Mental Health Access Team will determine the level of service needed and link the individual with a culturally and linguistically appropriate provider.



The Mental Health Access Team will give the individual the provider's name and telephone number.

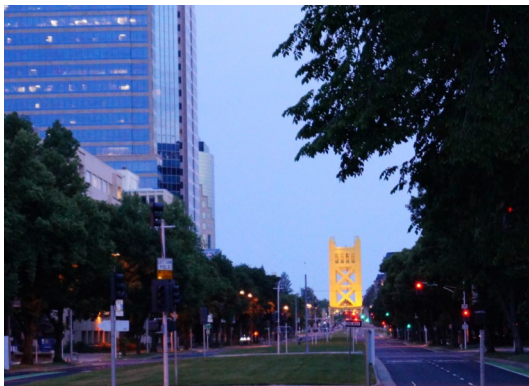


In accordance with confidentiality regulations, the Mental Health Access Team will inform the referring party that the individual has been linked with a provider agency.



The Sacramento County contracted provider will contact the individual and/or caregiver to set up an appointment after the Access Team has authorized services.





Address:

Adult System of Care

3321 Power Inn Road, Suite 120
Sacramento, CA 95826

Hours of Operation:

Monday through Friday

8:00 a.m. to 5:00 p.m.

(Closed for major holidays)

Bilingual staff and/or interpreters are
available at no cost

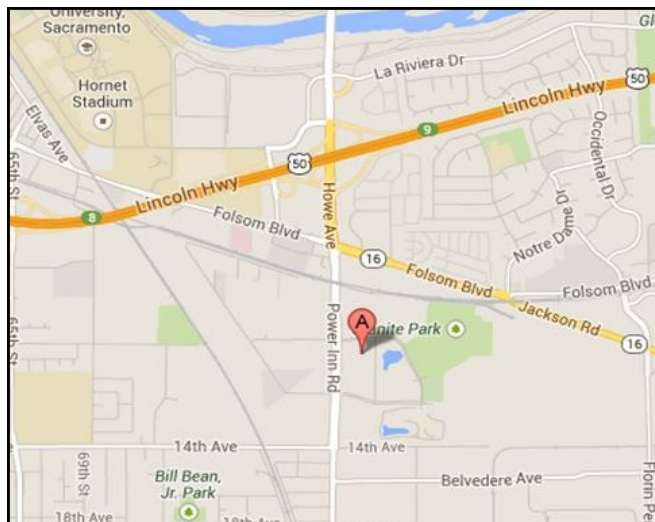
Telephone Number:

(916) 874-9754

California Relay Service: 711

Website:

www.DHHS.SacCounty.net



Adult System of Care
3321 Power Inn Road, Suite 120
Sacramento, CA 95826
www.DHHS.SacCounty.net

Division of Behavioral Health Services

Uma K. Zykovsky, LCSW
Behavioral Health Director
Alcohol and Drug Program Administrator

Department of Health and Human Services

Sherri Z. Heller, Ed D., Director

County Executive:

Navdeep S. Gill

Board of Supervisors:

Phil Serna
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1st District
2nd District
3rd District
4th District
5th District



Department of Health and Human Services
Division of Behavioral Health Services

**Alcohol and Drug
Services**



**Adult
System of Care**

Telephone: (916) 874-9754

3321 Power Inn Road, Suite 120
Sacramento, CA 95826

Sacramento County Alcohol and Drug Services System of Care:

- Provides assessment and treatment matching referral to all levels of county funded treatment services
- Determines appropriate levels of treatment services for each eligible client based on assessment
- Tailors assessment services to meet the needs of diverse individuals and makes suggestions for tailored treatment needs to community providers
- Provides residential treatment and detoxification authorization and admission to all County-contracted treatment providers
- Refers clients to interim services, education, self help groups and other services as needed or requested

Who is eligible for services?

- Any adult living in Sacramento County who is experiencing alcohol and/or drug problems
- Eligibility is based on full scope Medi-Cal and/or the lack of insurance that covers alcohol and/or drug treatment services

Preference provided for PERINATAL Alcohol and Drug Treatment Services to Women

Injecting pregnant women receive preference in the following order:

- Pregnant and injecting drug users
- Pregnant substance abusers
- Injecting drug users
- All others

Community Treatment Services

- Education Groups
- Outpatient Treatment
- Intensive Outpatient Treatment
- Perinatal Services (pregnant and parenting women)
- Residential Treatment
- Detoxification
- Medication Assisted Treatment (Methadone)
- Sober Living Environments/ Transitional Living Services
- After Care Services
- Recovery Support Services

County of Sacramento
Department of Health & Human Services
Division of Behavioral Health Services

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Division of Behavioral Health Services

In partnership with



Community Support Team
(916) 874-6015

Hours of Operation

Monday – Friday: 8:00 a.m. - 5:00 p.m.

Hours are subject to change based on
community needs.

The Community Support Team (CST) is a Mental Health Services Act Prevention and Early Intervention Program. This program is a part of a continuum of services and supports within Sacramento County's Suicide Prevention Project.

Community Support Team

Phone: (916) 874-6015

Fax: (916) 874-4639

California Relay Service: 711

**Bilingual/bicultural staff and interpreters are
available at no cost.**

For more information about Sacramento County
MHSA PEI Suicide Prevention Project visit:
www.dhhs.saccounty.net/BHS/MHSA



Who is the Community Support Team?

The Community Support Team is a collaboration that brings county and community-based organization staff into one team with a variety of clinical and outreach skills. It includes:

- ❖ Peer support specialists with lived experience who are able to use their life stories to foster hope and support individuals seeking help.
- ❖ Professional staff with clinical experience across all ages to assess and assist with appropriate referrals and supports.
- ❖ Family support specialists whose experience builds bridges and communication with family members, natural and extended family systems.

Serving the Sacramento County community to:

- ❖ Proactively attend to signs of distress relating to a crisis.
- ❖ Identify and create connections in the community.
- ❖ Maximize use of traditional and non-traditional community supports.
- ❖ Strengthen personal resilience in the face of challenging circumstances.
- ❖ Access self-help skills and resources.
- ❖ Problem-solve challenges and navigate system barriers.
- ❖ Engage in activities that improve life satisfaction and well-being.

How does the Community Support Team help people?

- ❖ Responds to requests for assistance for individuals, families, or the community.
- ❖ Provides flexible, field-based assessment of needs.
- ❖ Builds upon individual, family and community self-identified strengths, skills and natural supports.
- ❖ Assists with making connections and navigate services system.
- ❖ Prevents or reduces risks or stressors, by building protective factors and skills.
- ❖ Provides flexible “help-first” approaches and fosters hope for personal recovery.
- ❖ Provides early intervention to reduce or avoid need for crisis services.
- ❖ Increases active connection with self-identified supports.
- ❖ Educates key individuals, family members or natural supports to improve health and wellness.

Mission Statement

The Community Support Team serves individuals of all ages and diversity in the community with supports, education, resources and connections to services. The goal is to provide services in a culturally and linguistically competent manner to promote recovery, resilience, well-being and reduce the risk of suicide.



Community Resources

Sacramento County Info Line

(916) 498-1000 or 211

TTY: (916) 446-1434

Consumer Operated Warm Line

(916) 366-4668

National Warm Line

(855) 642-6222

Suicide Prevention Resources

Suicide Prevention Crisis Line

(916) 368-3111

or

1-800-273-8255

National Suicide Prevention Line

1-800-273-TALK (8255)

or

1-800-SUICIDE

About **El Hogar**

El Hogar Community Services, Inc. has been in existence since 1977, originally created under the auspices of the Sacramento Concilio to provide mental health services to the Latino community. It is from these beginnings the agency took its name, which translates to "The Home". Over the years, El Hogar has expanded its services beyond its original client base and has evolved to address the needs of our diverse cultural and ethnic community.

El Hogar Community Services, Inc. operates outpatient mental health, substance abuse, and prevention programs utilizing the Psychosocial Rehabilitation Model serving adults in Sacramento.



CONTACT US:

Guest House Homeless Clinic

600 Bercut Drive
Sacramento, CA 95811
P: (916) 440-1500
F: (916) 440-1514
Monday-Friday
8:00 AM - 5:00 PM

Administration

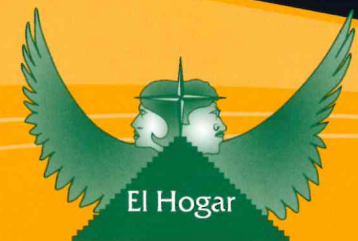
3780 Rosin Court, Suite 110
Sacramento, CA 95834
P: (916) 441-0226
F: (916) 441-0286

For more information or to make a donation, please visit us at
www.elhogarinc.org



United Way ID #3035
California Capital Region

Guest House Homeless Clinic




El Hogar Community Services, Inc.

www.elhogarinc.org

About Guest House Homeless Clinic

The Guest House Homeless Clinic helps adults experiencing homelessness (or at risk of homelessness) who are also struggling with mental health challenges by offering outpatient mental health support services, peer and group supports, medication, and street outreach.

We are Dual Recovery focused and participate in El Hogar's E.A.R.T.H. program for individuals struggling with both mental health and substance abuse challenges. In addition, our Benefits Specialist is able to expedite SSI/SSDI benefits to many of our consumers. We work with our consumers on their journey to recovery by fostering wellness, optimism and self-reliance.

This program is funded by the  SACRAMENTO COUNTY Division of Behavioral Health Services through the voter approved Proposition 63, Mental Health Services Act (MHSA).

Eligibility:

Must be homeless or at risk of homelessness and meet Sacramento County criteria for adult mental health services.

How Consumers Get Involved:

Guest House accepts new consumers on a walk-in basis. All individuals wishing to receive services from Guest House will need to attend an **Orientation to Services** - Tuesday and Wednesday at 10:00am and Thursdays at 1:00pm.

Services:

All services are provided at NO COST to the client, which are not limited to:

- Medication Support
- Outreach
- Entitlement Support (GA/SSI/SSDI/Medi-Cal)
- Referrals to programs to assist with interim and long-term housing
- Linkage to primary health care
- Individual Therapy
- Patient Assistance Program Application
- Case Management
- Medi-Cal and uninsured welcome

Groups:

- Health and Wellness
- Dual Diagnosis
- Symptom Management
- Housing and Other Resources

Please contact the front desk for a list of additional groups.



Our Team:

As staffing levels permit, Guest House staff are available by phone or face-to-face as needed or requested by the client

- **Doctors** provide initial mental health assessments and medication support as needed to all consumers.
- **Nurse Practitioners** provide follow up medication support services.
- **Service Coordinators** provide referrals and assistance with accessing services in the community.
- **Therapists** provide individual counseling covering a wide array of topics.



Cultures:

Our multicultural staff offer our participants a variety of languages and culturally sensitive options. Interpretive services are available at no cost.

The Guest House Homeless Clinic helps adults experiencing homelessness (or at risk of homelessness) who are also struggling with mental health challenges.