

A Range of Behavioral Health Services Offered

11/23/2020 Health and Social Services

[Sacramento County Behavioral Health Services](#) strives to create an effective, high-quality integrated system to meet the needs of Sacramento County residents. We work together with those individuals living with mental health conditions and substance use/abuse to provide hope, wellness and recovery.

It's now more important than ever to address the Behavioral Health needs in our communities. The stress of COVID-19 and sheltering at home have increased anxiety and depression. People are struggling with the threat of wildfires and power outages for themselves, family and friends. Civil unrest and systemic racial discrimination add to the distress of our culturally diverse populations.

We all need to be monitoring our own behavioral health and the behavioral health of our friends and family. It's normal to feel stressed right now. However, if you experience behavioral health challenges for more than two weeks, reach out for help. If you have insurance, contact your insurance for a referral. If you have Medi-Cal, call the County for an assessment (916-875-1055). Behavioral Health services are essential services and are available by telephone or video telehealth.

Every year, more than 40,000 people are served in the County's [Mental Health](#) and [Substance Use Prevention Treatment](#) programs and more than 170,000 are served by the County's [Prevention and Early Intervention](#) programs. Programs continue to deliver services during the COVID pandemic.

An array of opportunities are available through our Medi-Cal programs and services for children, adolescents, young adults, adults and older adults of Sacramento County. These supports include assessments, case management, crisis intervention, medication support, peer support and other rehabilitative services.

Services are provided in multiple settings including residential facilities, clinics, schools, hospitals, juvenile halls and camps, mental health courts, board and care homes, in the field and in people's homes. Special emphasis is placed on addressing co-occurring mental health disorders and other health conditions such as substance use and addiction. There are programs for outpatient treatment, medication-assisted treatment, withdrawal management (detoxification), residential treatment, perinatal services and sober living environments/recovery residences.

If you or someone you know is in need of help, below is an array of Medi-Cal programs and services available. Sacramento County Behavioral Health urges everyone to take their health seriously and is here to guide you through a culturally competent system of care that promotes holistic recovery, optimum health, and resiliency. Interpreters will be provided at no cost to the consumer.

Mental Health Services

- [ACCESS Team](#) – 916-875-1055 or 888-881-4881: This referral service provides over-the-phone assessment before referring patients to appropriate mental health care providers. The service is available Monday through Friday.
- [The Source](#) – 916-SUPPORT (787-7678): 24-hour call/chat/text for individuals up to age 25 years old.
- [Consumer-Operated Warm Line](#) - 916-366-4668: This service is offered by survivors of mental illnesses and those in recovery. They share their experiences and offer support to mental health patients.
- [The Community Support Team](#) - 916-874-6015: The Sacramento Community Support Team provides field-based assessments and help individuals navigate mental health services.
- [Crisis Text Line](#) - Text “Home” to 741741 and trained crisis counselors with active listening and collaborative problem-solving skills will help you.
- [Mental Health Crisis Triage Services](#) - Provides support during a crisis through several community-based programs via phone, in person, and secured website. Interventions may include: in the moment support, mediation, follow-up support, information and referrals, and linkage to outpatient mental health services.
- Mental Health Urgent Care Clinics
 - Mental Health Urgent Care Clinic at 2130 Stockton Boulevard, Building 300, Sacramento, CA 95817 provides services on a walk-in basis (call ahead) to individuals of all ages who are experiencing a mental health and/or co-occurring substance abuse crisis. (916) 520-2460
 - [Turning Point](#) in Rio Linda is a crisis residential program, created by Sacramento County to alleviate a decade-long shortage in mental health services. It offers people who are coming down from suicide attempts, panic attacks and other serious mental health episodes a safe place to stay for 30 days.
- [Mental Health Court](#) - Aims to reduce re-offense and increase the quality of life among those diagnosed with mental illnesses and those who have co-occurring substance abuse conditions that cause significant impairment. Participants must have low-level crimes and not considered public safety risks.
- [Sacramento County Mobile Crisis Support Team](#) – A collaboration between Behavioral Health and Law Enforcement to respond together to emergency calls for individuals experiencing a mental health crisis.
- [Stop Stigma Sacramento](#) - Learn about culturally responsive mental health and local resources; read personal stories from community members living with mental illness; and, to find out how you can help reduce stigma and discrimination in your community and get involved with the project. Community specific content is also available in several languages.
- [Sacramento Countywide Bullying Prevention Project](#) - Supports Sacramento County districts and their school sites as they implement bullying prevention programs and strategies.
- [Hope Cooperative's Peer Navigators](#) - Navigators transform and empower lives by supporting independence and preventing homelessness. This team also provides interim and permanent supportive housing and a variety of case management programs for people who are homeless or at risk of homelessness, many of whom have a severe and persistent mental illness.

A list of all Sacramento County [Mental Health Plan Medi-Cal Providers](#) and [Prevention and Early Intervention & Mental Health Respite Services Providers](#) is available online.

Substance Use Prevention and Treatment Services

- Adult System of Care for Substance Use Treatment (Adults 18 years of age and older) – 916-874-9754. To qualify for services, adult clients must participate in a preliminary assessment conducted by our Adult System of Care for Substance Use Treatment staff. Assessments are conducted on a drop-in basis.
- Youth System of Care for Substance Use Treatment (Youth under the age of 18 years) - 916-875-0185
- [Collaborative Courts and Programs](#) - Also known as problem-solving courts, combine judicial supervision with rehabilitation services that are rigorously monitored and focused on recovery to reduce recidivism and improve offender outcomes. These courts reduce trauma on victims and provide offenders with services, such as alcohol and/or drug treatment, rather than jail time.
- Outpatient Treatment - Intake and assessment for a substance use disorder, treatment planning, individual counseling, group counseling, family therapy, collateral services, member education, medication services, crisis intervention services, and discharge planning.
- Residential Treatment - A non-institutional, 24-hour non-medical, short-term living support and structure with available trained personnel who provide rehabilitation services to individuals, with a substance use disorder diagnosis, when determined as medically necessary and in accordance with an individualized treatment plan.
- Withdrawal Management/Detox - Intake and assessment, observation and monitoring to evaluate health status of individuals during the detoxification process, medication services, and discharge planning.
- Medication-Assisted Treatment - Includes the same components as Outpatient Services with the inclusion of medical psychotherapy. Medication-Assisted Treatment includes ordering, prescribing, administering, and monitoring of all medications for substance use disorders.
- Recovery Residences/Sober Living – Includes individual and group counseling; recovery monitoring/substance abuse assistance (recovery coaching, relapse prevention, and peer-to-peer services); and case management (linkages to educational, vocational, family supports, community-based supports, housing, transportation, and other services based on need).