



# SACRAMENTO AREA

**Mental Health Resources  
for Individuals with  
Co-Occurring Disorders**

# Welcome Message

Did you know that individuals with intellectual and developmental disabilities (ID/DD) are at greater risk of developing a mental health disorder than neurotypical individuals? In fact, some estimate that up to 70% of people diagnosed with Autism Spectrum Disorder also have a mental health condition. Anxiety, depression, bi-polar disorder, Attention-Deficit-Disorder and more can impact individuals with intellectual and developmental disabilities just as they can anyone else. In the past, some have thought that people with ID/DD could not benefit from traditional mental health therapies so they were not regularly offered or provided.

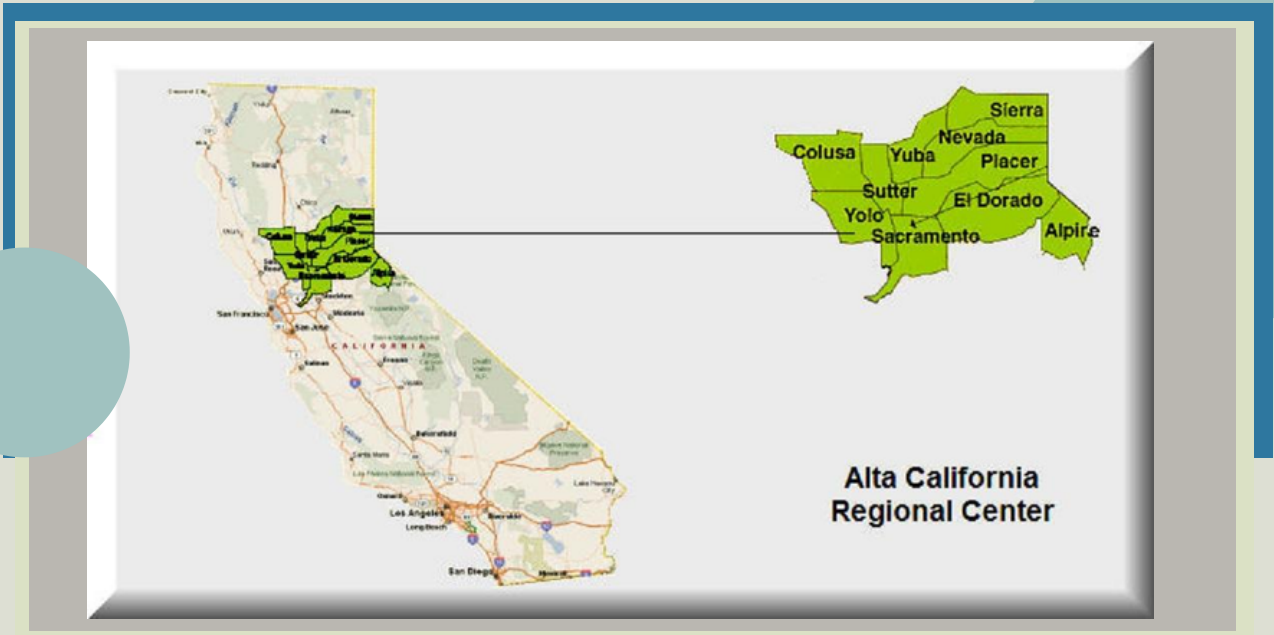


However, in more recent years, research has shown that individuals with ID/DD can too benefit from mental health treatment and services. This guide provides an overview of the mental health treatment resources and services available in the greater Sacramento area and surrounding counties.

*\*Please note that this is not a comprehensive resource guide. Please contact your medical insurer for all available options.*



# About This Guide



This guide has been developed by Alta California Regional Center (ACRC). ACRC is a nonprofit corporation working under contract with the California Department of Developmental Services. ACRC may fund and coordinate services for individuals age 3 and above with a developmental disability, including autism, epilepsy, intellectual disability, cerebral palsy.

ACRC also provides services to infants and toddlers, age birth through 36 months who meet eligibility criteria for the California Early Start Program.

Alta’s service coverage area includes the counties of: Sacramento, Alpine, Colusa, Yuba, Sutter, Yolo, Nevada, Placer, El Dorado & Sierra.

Services provided by ACRC must be related to the individual’s developmental disability. If an individual also has a mental health condition, they may benefit from accessing mental health services through their medical insurance provider.

This guide includes both mental health service resources that are local to the ACRC service area as well as state-wide and national resources that are available to individuals located in this 10-county catchment area. Resources are divided between county-funded options and options that are offered via private medical insurance agencies.

# Overview of CA Mental Health Services

## CA Department of Healthcare Services

In the state of California, mental health services are overseen by the Department of Healthcare Services, Mental Health Services Division (MHSD). Individual counties administer this Medi-Cal funded benefit to its beneficiaries through local clinics and licensed facilities. Services may also be provided in home.

The Department of Healthcare Services (DHCS) Mental Health Services Division offers programs and services for children and adults. Some of these include: Therapeutic Behavior Services, Crisis Intervention & Stabilization, Medication Support, Intensive case management & residential treatment services.

A state and nationwide emergency resource for individuals experiencing thoughts of suicide or a mental health crisis is the 988 suicide prevention and crisis line.

## Where to Start

If you have Medi-Cal, you must request mental health services through your county's Mental Health Program (MHP). Visit the California Department of Health Care Services website for a list of MHPs:

[www.dhcs.ca.gov/individuals/Pages/MHPContactList.aspx](http://www.dhcs.ca.gov/individuals/Pages/MHPContactList.aspx)

*\*Others will begin by requesting mental health services through their private medical insurance provider*



# 9888

call or text

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.



# Types of Mental Health Services

## Individual Therapy

Psychiatric treatment and Psychotherapy or counseling provided in a 1:1 format with a licensed clinician. Psychiatrists generally provide medication interventions whereas Psychologists utilize practices such as cognitive behavior interventions to address mental health symptoms. These services are typically provided in a clinic setting but may also be provided in home or virtually.

## Group Therapy

Treatment provided in a group format usually includes one licensed professional and up to 12-15 group members. Common types of group therapy include: cognitive behavior therapy groups, psychoeducational groups, social skills development groups and support groups. Group therapy can be helpful for a wide variety of conditions including depression, anxiety, PTSD, phobias and eating disorders.

## Wraparound Services

Treatment provided by a team of professionals that may include: Psychiatric services along with individual, family and or group therapy services. Wraparound services provided to families are typically coordinated by a social worker or Family Facilitator.

## Therapeutic Behavior Services (TBS)

Families with a child age 0-21 may receive this intensive in-home service intended to address behaviors posing a risk to health and safety. TBS is intended to provide caregivers with skills needed to safely intervene during behavioral/emotional crises and prevent psychiatric hospitalization.

## Acute Inpatient Services

Short-term psychiatric hospitalization (usually 24-72 hours) is provided for individuals who have been deemed as posing a danger to themselves, others or are gravely disabled. This short-term service is intended to stabilize the individual and release them once they no longer meet criteria to be held involuntarily. During psychiatric hospitalization individuals receive evaluation by a licensed Psychiatrist and medication management. Individual and group therapies may also be provided in this setting for those with longer stays.

## Residential Treatment

Treatment within licensed community care can be provided to both children and adults beyond a 24-72 hour acute psychiatric hospitalization.

For children, group homes of varying levels as well as short term residential treatment programs (STRTPs) may provide comprehensive individual, group and family therapies onsite. Some also have on site non-public schools to meet educational needs.

For adults, social rehabilitation facilities that are licensed as either Short-Term Crisis, Transitional or Long-Term Residential Treatment Program may be accessed.

# Sacramento County

Sacramento County offers a variety of mental health services through the Sacramento County Mental Health Access Team. These include child, youth and family programs, a community support team, The Source Support Line for Youth and Caregivers, consumer operated warmline, mental health triage services, mental health urgent care clinics, Psychiatric services, Therapeutic Behavior Services, licensed residential treatment for youth and adults and many more!

## **CORE Program, formerly the Adult Outpatient Services Transformation**

CORE provides specialty mental health outpatient services at 10 sites throughout Sacramento County. In addition to these sites, services are delivered in the community, wherever requested. Each CORE site has a co-located peer run community wellness center, which is open to any Sacramento County adult seeking meaningful activities

## Helpful Links & Numbers

Sacramento County Mental Health Services: **Mental Health Services (saccounty.gov)**

Sacramento County Mental Health Plan Medi-Cal Provider Lists: **LI-MHP Medi-Cal Provider List-English.pdf (saccounty.gov)**

Core Program: **CORE Program, formerly the Adult Outpatient Services Transformation (saccounty.gov)**

**Caregiver Crisis Respite Program: (916) 728-9333**

**Mental Health Urgent Care Clinic: (916) 520-2460**

# Yolo County

From screening to triage and ongoing outpatient services, Yolo County administers mental health services for children, youth and adults through a number of community treatment providers.

Screening for mental health services begins at one of three community clinic locations where individuals meet with clinicians to determine if they meet eligibility criteria for specialty mental health services.

Eligible patients will also have access to the Yolo County Wellness Center for transition-age youth and young adults.

## To Schedule a Screening:

- **Call (888) 965-6647** during business hours (8am-5pm)
- **Walk-in** appointments available at select locations

## Helpful Links & Numbers

**Mental Health Services | Yolo County**

**Mental Health Crisis & Access Line:** (888) 965-6647

**NAMI Yolo County:** Mental Health Support, Education & Resources

**Yolo County Provider Directory:** 638128337793070000 ([yolocounty.org](http://yolocounty.org))

# Colusa County

Colusa County Department of Behavioral Health employs providers who can assist you with your mental health and substance abuse treatment needs. On staff are Psychiatrists, Licensed Psychiatric Technicians, Licensed Marriage and Family Therapists and associates, Licensed Social Workers and associates, Certified Alcohol and Drug Counselors, Mental Health Specialists, Case Managers, and Peer Support Specialists. Colusa county is committed to caring for clients by providing quality treatment, promoting autonomy, keeping confidentiality, and respecting clients' rights.

Services available include: intensive home-based services, medication support services, crisis stabilization, day treatment, residential treatment and more!

## Contact Colusa County Mental Health

- **Call (530) 458-6647** during business hours (8am-5pm) to make an appointment or see if you are eligible for services

## Helpful Links & Numbers

Colusa County Behavioral Health Brochure: **Teal Light Blue Organic Shapes and Blobs Medical Company Brochure ([countyofcolusa.org](http://countyofcolusa.org))**

**24 Hour Access Line: (888) 793- 6580**

If you feel you have been denied mental health services due to a disability or other protected class, please contact the Patient's Rights Advocate:

**Patient's Rights Advocate**

**162 E. Carson Street**

**Colusa, CA 95932**

**530-458-0520**



# Sutter/Yuba County

Sutter-Yuba Behavioral Health (SYBH) provides services to individuals and families who are experiencing serious or ongoing mental health and/or substance use disorders in Yuba and Sutter Counties. Fees for service are based upon the client’s ability to pay. SYBH accepts most medical insurance, Medi-Cal and Medicare.

SYBH offers a wide range of services including: Acute Psychiatric Services, Adult Behavioral Health Services, Children’s Services and Prevention Services.

## Sutter-Yuba Behavioral Health

- **Main Business Number:** (530) 822-7200
- **24-Hour Psychiatric Emergency Services** (Crisis Services): (530) 673-8255 or Toll Free (888) 923-3800

## Helpful Links

**Adult Services Branch | Sutter County, CA**

**Acute Psychiatric Services Branch | Sutter County, CA**

**Youth & Family Behavioral Health Services | Sutter County, CA**

**Behavioral Health Prevention & Early Intervention (PEI) Services & Substance Use Prevention Services | Sutter County, CA**

# Placer County

Placer County Health and Human Services administers mental health services through both the Adult System of Care and Children's System of Care.

The Adult System of Care assists adults and older adults achieve their optimal level of self-sufficiency and independence by providing mental health services, substance abuse treatment, and in-home supportive services. Older and dependent adults are protected through investigations, case management, and the conservatorship process as necessary.

The Children's System of care offers a wide range of services and supports for at risk children and their families including behavioral/mental health services. These services include: crisis intervention, Therapeutic Behavior Services as well as outpatient and inpatient treatment.

- **Adult Crisis & Intake 24 Hour Phone Line:** 916-787-8860 or 1-888-886-5401
- **Family & Children's Services:** 916-872-6549 or toll free at 866-293-1940. For general questions regarding Children's Mental Health Services, please call 530-886-5400.

## Helpful Links

[Adult System of Care | Placer County, CA](#)

[Children's Mental Health CRISIS Services | Placer County, CA](#)

If you feel you have been discriminated against, please click on and submit the following grievance form: **Microsoft Word - Nondiscrimination notice FINAL - updated 1.23.23.docx (ca.gov)**

# Nevada County

Nevada County Department of Behavioral Health provides a wide variety of services to the public, particularly residents with Medi-Cal experiencing severe mental illness. This continuum of care ranges from acute inpatient to routine outpatient services and includes medication management, psychotherapy, residential services and vocational services.

Clinics in Nevada County: The Western County Crown Point facility in Grass Valley and a Truckee Clinic at the Joseph Government Center. Specific information and referral is accessible by phone:

## Clinic Contact Info

- **Western County, Grass Valley:** (530) 265-1437  
- After hours 24 hour crisis line: (530) 265-5811
- **Truckee:** (530) 582-7803

## Helpful Links

[Children's Mental Health Services | Nevada County, CA \(nevadacountyca.gov\)](https://www.nevadacountyca.gov/childrens-mental-health-services)

[NCBH-Provider-Directory-3-28-23-Normal-Font \(nevadacountyca.gov\)](https://www.nevadacountyca.gov/ncbh-provider-directory-3-28-23-normal-font)

[Adult Mental Health Services | Nevada County, CA \(nevadacountyca.gov\)](https://www.nevadacountyca.gov/adult-mental-health-services)

[Peer Support Programs | Nevada County, CA \(nevadacountyca.gov\)](https://www.nevadacountyca.gov/peer-support-programs)

# El Dorado County

El Dorado County Behavioral Health provides mental health treatment and services to both children and adults. Services include 24 hour crisis hotlines to acute inpatient and routine outpatient therapy. All behavioral health services for children are provided in the community by contracted providers. Assessments are completed by county behavioral health and referred with a 30-day authorization for treatment planning.

Adult services include outpatient clinic services, wellness center services, intensive case management and assisted outpatient treatment. For adults 18 years and older experiencing an acute mental health facility, there is a psychiatric health facility where patients can stabilize in a safe environment.

## Psychiatric Emergency Response Team (PERT)

The PERT team is a partnership between El Dorado County Behavioral Health and the El Dorado County Sheriff's Department. PERT meets the individual where they are in county jurisdiction and provides emergency assessment and intervention. PERT services are intended to stabilize a crisis and prevent hospitalization.

## Helpful Links & Numbers

Behavioral Health - El Dorado County ([edcgov.us](http://edcgov.us))

### **CRISIS HOTLINE:**

West Slope: (530) 622-3345

Tahoe: (530) 544-2219

If you feel that you have been discriminated against, please contact:

**Patients' Rights Advocate**

**[patientrightsadvocate@edcgov.us](mailto:patientrightsadvocate@edcgov.us)**

**Phone: (530) 621-6183**

# Sierra County

The Behavioral Health Department offers a broad range of mental health, alcohol, and other drug (AOD) services to all residents of Sierra County. Sierra County’s goal is to offer services in a supportive environment that focuses on recovery. Regardless of ability to pay, the Behavioral Health Department provides emergency crisis assessments and other services.

Services include: case management and referrals, medication management and services, mental health individual and family counseling, mental health assessments, peer support services, residential rehabilitation and much more!

- **24/7 Toll Free Access Line**

1-888-840-8418

- **Sierra County Crisis Line**

1-877-757-0029

## Helpful Links

[Behavioral Health | Sierra County, CA - Official Website](#)

[MHServicesBrochure.pub \(civicplus.com\)](#)

[Sierra-Co---Behavioral-Health-Provider-list \(ca.gov\)](#)



# Alpine County

The mission of Alpine County Behavioral Health Services is to provide safe, ethical and accessible services that inspire personal growth and development through strength-based behavioral health programs and supportive connections.

Comprehensive mental health and substance abuse treatment is available to all residents regardless of ability to pay. Alpine County provides: crisis services, specialty mental health services, substance use disorder treatment, adult system of care, children’s system of care, assisted outpatient treatment, cultural competency and mental health services.

## Wellness Center

96 Washoe Blvd.  
Monday - Thursday  
**1pm - 3pm Adults**  
**3pm - 4pm Families**

*\*Each day focuses on a different theme.*

## Helpful Links & Numbers

**ACBHS-Guide-to-County-MH-Services\_English-FINAL-1-24-2023**  
([alpinecountyca.gov](http://alpinecountyca.gov))

**November-2022--UPDATED-BROCHURE-Alpine-Provider-Directory-English-FINAL** ([alpinecountyca.gov](http://alpinecountyca.gov))

### Contact Us

Bear Valley Behavioral Health  
367 Creekside Drive  
Markleeville, CA 96120  
Phone: : 209-753-2831

# Private Specialty Mental Health Service Providers

## Insurance or Privately Funded Services

In addition to the county-funded programs and services as outlined in this guide, there are mental health service providers that may only accept payment either through medical insurances such as Kaiser, Blue Cross/Blue Shield etc. or via personal funds.



For individuals who either do not have Medi-Cal and/or have private medical insurance, mental health services can be accessed via your private health plan if this is a covered benefit.

In order to determine if behavioral health treatment is a covered benefit, members can request their Evidence of Coverage from member services. This document details the different services that are covered as a part of your health plan.

The following pages highlight some local area providers that have expertise with dually diagnosed individuals that may be accessed either through private medical insurance or personal funds.

# Filing A Grievance

Have you been denied mental health services because of your disability? If so, this is considered discrimination and is against the law. If you disagree with your health plan's decision, you can appeal their decision by following your county's grievance procedure. You can also contact the state's mental health ombudsman for assistance.

- 🌐 [MMCD Office of the Ombudsman \(ca.gov\)](#)
- ✉️ [MMCDOmbudsmanOffice@dhcs.ca.gov](mailto:MMCDOmbudsmanOffice@dhcs.ca.gov)
- ☎️ (888) 452-8609



**DHCS**  
California Department of  
**Health Care Services**