



**TURNING POINT
COMMUNITY PROGRAMS**
A Path to Mental Health

WELCOME TO THE MENTAL HEALTH URGENT CARE CLINIC!

As the first urgent care clinic of its kind in Sacramento County, we provide immediate mental health services to our community!

HOURS OF OPERATION

Monday-Friday 10am-10pm; Saturday-Sunday and Holidays 10am-6pm.

WHO WE SERVE

We provide services on a walk-in basis to individuals of all ages who are experiencing a mental health and/or co-occurring substance abuse crisis.

If you have an immediate mental health and/or co-occurring substance abuse need and are contemplating using an emergency room for yourself or a loved one, consider the mental health urgent care as a resource that can assist you in a calm and supportive environment. Our team of Peers, Clinicians, and Medical Staff (The HOPE Team) are here to help.

TYPES OF SERVICE

Individual and family services are voluntary, and include but are not limited to:

- A safe space for individuals and families
- Peer and family support
- Psychiatric medication evaluation, excluding controlled medications (no medication is kept on site)
- Integrated co-occurring mental health and substance abuse crisis assessment
- Crisis intervention and counseling to avert the need for inpatient hospitalization
- Referral and linkage to on-going services and community supports

CONTACT US

ADDRESS: 2130 Stockton Boulevard, Building 300, Sacramento, CA 95817

PHONE: (916) 520-2460

FAX: (916) 520-2459



Funded by the Sacramento County Division of Behavioral Health Services through the voter-approved Proposition 63, Mental Health Services Act (MHSA)

ELIGIBILITY FOR SERVICE

We provide services on a walk-in basis to individuals of all ages who are experiencing a mental health and/or co-occurring substance abuse crisis.

Examples of who might access the urgent care clinic:

- Someone not currently linked to services experiences an unexpected crisis. *Clinic staff will provide triage, assessment, and referrals for qualifying services and resources.*
- Someone who has been linked to outpatient services but needs to access psychiatric care before it is available where they have been referred. *Clinic staff will provide needed urgent care services and communicate treatment with primary provider.*
- An individual who is linked to an outpatient provider but missed an appointment and is in need of urgent psychiatric care and medication. *Clinic staff will provide needed services, communicate treatment with primary provider, and may set a limit on frequency of urgent care clinic use.*
- An individual presenting with a primary substance use disorder or who may be under the influence will be assessed and offered linkage to on-going alcohol and drug treatment services.
- Linked or unlinked individuals experiencing a mental health and/or co-occurring substance abuse crisis when their assigned provider is closed, afterhours, or during the weekends/holiday. *Clinic staff can help avert the need for an emergency department visit by providing urgent care services, communicating treatment with the outpatient provider (if linked), and arranging appropriate follow-up care.*

CLINIC SETTING

Quiet rooms are a place for individuals and families to safely and comfortably address their crisis and distress. There are specific rooms designed to meet the needs of children, adolescents, and adults. Snacks, water, and healthy coping activities are available in the lobby to keep individuals comfortable, engaged, and occupied while waiting for service. Those coming into the clinic can also receive peer/staff support to utilize the resource room, it's materials, and computer to identify other needed supports that would ameliorate future crises. Peers, including a family advocate, clinicians and medical staff may use interview rooms and quiet rooms to provide needed support and assessment.

Referral Information

Assessment for Juvenile Justice Diversion and Treatment Program (JJJTP) services at River Oak can be initiated by contacting your assigned Sacramento County Probation Officer, Juvenile Court Representative. For youth not yet on probation, referring parties can contact the Senior Mental Health Counselor at (916) 875-0570 for screening.

Partnerships

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

In collaboration with Sacramento County Department of Health Services Division of Behavioral Health.



SACRAMENTO
COUNTY

About Us

River Oak Center for Children was established in 1966 and serving Sacramento County for over 50 years. It has been awarded the Gold Seal of Approval™ by the Joint Commission on Accreditation of Healthcare Organizations.

Our Guiding Principles

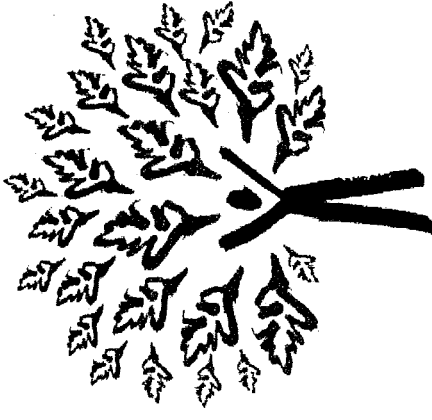
- Parents want what's best for their children.
- Families deserve our respect, caring and understanding.
- Children deserve to be nurtured, have their needs met and to be successful.
- People are important so good systems connect people, resources and opportunities.

Contact Us

Administrative Offices
5445 Laurel Hills Drive
Sacramento, CA 95841

P: (916) 609-5100 | **F:** (916) 609-5160
www.riveroak.org

River Oak Center for Children complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.



River Oak
Center for Children

Proven Programs,
Sound Delivery,
Healthy Communities



**Juvenile Justice Diversion
and Treatment Program
(JJJTP)**

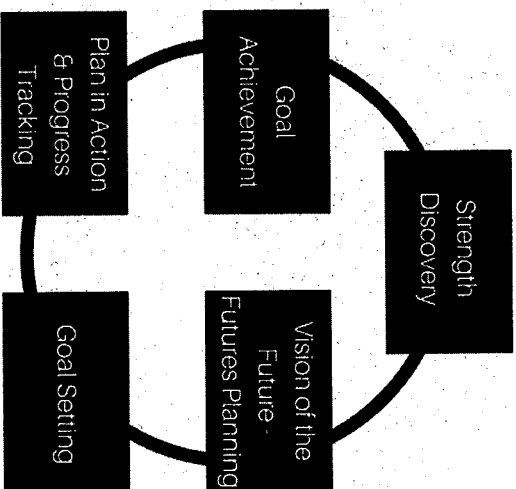
Overview

The Juvenile Justice Diversion and Treatment

- Program (JJTDP) is a Full Service Partnership for youth involved with the juvenile justice system or displaying behavior that could lead to involvement with the juvenile justice system. JJTDP is designed to enable youth with a Behavior Challenges to remain in their homes, schools and communities by providing a comprehensive array of mental health services and supports to them and their families.
- JJTDP services are voluntary intensive services which may be provided in the home, school, or community.
- Youth must have mental health symptoms and/or behaviors that may lead to the Juvenile Justice system involvement at time of referral. The goal is to support youth in avoiding involvement with or completing terms of probation and reduce risk of re-offending.
- Once in the program, services may continue following termination of probation.
- Youth must have or be eligible for Medi-Cal or be uninsured to be accepted into the program.
- Youth may participate in the program up to their 26th birthday (as clinically appropriate).
- Services may focus on Transitional Age Living Skills, Therapeutic Goals, Anger Replacement Training, and/or Drug and Alcohol Rehabilitation.
- Services are strengths-based and culturally competent.

FUTURES PLANNING

VISIONING PROCESS



5 Core Goals

1. Stabilize placements and reduce homelessness.
2. To increase school attendance and achievement.
3. To increase vocational training and employment.
4. To reduce psychiatric hospitalizations.
5. To reduce juvenile detention and/or young adult incarceration.

JJDTDP Key Features

- Team-based approach to services and decision making
- Youth and/or Family Team Meetings held as needed to promote youth and family voice in decision making.
- Services can include case management, individual therapy, family therapy, caregiver services; drug and alcohol assessment/ rehabilitation, peer support, transportation, housing assistance, medication management, respite services; peer advocacy, family advocacy, and/or vocational / employment training.
- Evidence-Based Practices shown to support best outcomes will be provided as appropriate.

RATIONALES

