

## Our Mission is...

To provide the most effective services that positively impact children/youth and their families by specifically improving their ability to function optimally in the home, school, and community.

## Our core values are...

- ◆ Quality
- ◆ Integrity
- ◆ Respect
- ◆ Compassion
- ◆ Cultural Sensitivity

## We are committed to...

- ◆ Providing strength-based assessment and interventions
- ◆ Utilizing the most effective treatment methods
- ◆ Assisting families to identify their goals
- ◆ Obtaining additional services and resources that families need
- ◆ Identifying support systems and working in partnership with them to deliver services that help families accomplish their goals
- ◆ Helping children and their families grow



## For Outpatient Services information, please contact:

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**River Oak**  
Center for Children



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Established in 1966. Awarded Gold Seal of Approval™ by the Joint Commission on Accreditation of Healthcare Organizations.

River Oak Center for Children is committed to helping children and families successfully manage life's challenges through a wide range of behavioral health and social services by providing prevention, treatment and caring support.

River Oak advocates to bring outstanding and innovative programs to children and families in need.

### Administrative Offices

5030 El Camino Avenue  
Carmichael, CA 95608  
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*In collaboration with Sacramento County Department of Health and Human Services Division of Mental Health.*

A Place for Children and Families to Grow

# Outpatient Services

## Outpatient Services Division

An ethnically diverse team of professionals including clinicians, skills trainers, family and youth advocates, psychologists, and psychiatrists with various levels of education and experience.



### Services

- ◆ Time-limited child, family, and group therapeutic services at multiple sites in Sacramento County, both in an office setting and in the community. These services are designed to facilitate optimal child/youth functioning in the home, school, and community.
- ◆ Services incorporate all aspects of a child's life into a treatment plan including social, emotional, educational, physical, environmental, cultural, religious, historical, and developmental, building upon client and family strengths.
- ◆ Typically services include a comprehensive mental health assessment, individual, family and/or group therapy, skills building for children and their families, behavioral interventions, education, psychiatric services, parent support/advocacy, and crisis intervention.
- ◆ Services are collaborative—we work with caregivers and other community providers, including teachers, social workers, and probation officers. In addition, we provide on-site mental health services at community partners sites



### Client Eligibility

- ◆ Medi-Cal children and adolescents (ages 0-21) and their adoptive, guardianship, kinship, foster, or biological families.
- ◆ Sacramento County residents or children residing in a neighboring county but placed by Sacramento County Social Services.
- ◆ Also, children and youth qualifying for 3632/26.5 services funding through their Individual Education Plan (IEP) may be eligible. Under certain circumstances, other funding sources are accepted.

By Sacramento County contract, outpatient providers are limited to 5-7 hours of service per month.

### Referral Information

- ◆ Referral sources: parents, caregivers, pediatricians, Child Protective Services (CPS), social workers, teachers, Healthy Start coordinators, school counselors, and other mental health professionals.
- ◆ Behavioral problems qualifying for referrals: mental/behavioral health concerns that are causing significant impairment in the way children/youth function at home, school, or in the community. These may include: disruptive behaviors, poor school performance, conflicted relationships (with peers, siblings, parents, and teachers), or challenging life experiences including trauma and abuse.

Services can be initiated by calling the Sacramento County Child and Family ACCESS Team at (916) 875-9980.

The caller needs to provide relevant information (historical & current) about the child/adolescent in order for the ACCESS team to determine need and eligibility for mental health services.

