

# Youth Wellness Resources in Sacramento County

Service Categories: 1) Youth Mental Health and Wellness 2) Alcohol, Marijuana & Other Drug Prevention 3) Youth Activities 4) Other

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Service Category	Service/Program Organization Name	Website	Phone Number/Email	Brief Description of Services	Ages Served	Cost
1, 2	<b>Family Matters Program</b> Omni Youth Programs	<a href="https://www.omniyouth.net/familymatters">https://www.omniyouth.net/familymatters</a>	(916) 662-2739	Facilitator Certification Training. Provide families with teens support while parents and teens complete an in-home drug prevention program that improve family communication, youth decision making and more.	11-18 years and their parents	Free
3	<b>"How to Get a Drug-Free High: Creative Outlets for Youth"</b> Omni Youth Programs	<a href="https://www.facebook.com/OYPrograms">https://www.facebook.com/OYPrograms</a>	(916) 662-2739	Creative outlets for young people to fight boredom and avoid using alcohol or other drugs.	12-20 years	Free
1, 2	<b>Teens in Action Program</b> Omni Youth Programs	<a href="https://www.omniyouth.net/teensinaction">https://www.omniyouth.net/teensinaction</a>	(916) 662-2739	Train teens to facilitate youth groups for wellness, drug prevention, and positive family interactions.	13- 20 years with adult support	Free
1, 2	<b>Youth Drug Prevention for Youth and Parents</b> Omni Youth Programs	<a href="https://www.omniyouth.net/">https://www.omniyouth.net/</a>	(916) 662-2739	Surprising facts, relatable information, easy to learn techniques and emotional empowerment to help youth be drug free. Presentations, webinars, YouTube videos, blogs, Facebook Live, and Instagram Stories for youth, parents and professionals who support youth.	12-20+ years	Free
1, 3	Impact Sac	<a href="http://impactsac.org/">http://impactsac.org/</a>	916-339-3515 Text/Teen Line: 916-900-6708	Youth engagement and empowerment; building youth-led community platforms.	11+ years	Free
1, 3	Sacramento Youth Center	<a href="https://sacyouthcenter.org/#programs">https://sacyouthcenter.org/#programs</a>	916-248-1081	Youth mentoring program and social emotional learning.	14-24 years	Free
1, 3	<b>Project Reach/Project REAL</b> La Familia Counseling Center	<a href="https://lafcc.org/children-young-adults/">https://lafcc.org/children-young-adults/</a>	(916) 452-3601	Internships, counseling, and support services.	10-21 years	Free
1, 3, 4	<b>Q-Spot Youth Programs</b> Sacramento LGBTQ Center	<a href="https://saccenter.org/youth">https://saccenter.org/youth</a>	(916) 442-0185 ext. 107	LGBTQ Ally and social/emotional support, peer mentorship, and more. The Q Spot provides drop-in mental health respite care and supportive services to youth age 13 and up to 25 who identify as LGBTQ. In addition, support groups are provided with a range of topics including but not limited to anti-bullying, coming out, healthy relationships, and life skills development.	13-25 years	Free
2, 3	<b>Be Bothered Movement</b> Center for Collaborative Planning	<a href="https://www.bebotheredmovement.com/">https://www.bebotheredmovement.com/</a>	(916) 498-6960	Leadership development program providing advocacy opportunities and underage drinking and marijuana use prevention education. Monthly meetings.	12-20 years	Free
2, 3	<b>Be Bothered Underage Drinking and Marijuana Prevention Workshops</b> Center for Collaborative Planning	<a href="https://www.bebotheredmovement.com/">https://www.bebotheredmovement.com/</a>	(916) 498-6960	Workshops for youth on preventing underage drinking and marijuana use.	12-20 years	Free

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1, 3	Youth Link Sacramento	<a href="https://youthlinksac.org/">https://youthlinksac.org/</a>	Specific to each resource listed on the website.	A hub of resources, programs, activities, services and online support for young people, their families and adult allies.	All ages	Depends on the resource. Many are free.
1, 3	<b>Youth Social Change Project</b> Wake-Up Foundation	<a href="http://www.wake-upfoundation.org/youth-projects.html">http://www.wake-upfoundation.org/youth-projects.html</a>	(916) 243-7076	Through workshops, classes, and support groups, this program empowerment, motivation, inspiration, health and wellness, stress management, career development, goal development, success, self-esteem, self-confidence, and life coaching.	16-24 years	Free
1, 3, 4	<b>Youth Mental Health First Aid</b> National Council for Mental Health Wellbeing	<a href="https://www.mentalhealthfirstaid.org/population-focused-modules/teens/">https://www.mentalhealthfirstaid.org/population-focused-modules/teens/</a>	Specific to each training. Search website for available courses and a phone number will be available for that course.	Courses are available to teach high school students how to identify, understand, and respond to signs and symptoms of mental health and/or substance-use issues in their friends and peers. Search website for available courses.	14-18 years	Depends on the course. Many are free.
1, 3, 4	<b>Fostering Hope Mentoring Program for Girls</b> National Coalition of 100 Black Women	<a href="http://www.ncbwsacramento.org/">http://www.ncbwsacramento.org/</a>	(916) 287-3715	Through the Fostering Hope program, The Coalition of 100 Black Women advocate for black women and girls. This mentoring program, for girls between the ages of 12-18 years, develops positive self-images and confidence through self-care, education, community service, leadership, accountability, and showing up and speaking up.	12-18 years	Free
1, 3, 4	Lutheran Social Services	<a href="https://www.lssnorcal.org">https://www.lssnorcal.org</a>	(916) 453-2900	Transitional Housing for Youth provides specialized services including: individual and group life skills classes, financial literacy, nutrition, relationship building, parenting/child development education, job readiness, placement and support, social skills development, anger management, problem resolution, communication, and group recreational opportunities.	18-24 years	Free
1	<b>Mental Health Urgent Care Clinic (MHUCC)</b> Turning Point Community Programs	<a href="https://www.tpcp.org/programs/urgent-care/">https://www.tpcp.org/programs/urgent-care/</a>	(916) 520-2460	A walk-in clinic for individuals with an urgent mental health need. The MHUCC is a client-centered program that focuses on providing immediate relief to individuals and families in distress.	All ages	Free
1	<b>Abiding Hope</b> Turning Point Community Programs	<a href="https://www.tpcp.org/programs/abiding-hope/">https://www.tpcp.org/programs/abiding-hope/</a>	(916) 287-4860	Respite facility for individuals 18 years of age and older with a psychiatric disability. A short-term alternative to an emergency department visit or acute hospitalization for persons experiencing overwhelming stress, which can be alleviated with a brief respite stay (up to 14 days).	18+ years	Free

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1, 4	<b>Wind Youth Center</b> Wind Youth Services	<a href="http://windyouth.org">windyouth.org</a>	(916) 561-4900	A safe, non-judgmental and age-appropriate environment for homeless and runaway youth to keep them away from the dangers of the street. Youth have access to the health clinic, which provides basic services and STD (sexually transmitted diseases) and HIV testing and education. Respite Program provides mental health crisis respite care to youth/Transition-Aged Youth (TAY) ages 13-25 years old experiencing overwhelming stress due to life circumstance and homelessness. Services may be accessed via a drop-in center or with a pre-planned visit and including screening, planning, crisis intervention, life skills workshops, health screenings, groups, crisis counseling, and case management.	12-24 years	Free
1	<b>WEAVE Children's Counseling</b> W.E.A.V.E, Inc.	<a href="https://www.weaveinc.org/childrens-counseling">https://www.weaveinc.org/childrens-counseling</a>	(916) 920-2952	Offers free individual counseling for children ages 4 years and older who have witnessed domestic violence, experienced dating violence, and/or sexual assault and abuse.	4+ years	Free
1, 4	<b>HOPE Cooperative Mental Health Crisis Respite Center</b>	<a href="https://hopecoop.org/services/">https://hopecoop.org/services/</a>	(916) 441-0123	Staffed 24/7 and serves any individual in Sacramento County who is at least 18 years of age experiencing a mental health crisis but is not in immediate danger to self or others. There is no medical staff at the Crisis Respite Center and participation is completely voluntary. All individuals utilizing the Crisis Respite Center are eligible to stay for up to 23 hours and expect service based in compassion, understanding and knowledge. While at the Crisis Respite Center, the primary goal is to offer a stable and supportive environment so that the "guest" is better positioned to explore their crisis with a solution-oriented mindset. Every guest will leave with an individualized resource plan.	18+ years	Free
1, 4	<b>New Direction Program</b> Hope Cooperative	<a href="https://hopecoop.org/services/">https://hopecoop.org/services/</a>	(916) 993-4131	New Direction provides individually tailored services for the achievement and maintenance of a stable and satisfying life in the community. Our clients are people who are experiencing homelessness and have a serious mental illness. Clients receive intensive case management and mental health services as well as HUD funded housing subsidies. The staff provide the assistance one-to-one and in group settings to support and encourage life management and coping skills to achieve greater self-reliance. Also provides substance abuse resources and support.	18+ years	Free

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2, 4	Sacramento County Substance Use Prevention and Treatment Services	<a href="https://dhs.saccounty.net/BHS/Pages/SUPT/Substance-Use-Prevention-and-Treatment.aspx">https://dhs.saccounty.net/BHS/Pages/SUPT/Substance-Use-Prevention-and-Treatment.aspx</a>	(916) 875-2050	Prevention and treatment services for alcohol and drug use/abuse are provided through an array of community-based service providers throughout Sacramento County. The range of services provided through these organizations includes prevention, outpatient treatment, medication-assisted treatment, withdrawal management (detoxification), residential treatment, perinatal services, and sober living environments/recovery residences.	All ages	Medi-Cal / FREE
1, 4	WellSpace Health Substance Use Disorder Treatment Services	<a href="https://www.wellspacehealth.org/services/behavioral-health-prevention/addictions-counseling">https://www.wellspacehealth.org/services/behavioral-health-prevention/addictions-counseling</a>	Outpatient (916) 313-8434 Inpatient (916) 921-6598	A continuum of services for those struggling with substance use, mental health and/or co-occurring disorders. Services are provided to patients/clients, regardless of their ability to pay. Many healthcare coverage programs are accepted; however, patients/clients who are not covered by insurance will not be turned away.	All ages	Medi-Cal/ Free/ Sliding Fee Scale
2, 3	Sacramento County Coalition for Youth	<a href="https://www.sacramentoccy.org/">https://www.sacramentoccy.org/</a>	<a href="mailto:lorrock@scoe.net">lorrock@scoe.net</a>	A group of caring community members working together to make Sacramento a safe place for young people to grow up, free from the influences of substances that are addictive and harmful.	Youth and Parents	Free
2, 3	PRO Youth and Families	<a href="https://proyouthandfamilies.org/">https://proyouthandfamilies.org/</a>	916-576-3300	A team dedicated to helping youth gain their voice, get involved, and be productive members of their communities. Substance use prevention and youth programs and activities.	Youth	Free
4	Another Choice, Another Chance	<a href="https://acacsac.us/">https://acacsac.us/</a>	(916) 388-9418	Outpatient and intensive outpatient substance use disorder treatment services for youth.	Youth	Medi-Cal / FREE
4	Sobriety Brings A Change	<a href="https://www.sobrietybringsachange.net/">https://www.sobrietybringsachange.net/</a>	(916) 454-4242	Outpatient substance use disorder treatment services for youth.	Youth	Medi-Cal / FREE
1, 2	Capital Star	<a href="https://www.starsinc.com/sacramento-county/">https://www.starsinc.com/sacramento-county/</a>	(916) 584-7800	Offers a variety of behavioral health services serving Transition-Age Youth (TAY) population including outpatient specialty mental health services, outpatient substance use disorder treatment services, and crisis residential services.	Youth and Transition-Age Youth	Medi-Cal / FREE

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1	Consultation, Support, and Engagement Team (CSET) for Commercially Sexually Exploited Children and Youth (CSEC)	<a href="https://www.starsinc.com/sacramento-county-cset/">https://www.starsinc.com/sacramento-county-cset/</a>	(916) 844-2426	CSET provides community-based outreach to engage and build relationships with identified youth and to provide support in linkage to appropriate services. CSET staff meet with children and youth at risk of exploitation and their families/caregivers in a safe, convenient location in the community. CSET bridges the gap for access to mental health services when they are in a new state of change.	Youth 12 up to 21 and their families	Free
4	BAART Carmichael	<a href="https://baartprograms.com/baart-carmichael/">https://baartprograms.com/baart-carmichael/</a>	(916) 974-8090	Opioid Addiction Treatment Services - Medication Assisted Treatment	Youth ages 14-20	Medi-Cal / FREE
4	CORE Medical Clinic	<a href="http://www.coremedicalclinic.com">http://www.coremedicalclinic.com</a>	(916) 442-4985	Opioid Addiction Treatment Services - Medication Assisted Treatment	Youth ages 16-20	Medi-Cal / FREE
1	Youth Help Network	<a href="http://www.starsyouth.net">www.starsyouth.net</a>	(916) 860-9819 (call or text)	Provides free, short-term services and support to all youth ages 16 - 25 years old in Sacramento County.	Youth ages 16-25	Free
1	The Source	<a href="https://thesourcesacramento.com">https://thesourcesacramento.com</a>	(916) 787-7678	The Source helps families and youth (up to age 26) who reside in Sacramento County. Services and supports are available 24 hours a day, 7 days a week. Services are free and confidential.	Youth up to age 26 and their caregivers	Free
1	Sacramento County Mental Health Access Team	<a href="https://mhsr.saccounty.net">https://mhsr.saccounty.net</a>	(916) 875-1055	Mental Health Access Team provides Sacramento County residents with referrals or linkages to authorized specialty mental health services.  Eligibility for mental health services are based on referral information and by a brief phone screening in the individual's primary language. Bilingual staff, interpreters, and TTY/TDD are available at no cost.	All ages	Free, if eligible
4	Sutter Teen Programs	<a href="https://www.sutterhealth.org/services/pregnancy-childbirth/teen-smcs">https://www.sutterhealth.org/services/pregnancy-childbirth/teen-smcs</a>	(916) 887-4031	Sutter Teen Programs' Adolescent Family Life Program (AFLP) provides free services to teens who are 18 years old or younger and teens who are either expecting or parenting. If eligible to receive services, those services may include help with parenting questions, help completing or enrolling in school, support and counseling, referral to helpful community resources, etc.	13 - 20	Free

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4	Sacramento Peers on Prevention (SacPOP)	<a href="https://sacpop.org">https://sacpop.org</a>	<a href="mailto:info@sacpop.org">info@sacpop.org</a>	SacPOP is a youth driven organization that is dedicated to addressing sexual health and reproductive justice issues in order to close the health equity gap among Black, Indigenous, & People of Color (BIPOC) youth. SacPOP believes that it is important to empower youth and encourage safe and supportive communities by providing comprehensive, inclusive, medically accurate, sex-positive sex education. SacPOP can host group workshops for schools, organizations, or for youth and their peers. Topics of sex education workshops include HIV and STIs, Contraception, Healthy Relationships, Consent, Sexuality, and Reproductive Health, rights, and justice.	13 - 26	Free
1	<b>Brother Be Well - Wellness for Boys and Men of Color</b> Mental Health California	<a href="https://www.mentalhealthca.org/brother-be-well">https://www.mentalhealthca.org/brother-be-well</a>	<a href="https://brotherbe-well.com/connect">https://brotherbe-well.com/connect</a>	Brother Be Well's target audience is boys (ages 13+) and men of color including African American, Native American, Latinx, and Asian and Pacific Islander American, and for those who identify as LGBTQIA+ within these communities. Brother Be Well addresses mental health and wellness through an innovative platform blending technology, education, awareness, and healing pathways. The overarching goals are to reduce disparities, remove stigma, heal trauma, and to end prolonged suffering.	13 and older	Free
	Improve Your Tomorrow	<a href="https://www.improveyourtomorrow.org/">https://www.improveyourtomorrow.org/</a>	(916) 299-3432	Primary focus is college access and mentorship. IYT College Academy provides wraparound programming to assist boys and young men of color to get to college. IYT University provides young men of color at colleges and universities across the state the following wraparound support services: student development, tutoring, career tours, internships, mentorship, and emergency grants. IYT Community College serves young men of color at the Los Rios Community College District with the same wraparound support services listed above. * IYT Brothers in High School (Brothers of Sankofa) offers continued 1:1 mentoring centered around overall health and wellness and dedicated to growth and development; monthly hands-on workshops focused on resilience, money, cultural identity, etc.; and two yearly youth wellness retreats with 50 fellow IYT Brothers. IYT Brothers will be available in 7 high schools throughout Sacramento County.	12 - 18 years	Free

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4	On Track	getontrack.org	(916) 285-1810	ONTRACK provides training, consulting and technical assistance services aimed at reducing disparities, and improving services for diverse communities.	TAY: 18 and over	Free