



WHO WE ARE

Our team consists of Licensed Clinical Social Workers, Marriage and Family Therapists, Psychologists, Psychiatrists, and Care Coordinators.

As a diverse, experienced, and well-educated team, we are prepared to support you through life challenges. We offer bilingual, Spanish-speaking therapists and interpreters in several languages.

“We are cultivating a compassionate culture that inspires growth, celebrates diversity, fosters humility and creates authentic connections.”



Ambulatory Care
Patient Centered Medical Home
Behavioral Health

a *californiahealth* center



6.6.18

LOCATIONS

7th & H Street Community Health Center
631 H Street
Sacramento, CA 95814
Monday-Friday 8:00am – 4:00pm

Alhambra Community Health Center
2425 Alhambra Blvd.
Sacramento, CA 95817
Monday-Friday 8:00am - 5:00pm

Amador Community Health Center
11333 Prospect Dr.
Jackson, CA 95642
Monday-Friday 8:00am - 4:30pm

Arden-Arcade Community Health Center
2433 Marconi Ave.
Sacramento, CA 95821
Coming Soon!

J Street Community Health Center
1820 J Street
Sacramento, CA 95811
Monday-Friday 8:00am - 4:30pm

Rancho Cordova Community Health Center
10423 Old Placerville Rd.
Sacramento, CA 95827
Monday-Friday 8:00am - 4:30pm

Roseville Community Health Center
5 Medical Plaza Dr., Suite 170
Roseville, CA 95661
Monday-Friday 8:00am - 4:30pm

San Juan Community Health Center
5959 Greenback Lane, Suite 500
Citrus Heights, CA 95621
Monday-Friday 8:00am - 4:30pm

South Valley Community Health Center
8231 E. Stockton Blvd., Suite D
Sacramento, CA 95828
Monday-Friday 8:00am - 4:30pm



Achieving regional health through high quality comprehensive care

Integrated Behavioral Health (IBH)



Services

Intake/Assessment

Individual Therapy

Psychiatry & Medication Management

Care Coordination

Referral & Linkage

Depression

Anxiety

Grief & Loss

Chronic Illness or Pain

Trauma

Victim of Abuse

Intimate Partner Violence

LGBTQ

Stress Management

Anger Management

Emotional Regulation

Adjustment

Addiction

Communication

Self Esteem

CONTACT US

(916) 313-8433 [at the following extensions]

Ext 1 – Roseville

Ext 5 – Alhambra

Ext 2 – San Juan

Ext 6 – South Valley

Ext 3 – Rancho Cordova

Ext 7 – Amador

Ext 4 – J Street / 7th & H

Ext 8 – Arden-Arcade

www.wellspacehealth.org



OUR PROGRAM

Integrated Behavioral Health (IBH) consists of a variety of services and interventions including short-term counseling, medication management, and referrals to internal and community resources. Behavioral Health services focus on improving overall well-being by developing techniques to resolve health and/or mental health or substance use issues affecting daily life. Studies show that improved behavioral health reduces the risk and symptoms of medical conditions. IBH personnel work with your medical providers to treat your “whole health.”

ACCESS

Any child, adolescent, or adult who is registered at a WellSpace Health primary care health center can access Integrated Behavioral Health services. Visits are covered by Medi-Cal health plans, and for qualified uninsured patients we have a sliding scale fee, or other options to access services.

REFERRAL PROCESS

If you are interested, ask your doctor. Your Primary Care Provider will make a referral and a Care Coordinator will schedule an Intake/Assessment. You may be eligible for short-term therapy, up to 12 visits. A Behavioral Health Clinician may also refer you for an Intake with one of our psychiatry providers.