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.”

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

Integrating Behavioral Health (IBH)
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.

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