

## Resources:

MediCare (must have Part B)

- Tel 1-800-633-4227 / TTY 1-877-486-2048

## Sacramento County

Managed Care MediCal plans of Sacramento County

- Anthem Blue Cross: 1-800-407-4627
- Health Net: 1-800-950-4777
- Aetna Better Health of California: 1-855-772-9076
- Molina HealthCare: 1-877-814-2221

Straight MediCal

- (916) 875-1055
- TTY/TDD 916-876-8892 or 7-1-1
- 24-hour Toll Free 1-888-881-4881

Mental Health Urgent Care Clinic

- (916) 520-2460
- Monday - Friday: 10 am - 10 pm
- Saturday, Sunday, and Holidays: 10 am - 6 pm

## Yolo County

Partnership/Beacon Health Options

- Contact: (855) 765-9703
- <https://www.beaconhealthoptions.com/>

Yolo County Mental Health Services

- Mental Health Crisis and Access Line (24/7)
- Tel 1-888-965-6647; TDD 1-800-735-2929

Yolo Family Service Agency

- Davis & Woodland: (530) 662-2211
- West Sacramento: (916) 572-0560

## Suicide Prevention

National Suicide Prevention Hotline

24/7 tel 1-800-273-8255

En Español, For Deaf & Hard of Hearing

## Local 24-Hour Suicide Prevention Hotline

- 24 hours/day, 7 days/week
- (916) 368-3111 or Toll Free (800) 273-8255

# (916) 454-2345



[www.elicahealth.org](http://www.elicahealth.org)  
[facebook.com/elicahealth.org](https://facebook.com/elicahealth.org)  
[twitter.com/elicahealth](https://twitter.com/elicahealth)  
[instagram @elicahealthcenters](https://instagram.com/elicahealthcenters)

Phone: (916) 454-2345

After Hours: (916) 454-2345

Emergencies: **911**

### Elica Health Centers - Arden Arcade

2400 Glendale Lane, Sacramento, CA 95825

Mon - Fri: 8:00 am to 12:00 pm and 1:00 pm to 5:00 pm



### Elica Health Centers - Cadillac Dr

77 Cadillac Drive, Suite 200, Sacramento, CA 95825

Mon - Thu: 8:00 am to 6:00 pm



### Elica Health Centers - Franklin Blvd

5385 Franklin Boulevard, Suite K, Sacramento, CA 95820

Mon - Thu: 8:00 am to 6:00 pm



### Elica Health Centers - Halyard Dr

1276 Halyard Drive, West Sacramento, CA 95691

Mon - Sat: 8:00 am to 6:00 pm



### Elica Health Centers - Health On Wheels

3701 J Street, Suite 201, Sacramento, CA 95816

Locations and Hours of Operation: Variable

### Elica Health Centers - J St

3701 J Street, Suite 201, Sacramento, CA 95816

Mon - Sat: 8:00 am to 6:00 pm



### Elica Health Centers - Mack Rd

6339 Mack Road, Sacramento, CA 95823

Mon - Fri: 9:00 am to 1:00 pm and 2:00 pm to 6:00 pm

### Elica Health Centers - Marysville Blvd

3234 Marysville Boulevard, Sacramento, CA 95815

Mon - Fri: 8:00 am to 12:00 pm and 1:00 pm to 5:00 pm



### Elica Health Centers - North Highlands

4815 Watt Avenue, North Highlands, CA 95660

Mon - Sat: 8:00 am to 6:00 pm

### Elica Health Centers - V St

923 V Street, Sacramento, CA 95818

Mon - Thu: 8:00 am to 6:00 pm

### Elica Health Centers - 15<sup>th</sup> St

155 15<sup>th</sup> Street, Suite A, West Sacramento, CA 95691

Mon - Thu: 8:00 am to 6:00 pm

## Behavioral Health Program



"Healing with Heart"  
**Elica**  
Health Centers

[www.elicahealth.org](http://www.elicahealth.org)

(916) 454-2345

## What is Integrated Behavioral Health (IBH)?

Integrated Behavioral Health blends care in one setting for medical conditions and related behavioral health factors that affect health and well-being.

IBH services are available for patients 6 years and up, referred by their primary care providers. Services include brief, individual counseling for children and adults, as well as access to adult and child psychiatry.

## What services does Integrated Behavioral Health provide at Elica?

Elica's Integrated Behavioral Health team provides brief solution-focused therapy along with psycho-education to help you manage emotions and respond to stress and life challenges.

## What if I need a service that Elica does not offer?

IBH is not able to assess patients for mental capacity, bariatric surgery, disability determinations, time off work, payee determinations, or court evaluations. If you or your provider think you may need any of these services, we can help you contact your health plan for further assistance.



## What if I'm taking medication?

Elica's primary care providers are able to manage common medications for treating mild-to-moderate conditions such as depression and anxiety. Please speak with your primary care provider to discuss a treatment plan.

If you are new to Elica or your provider changes, please let us know as soon as you realize your psychiatric medication is going to run out in the next 1-2 weeks. This will give your new provider time to review your medical records and determine the next steps.

## What if I need assistance getting access to behavioral health services?

Elica has a dedicated team of Behavioral Health Care Managers (BH CM's) who can assist you. Please let your primary care provider know if you are having difficulties and they will link you with a BH CM.

## How do I contact my insurance?

You can find contact information for your health plan's mental/behavioral health services on the back of your insurance card.

For patients getting health insurance benefits directly from Medi-Cal or Medicare, there are free resources in your County and community. This information is available through the BH CM's at our clinic sites.

## Patient Responsibilities

1. Keep all Medical and Behavioral Health appointments with your provider(s).
2. If you are unable to make your appointment for any reason, please notify Elica at least 24 hours in advance.
3. Notify your Medical and Behavioral Health provider(s) immediately if your condition changes or worsens.
4. You and any visitors you bring with you are expected to behave in a calm and respectful manner. Aggressive behavior and/or foul language will not be tolerated.
5. Use of audio and/or video recording devices at the clinics is expressly forbidden at all times.

