

ACT for Today
Affiliation of Catholic Therapists

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Referral List

SELF-HELP:

- Alcoholics Anonymous 454-1100
- Meetings & general info
 - www.aasacramento.org
- Narcotics Anonymous 732-2299
- www.sacramentona.org
 - 1-800-600-HOPE
- People Reaching Out 576-3300
- Counseling, education, and referrals regarding substance abuse
 - www.peoplereachingout.org
- Sacramento County Alcohol and Drug Treatment, Prevention
and Outreach Programs (referral information only) 875-2050
- STD Testing Center (County Health) 874-5302
- 1500 C Street, M-F, 8:00 a.m. - 5:00 p.m.
- Tough Love
- Programs for parents of troubled teens
 - www.toughlove.com
 - Meetings at Christ Community Church, 5025 Manzanita Ave, Mon. eves.

HIV/AIDS RESOURCES:

- CARES 443-3299
- www.caresclinic.org

California AIDS Hotline	800-367- AIDS
Sac. Co. Dept. of Health and Human Services	888-259- 4HIV
Sunburst Projects	440-0889
• www.sunburstprojects.org	

SACRAMENTO COUNTY PROGRAMS:

Child and Family Access Team	875-9980
• www.sacdhhs.com/default.asp	
El Hogar Mental Health Center	441-0226
• www.elhogarinc.org	
Infoline Sacramento	498-1000
• Link to resources on counseling, housing, job training, legal, and more.	
• www.communitycouncil.org/level-3/infoline-sacramento.html	

OUTPATIENT PROGRAMS:

Catholic Social Services / New Pathways Counseling	452-7481
• General counseling services offered on a sliding scale	
• www.csssac.org	
Sacramento Life Center	451-2273
• Pregnancy counseling	
• www.saclife.org	
Diogenes	369-5447
• Youth and family counseling, drug and alcohol program, shelter for teens, etc.	
• www.diogenesnet.com	
Family Service Agency	325-5556
• Individual and family counseling and education	
• www.fsa-sac.org	
La Familia Counseling Center	452-3601
National Council on Alcoholism and Drug Dependence	922-9217
• www.addictiondata.org	

- New Directions 966-4523
- Outpatient drug and alcohol counseling for teens (Fair Oaks)
 - www.newdirectionsprogram.com

PRIVATE INPATIENT PROGRAMS:

- CPC Heritage Oaks Hospital 489-3336
- CPC Sierra Vista 423-2000
- The Camp Recovery Center (Scotts Valley, CA) 800-924-2879
- www.camprecovery.com

EDUCATIONAL ASSESSMENT:

- CSU Sacramento, College of Education, Center for Counseling
And Diagnostic Services 278-6252
- Mercy Educational Resource Center 737-6026
- www.mercyeducation.com
 - Sacramento

Local School District - Call the district you live in for policies & access.

PRIVATE PSYCHOTHERAPY:

- Paul Seishas, Ed. D., Affiliation of Catholic Therapists 616-1800
- Psychotherapy for Adults, Adolescents, and Couples
 - Educational Consultant
 - Spiritual Director
 - Adjunct Professor, University of San Francisco
- Catholic Social Services / New Pathways Counseling. 452-7481
- www.csssac.org
 - 5890 Newman Court, Sacramento
- Diogenes 369-5447
- Youth and family counseling, drug and alcohol program, shelter for teens, etc.
- Summit Eating Disorders Program 920-5276
- Tony Paulson, Ph.D., LCSW, 601 University Ave, Sac.

- www.sedop.org

Sutter Counseling Center / Sutter Center for Psychiatry 929-0808

- Suttermedicalcenter.org/psychiatry/counseling.cfm

Greg Anderson, MFT 966-4801

- Adolescents and families
- 4070 Bridge St., Fair Oaks

Paul Chitwood, Ph.D. 349-9403

- Family and individual counseling / specializes in chemical dependency
- Director of Ignatian Family Institute at St Ignatius Parish
- 4811 Chippendale Dr, Sacramento

Steve De Benedetti, MFT. 919-0218

- Adolescents, pre-teens, depression, grief, drugs/alcohol, family conflict
- Loyola High grad, Santa Clara University grad, Jesuit volunteer
- 3065 Freeport Blvd., Sacramento

Mark Foster, Ph.D 451-1151

- Adolescents, families, couples and individuals
- 1330 Q Street, Sacramento

Elaine Iwanski, MFT 446-8803

- Teens, families, women, etc.
- www.elaineiwanski.com
- 2428 K Street

Thomas Russell, LCSW 923-9300

- Adolescents, substance abuse
- 2277 Fair Oaks Blvd., Sacramento

ANGER MANAGEMENT GROUPS:

Steven C. Banks, MFT, Evergreen Counsleing 487-0657

- Adult Male Anger Issues

PSYCHIATRISTS:

Beverly Abramowitz, M.D. 568-8400

- 2277 Fair Oaks Blvd.

Robert Blanco, M.D. 452-5909

- 2015 21st Street

William Hughes, M.D. 386-4182

- 8001 Folsom Boulevard

Christian Larsen, M.D. 920-4028

- Child and adolescent psychiatrist
- 949 University Avenue, Sacramento

FAMILY LAW ATTORNEYS:

Frank Dougherty 567-0990

- Ste 100, 650 University Avenue
- www.frankdougherty.org

Greg Dwyer 564-2700

- 650 University Avenue

Charlotte Keeley 922-4961

- Ste 244, 1451 River Park Drive
- www.charlottekeeley.com

REFERRAL AGENCIES:

Lifelines Family Services 877-723-3767

- www.teenlifelines.com
- Help for struggling teens, including defiance, disrespect, authority problems, low self-esteem, manipulation
- No cost assessments, recommendations, placement assistance
- Link to military schools, boarding schools, juvenile boot camps, specialty schools, Christian schools

Mental Health Association, Sacramento 368-3280

ALCOHOL / DRUG COUNSELING AND TESTING:

Drug Detection Laboratories, INC. 366-3113

- www.drugdetection.net
- 9700 Business Park Dr., Sacramento

New Directions Counseling Associates 966-4523

- John Daily, LCSW, CADC
- David Gust, CADC, NCAC II
- Sheila Walker, CADC

- Outpatient drug and alcohol counseling for teens
- 7996 Old Winding Way, Fair Oaks

Kent Morrison, MA, BCC 549-6564

- Adult and adolescent drug / alcohol counseling

TUTORING AND STUDY SKILLS:

Mercy Educational Resource Center 737-6026

- www.mercyeducation.com
- Sacramento

Math Masters. 725-6284