

The Sacramento Native American Health Center Inc. (SNAHC) is a non-profit 501 (c)(3), Federally Qualified Health Center, located in Midtown Sacramento. The health center is committed to enhancing the quality of life by providing a culturally competent, holistic, and patient-centered continuum of care.

SNAHC is community-owned and operated. Our goal is to develop an experienced and capable Native American workforce comprised of experts in their chosen fields.

The health center's dedicated team of highly-trained clinicians offer a wide range of services, including: adult medicine, pediatrics, mental health services, laboratory services, comprehensive dental care for children and adults, substance abuse services, nutrition and diabetes care, and home visitation services.



a *californiahealth* center

Sacramento Native American Health Center, Inc.
2020 J Street, Sacramento CA 95811
916-341-0575
www.snahc.org

Overwhelmed?
Confused?
Stressed?



We can help!



Are you overwhelmed? Stressed? Confused? The Sacramento Native American Health Inc.'s (SNAHC) Integrated Behavioral Health (IBH) Provider can help. You can request an IBH consultation while you are here at SNAHC for your medical appointment. Consultations are confidential and last from 5-20 minutes.

Interested in speaking with the IBH Provider? Fill out the information on this card and hand it to your medical provider or the Medical Assistant during your visit. They will help connect you with SNAHC's IBH Provider.

Date: _____

Name: _____

Medical Provider: _____

I would like to request a consultation with SNAHC's Integrated Behavioral Health Provider. I would like:

- To develop an action plan to help meet my medical goal
- An assessment to determine if drug counseling is appropriate
- An alcohol and/or drug referral
- Psycho-education about behavioral/emotional health in relationship to my physical health
- Linkage to community resources
- To discuss a plan to improve my child's academic success
- To develop a creative behavioral modification plan to implement at home to improve home life and/or my relationship with my child
- Support for a loss (bereavement)
- To discuss self-help tools and receive handouts and worksheets for anxiety, depression, mood disorders, aggression, etc.
- To learn coping skills and techniques to deal with stressors/changes that life throws at me
- Other: _____

