

Sacramento County Department Health Services  
Division of Behavioral Health  
Mental Health Provider Minimum Qualifications  
Trauma Informed Culturally Responsive Therapy (TICRT)  
Special Focus: Black & African American Community

The Sacramento County Department of Health Services, Division of Behavioral Health, has developed minimum qualifications (MQs) for qualified culturally competent licensed clinicians to provide short-term, solution-oriented therapy services. The Department will contract with qualified individuals who will be expected to provide strength-based, culturally responsive therapeutic services to individuals of the Black & African-American community who may be impacted by depression, anxiety and trauma. Please see the MQs on page two (2) of this document.

**Important information:**

1. Services include up to 8 trauma informed therapy sessions for each recipient (recipient is defined as an individual or family) with no charge to the recipient.
2. Services will be available to recipients who are Black/African American identified children, youth, transitional age youth, adults, older adults and/or families who have been impacted by systemic racial injustices and repeated traumatic experiences which significantly impact their mental wellbeing.
3. Services will be provided by licensed clinicians who are reflective of the culture and ethnicity of the Black and African American community and who specialize in providing culturally responsive care to children, youth, adult, older adults and or families.
4. Services will be delivered either in-person or virtually.
5. Each session will be 50 minutes in duration and reimbursed at \$100.00 per session.
6. Only Individuals that meet all of the MQs will be offered a contract with the Division of BH.

TICRT services include, but are not limited to:

Provide short-term targeted therapy sessions. Services shall include, but not be limited to:

- a. Comprehensive assessment;
- b. Development and implementation of a culturally responsive and collaborative treatment plan;
- c. Use of culturally relevant evidenced based, promising practices, and/or community defined therapeutic treatment interventions; and
- d. Crisis intervention and the management of acute psychiatric episodes, including completing a risk assessment and safety plan when indicated.
- e. Maintain detailed notes and records on recipients and monitor progress, based upon clinical standards of practice.

Upon meeting all the below MQs, qualified and interested individuals may request a mental health contract with Sacramento County Division of BH in order to provide and be reimbursed for services. All contracts begin upon execution and continue until June 30<sup>th</sup> of the current fiscal year.

**Sacramento County DBH Trauma Informed Culturally Responsive Therapy (TICRT) MQs:**

1. Must have two (2) or more years of experience providing culturally responsive mental health services and supports to Black and African American children, youth, transition age youth, adults, older adults or families of diverse communities.
2. Must meet minimum insurance requirements stipulated in the contract.
3. Must be in compliance with any corrective action plans with Sacramento County as confirmed by County. (Only applicable if you hold a current contract with Sacramento County)
4. Must be able to meet the following licensing requirements:
  - a. Active clinical license (Ph.D., LMFT, LCSW, or equivalent).
  - b. Licensed for a minimum of two (2) years.

- c. Clinical license is in good standing and maintained with licensing body.

Interested and qualified TICRT individuals should request a contract with Sacramento County BHS by contacting: Meghan Marshall ([MarshallM@saccounty.net](mailto:MarshallM@saccounty.net)) or further questions and submission of MQ documentation. MQs must be submitted via a single email; multiple emails with individual MQ verifications will not be accepted.

MQ verifications to be submitted via email in PDF format are:

1. Board certified clinical license.
2. Brief Biography – Biography should include a description of your training and experience working with the Black and African American community.
3. Complete Sacramento County Mental Health Plan Credentialing Application. (see attached).

Contractual Requirements will include but are not limited to:

1. Proof of insurance will be requested separately and prior to the execution of a contract.
2. Professional photo will be requested and will be uploaded to the website along with a brief biography for recipients to review and select their preferred provider.