



# BRIDGE HOUSE



## FOR MORE INFORMATION AND REFERRALS

Contact **Bridge House** directly at **831.647.3000** or your Monterey County Behavioral Health or Interim Case Coordinator. Bridge House accepts clients based on referrals from the Monterey County Behavioral Health Bureau.



**Interim, Inc.** is funded through contracts with Monterey County Department of Health—Behavioral Health Bureau (including Mental Health Services Act funds) and the California Department of Rehabilitation. Other funding sources include: U.S. Department of Housing and Urban Development Continuum of Care (CoC) Program, City of Monterey, City of Salinas, client fees and rents, foundation grants, and contributions. Our Federal Tax ID is #51-0159122.

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## ABOUT INTERIM

**Interim, Inc.** is a private nonprofit organization whose mission is to provide services and affordable housing, supporting members of our community with mental illness to build productive and satisfying lives. Interim offers a wide variety of programs that support more than 1,700 clients each year using a strength-based social rehabilitation model that provides an alternative to institutionalization and offers culturally sensitive services that encourage self-direction, hope, healing and recovery.



## DONATIONS

To make a donation to support Interim's programs, please visit our website, [www.interiminc.org](http://www.interiminc.org), or call our office at **831.649.4522**.



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**831.649.4522 • WWW.INTERIMINC.ORG**  
**BRIDGE HOUSE: 831.647.3000**



## TRANSITIONAL RESIDENTIAL TREATMENT FOR ADULTS WITH A CO-OCCURRING PSYCHIATRIC DISABILITY AND SUBSTANCE USE DISORDER



## Helping Adults with Psychiatric Disabilities Build a Life Worth Living

**Bridge House** is a 13-bed transitional residential treatment program in Monterey that supports Monterey County adult residents who have a co-occurring mental health disability and a substance use disorder. The program provides a homelike environment in a structured, noninstitutional, therapeutic community that encourages interdependence as clients rebuild their lives.

**“BRIDGE HOUSE HAS SHOWN ME HOW TO HELP MYSELF FROM DESPAIR AND ADDICTION ... IT HAS BEEN A TOUGH ROAD, BUT I AM STARTING TO UNDERSTAND HAPPINESS AND LOVE.”**

~ **BRIDGE HOUSE CLIENT**

# Transitional Residential Treatment



Clients take an active role in all aspects of the program, from running the household, to designing their individual recovery goals. To improve life skills and foster a sense of community, they share chores, grocery shopping, meal preparation and eat together each evening. They also share bedrooms and common living areas.

The program model is trauma-informed and emphasizes community building, restorative justice, non-violent communication and self-empowerment. Bridge House helps clients identify and achieve their personal goals for symptom and medication management, as well as alcohol/drug recovery. Goals are reviewed regularly as they transition into more independent living. Clients also learn to manage social and family relationships.

### **BRIDGE HOUSE WELLNESS AND RECOVERY ACADEMY**

The Bridge House Wellness and Recovery Academy provides a structured environment to support clients in Building a Life Worth Living. Curriculum focuses on mental health and alcohol/drug recovery, independent living, building social and family relationships, nonviolent communication, mood management, regulation of emotions and leadership.

Clients who are successfully completing the program and committed to being positive role models for their housemates are able to serve on the Resident Council, which takes a leadership role in setting policy and direction for the program.

### **CRITERIA FOR ADMISSION**

To qualify for admission to Bridge House, clients must be diagnosed with a serious mental illness and a substance use disorder. They must also require support to acquire and apply coping, recovery, interpersonal and independent living skills to function in the community. Program fees are determined on a sliding scale and based on the resident's income.

On-site testing for alcohol and drugs is offered to help with recovery efforts.



### **CERTIFICATION AND LICENSING**

Bridge House is certified by the California Department of Health Care Services as a transitional residential treatment program, and licensed by the California Department of Social Services Community Care Licensing Division as a social rehabilitation facility.