



CHOICES

DAY TREATMENT INTENSIVE PROGRAM



FOR MORE INFORMATION AND REFERRALS

For more Information and Referrals Contact **CHOICES** directly at **(831) 800-7530**. The CHOICES program office is located at Interim's Pajaro Street Wellness Center, 339 Pajaro St. in Salinas.



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.

Interim, Inc. is an equal opportunity employer and does not discriminate against employees or job applicants on the basis of race, religious creed, color, national origin, ancestry, physical disability, mental disability, medical condition, genetic information, marital status, registered domestic partner status, sex, gender, gender identity, gender expression, age, sexual orientation, military and veteran status, or any other characteristic protected by federal, state, or local laws. Any questions relating to this policy may be referred to the Deputy Director at 831.649.4522. TTY users may call 711.



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, or call our office at **831.649.4522**.



P.O. BOX 3222 • MONTEREY, CA 93942
831.649.4522 • WWW.INTERIMINC.ORG
CHOICES: (831) 800-7530



HELPING ADULTS WITH PSYCHIATRIC DISABILITIES LEARN TO MANAGE MENTAL HEALTH SYMPTOMS



CHOICES Teaches People to Manage Their Emotions and the Symptoms Of Their Illness More Effectively

CHOICES is a short-term (3 weeks up to 90 days) day treatment intensive program, designed to serve adults who experience hospitalizations for mental health reasons and need to learn to manage their mental health symptoms and emotions. It provides group, individual therapy and peer support where participants can regain and maintain their mental health. The goal is to prevent future mental health crises requiring inpatient hospital or residential crisis care.

“WHAT IS GREAT ABOUT THIS PROGRAM IS THE STRUCTURE, DIFFERENT GROUP TOPICS, RELATING, MAKING FRIENDS.”

~ CHOICES CLIENT

Helping Adults with Psychiatric Disabilities Learn to Manage Mental Health Symptoms and Emotions

THE CASE FOR PREVENTION

For someone living with mental illness, routine life events including stress, physical illness, problems at work or at school, changes in family situations and trauma can escalate mental health symptoms. While these issues are difficult for everyone, they can be especially hard for someone living with a mental illness. Environmental triggers can exacerbate mental illness symptoms, potentially leading to a hospitalization. Someone who hasn't learned to manage their mental health symptoms and cope with everyday emotions may experience repeated crises. Psychiatric hospitalizations are not only costly to the mental health system of care but very traumatic for those experiencing them.

THE CHOICES PROGRAM

Program participants are diverted from placement in a more restrictive institutional setting to the CHOICES day treatment program following a mental health crisis.

Participants attend daily groups and activities that emphasize dialectical and cognitive behavioral therapies, mindfulness practices, relapse prevention, symptom management, medication education, emotional regulation, physical fitness and connection to community and peers, all of which improve clients' daily functioning and social skills. This provides clients with a variety of opportunities for positive social interactions that aid in recovery and improved overall mental health.

In participation with staff, CHOICES program participants identify their desired treatment outcomes and receive an individualized treatment plan which leverages the clients' own personal strengths in managing their mental health symptoms.



A PEER-BASED RECOVERY MODEL

Participants in the CHOICES program connect directly with peers who can relate to and understand their mental health concerns in a non-judgmental supportive environment. In addition, peers who have experience in recovery work for the CHOICES program, serve as role models and teachers for CHOICES clients.

SERVICES

Program participants are provided with transportation, as needed, to and from the program site, food (breakfast, lunch and snacks), group and individual therapy, medication education, and on-site psychiatric services.

ADMISSION CRITERIA

Clients must have a serious mental illness and/or serious functioning impairments, be able to safely participate with peers and staff in an outpatient setting and be referred by Monterey County Behavioral Health or Interim staff.