



DUAL RECOVERY SERVICES



FOR MORE INFORMATION AND REFERRALS

For more information, contact **Dual Recovery Services** directly at **831.676.3715** or your Monterey County Behavioral Health or Interim Case Coordinator.



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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OUTPATIENT RECOVERY SUPPORT FOR ADULTS WITH A CO-OCCURRING PSYCHIATRIC DISABILITY AND SUBSTANCE USE DISORDER



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
DUAL RECOVERY SERVICES: 831.676.3715



Dual Recovery Services (DRS) Provides a Recovery-Based Environment for Healing

Individuals can be themselves, share their experiences and move toward wellness and recovery in a nonjudgmental environment. DRS guides individuals with a co-occurring disorder who need ongoing support to manage their mental illness and continue living a clean and sober life in the community. Participants are supported as they move from hospitals or residential treatment programs into the community. Individuals are taught how substance use has affected their brain chemistry and how drugs and alcohol interact with psychiatric medication.

“THE STAFF MAKES ME FEEL COMFORTABLE [SO I CAN] OPEN UP ABOUT PROBLEMS I’M HAVING.”

~ DUAL RECOVERY SERVICES CLIENT

Outpatient Program for Adults with Co-Occurring Serious Mental Illness and Substance Use Disorders

INDIVIDUAL COUNSELING

Each client receives individual counseling, as well as a client-centered treatment plan based on wellness and recovery principles. Plans emphasize improving daily structure, symptom management skills, personal and social functioning and substance abuse recovery skills. Clients also set goals to avoid drug and alcohol use and to strengthen healthy social supports. Individual counseling sessions focus on helping identify and cope with mental health symptoms to prevent relapse.

PEER SUPPORT

Peer support is a vital component of wellness and recovery. Many of our clients who have remained clean and sober now work for Interim to facilitate dual-recovery groups or serve as mentors.

ACTIVITIES TO PROMOTE A SOBER LIFESTYLE

Evidence indicates people with co-occurring disorders need meaningful activities that promote a clean and sober lifestyle to make a successful adjustment back to community living. Staff facilitate weekly support groups that offer a range of skill-building activities.

Program participants are also encouraged to attend school, to work, or to volunteer. They are supported in their efforts through Interim’s Supported Education and Employment Services (SEES) Program.



OUTREACH AND AFTERCARE SERVICES

Outreach and Aftercare Services, an expansion of DRS, provides support for individuals with co-occurring serious mental illnesses and substance use disorders not served by the Monterey County adult system of care, including those who are homeless or at-risk of homelessness. DRS Outreach and Aftercare also operates in South Monterey County.

ADMISSION CRITERIA FOR DRS

The DRS program serves individuals age 18 and older with a serious mental illness diagnosis who have a co-occurring substance use disorder diagnosis and who require support to acquire and apply coping, recovery, interpersonal and independent living skills to function in the community. Dual Recovery Services accepts clients based on referrals from the Monterey County Behavioral Health Bureau.

