



# MANZANITA HOUSE



## FOR MORE INFORMATION AND REFERRALS

For more information, contact **Manzanita House** directly at **831.758.9457** or your Monterey County Behavioral Health or Interim Case Coordinator. Manzanita 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**.



**P.O. BOX 3222 • MONTEREY, CA 93942**  
**831.649.4522 • WWW.INTERIMINC.ORG**  
**MANZANITA HOUSE : 831.758.9457**



## SHORT-TERM CRISIS RESIDENTIAL TREATMENT FOR ADULTS WITH PSYCHIATRIC DISABILITIES



## Recovery from a Mental Health Crisis in a Residential Home-Based Environment

**Interim's Manzanita House** offers a 15-bed community-based alternative to inpatient psychiatric care for people with psychiatric disabilities experiencing mental health crises. The program provides a structured, noninstitutional, home-like environment. Our goal is to help clients resolve the crisis and learn how to avoid a recurrence.

**“MANZANITA HAS HELPED ME LEARN TO COPE WITH MY DEPRESSION AND HAS GIVEN ME THE KEYS TO STAY ON A HEALTHY ROAD!”**

~ MANZANITA HOUSE CLIENT

# Community-Based Alternative To Inpatient Psychiatric Care



In partnership with Manzanita House staff, clients create their own goals and a plan to achieve them. These goals often focus on recovering from mental illness, improving interpersonal relationships and strengthening existing support systems. Clients are encouraged to include their families and others in their recovery plans, as they can offer hope, support, encouragement and resources.

As clients move toward wellness and recovery, Manzanita's daily schedule provides a trauma-informed environment of support. The day program works on developing skills to cope with mental illness, including managing symptoms, stress and anger, health, nutrition, hygiene and drug and alcohol education. Clients also explore areas of personal development, including creative writing and improving self-esteem.

Throughout their stay, clients are encouraged to learn about the effective use of medications to manage mental illness by working closely with Manzanita's nurse. Clients meet regularly with a psychiatrist or a physician's assistant

from Monterey County Behavioral Health. All medications are centrally stored and clients are assisted with self-administration.

### **A HOME-LIKE ENVIRONMENT PROMOTES WELLNESS AND RECOVERY**

Clients are generally assigned a roommate and share a bedroom throughout their stay. They also participate in daily chores, taking care of the common areas of the house. Common areas include the recreation room, group room, living room and dining room. Manzanita also has a spacious backyard, garden beds and patio area. All meals and nutritious snacks are provided in the dining room.

### **CRITERIA FOR ADMISSION**

To qualify for admission to Manzanita House, clients must be referred by the Monterey County Behavioral Health adult system, and have a serious mental illness. Clients must also be experiencing an acute psychiatric episode or crisis which does not require inpatient psychiatric treatment and cannot have medical complications requiring nursing care.

### **FEES**

Program fees are determined on a sliding scale and based on the resident's income.

### **CERTIFICATION AND LICENSING**

The program and facility are licensed by the State of California, Department of Social Services Community Care Licensing (CCL) as a "Social Rehabilitation Facility" and are certified by the Department of Health Care Services as a Short-Term Crisis Residential Treatment Facility.