

MCGIVES! BIG IDEA

The 2020 MCGIVES!
Campaign began November 12
and runs through midnight
December 31, 2020

**Help Us Build
AFFORDABLE
HOUSING
for Adults With
Mental Illness
Donate to
Our Big Idea!**



MONTEREY COUNTY **GIVES!**

**Interim Inc.'s Big Idea for
Monterey County Gives! 2020
campaign**

AFFORDABLE HOUSING FOR ADULTS WITH MENTAL ILLNESS

Our Big Idea for the Monterey County Weekly's annual MCGives! campaign is to begin construction of the 17-unit Sun Rose Apartments in Salinas, a three-story complex of affordable housing for adults with mental illness.

Since 1980, this location has been Interim's Soledad House, a transitional group home with seven beds. By replacing this house with a new three-story complex of affordable housing for adults with mental illness, we can house an additional 11 people!

This project is shovel-ready! Groundbreaking and construction are scheduled for early 2021, with expected completion by early 2022. Total project budget is estimated to be \$8 million. To help us with our Big Idea and to be a part of supporting individuals with mental illness, please go to the MCGives! website montereycountygives.com, which went live on Thursday, Nov. 12, 2020. The campaign runs through Dec. 31. By making a donation to Interim's Big Idea, a donation will be matched by MCGives!

**Learn more at
interiminc.org/mcgives**

From Client to Wellness Navigator

Tatyana Hardy's Life Journey Comes Full Circle

Salinas resident Tatyana Hardy desperately needed Interim's help in 2016. Just four years later, as an Interim Wellness Navigator, she is offering much-needed help, and hope, to people in similarly dire straits.

In those dark days of early 2015, Tatyana quit her job as special education instructional assistant, something she had been doing for more than 13 years, because of job burnout and frustration. But she quickly found out she couldn't collect unemployment and, to make things worse, she couldn't find a job. She wasn't eating, she wasn't sleeping and she wasn't making much sense, at least to others. To her, she was doing just fine.

"I was here, but not in the present time, I was in my own alternate universe," she says. "I basically had a nervous breakdown. I was taking on too much and I was angry."

Fortunately, her mother realized she wasn't well and started a 5150 mental health hold proceedings so she could be admitted to the Inpatient Psychiatric Unit at Natividad Medical Center in Salinas. After five days, she entered Interim's Manzanita short term Crisis Residential Program.

It was at Manzanita that Tatyana was able

to develop structure and discipline to begin the process of wellness. She was prescribed medication, had a strict daily schedule, started writing a log and took therapeutic classes, among other activities.

"Going to Manzanita really helped me out a lot," she says, "I had a schedule, I was working on my mental health and I was realizing what was happening to me."

She was assigned a Wellness Navigator to make sure she was following all protocols on her journey to wellness, which included making sure she made her regular appointments at Natividad. She was also assigned her a social worker to help her out.

In late 2016, she started attending Hartnell College, at first to study occupational therapy, but she soon realized she was passionate about music, so she switched to music theory. Then in 2018, while still attending Hartnell, she started work as a part-time caregiver. That led to a job offer from Interim as...a Wellness Navigator. Her journey had led her back to the organization that helped her get back to wellness in the first place.

"What Interim has meant to me is that it gave me hope, Interim really came through for me," she



says. "Not only did Interim aid in my recovery, but it helped me thrive and be an asset. I am now an asset to other people who may be going through the same things I went through."

In addition to being a Wellness Navigator, Tatyana also works in Interim's Transportation Coaching Program, which helps clients navigate the ins and outs of public transportation, often the only mode of transportation available to those with mental illness. Interim is proud to be able to integrate so many peers into Interim's workforce. Approximately 20% of Interim's staff is comprised of people with lived experience as a person with mental health challenges.

Interim Inc. Held Two Virtual Events in 2020



CONTINUED FROM PAGE 1

"Suicide is taking our youth. I want to be able to have a honest conversation about how we can see the signs and talk about how this feeling of hopelessness can be turned around," said Kontrena McPheter, Interim Peer Outreach and Advocacy Coordinator. "Each breath we take is hope!"

In addition to the film on suicide, Interim hosted a virtual seminar on special needs trusts.

The Special Needs Trusts Seminar took place on Oct. 22, 2020, through Zoom online conferencing. The panel discussion was moderated by Frank Hespe, attorney and past Dean of Monterey College of Law. Presenters included Christi McDonald, County Counsel / Public Guardian's Office; Steven Mudd, attorney; Liza Horvath, Licensed Professional Fiduciary and columnist; Honorable Vanessa Vallarta, Monterey

County Superior Court judge; Carl Miller, a family member who has a Special Needs Trust in place; and Barbara Mitchell, Executive Director of Interim, Inc.

The seminar provided participants with basic information on ways to help protect people with special needs due to mental, physical or developmental impairments and disabilities. Included in the discussion were housing, financial assistance and funding to improve the

quality of life by way of Special Needs Trusts, Spendthrift Trusts, LPS Conservatorships, Probate Conservatorships, and management of public benefits.

Participants learned about:

- Planning steps to support a disabled family member
- How to keep public benefits with a Special Needs Trust
- Trust administration and the role of a fiduciary

The seminar was also appropriate for attorneys, accountants or professionals who work with people with disabilities. Parents of children with mental illness want what all parents want for their children: to live in safety, work, learn and participate fully in their respective communities. It can be a very long and challenging journey for families.

If you missed the seminar, you can get further information at www.interiminc.org or by calling (831) 649-4522.

Changing thousands of lives for the better through Interim Inc.

In the last year, you have helped Interim to change the lives of over 2000 people in our community who have a serious mental illness.

Here are just some of the ways you have helped:

HOMELESSNESS & HOUSING

During pandemic restrictions, we have helped support more than 100 homeless adults, who are housed in a motel to keep them safe. We continue to support 20 clients who we helped obtain housing in the Moongate apartments in Salinas. We housed over 300 clients in transitional or permanent housing, owned, operated or leased by Interim, Inc. for adults with mental illness in Monterey County.

HOPE

When shelter-in-place restrictions mandated the closing of in-person services at the OMNI Resource Center, peers created a Warmline, to help isolated clients connect to food and other resources. Peers made and received 5,257 Warmline calls

between March and June. OMNI also became a food distribution site, supporting those who couldn't use other resources. As restrictions eased, outdoor groups have begun to meet in the OMNI parking lot, with remote clients joining by Zoom.

COMMUNICATION

Pre-paid cell phones were supplied by the agency to enable 100 clients to participate in Zoom groups and telehealth appointments.

HEALING

The Assertive Community Treatment (ACT) Team served 50 adults, in Salinas and South Monterey County, with serious mental illness who were unable to access clinic-based treatment. By bringing psychiatric and medication services, counseling and peer support directly to clients and families, the ACT program helped reduce hospitalizations and incarceration.

COMMUNITY EDUCATION

Success Over Stigma has modified from in-person to virtual presentations and is reaching a wider audience than before. The stigma of mental illness is decreasing through this outreach.



A CIRCLE OF SUPPORT

By Sue Ellen Stringer

A circle of support

A circle of friendly strangers become a circle of friends who may hear different voices or who come from down under blankets of depression and/or up top fluffy clouds of mania.

A circle of support with a space for each of us.

A circular space for inner healing.

A circle for healing ourselves first.

A circle of safety for women and men.

Threads of our life stories intermingle touch and interweave a fabric of support.

A crazy quilt of rich detail honoring torn and tattered pain; all colors and shapes of experience; the soft comforters of silent listening.

We are letting go of our rumpled past, courageously taking charge of our lives, and accepting the Willingness to be Well.

May we honor and respect always each other's place in this circle of support.



Thank You to Our Generous Supporters!

Listed below are donations received between July 1, 2020 and October 31, 2020.

Your gifts help provide housing, healing, and hope to Interim's clients. Thank you!

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INTERIM HOLIDAY MEALS, SOCKS & GIFTS

Interim Inc., joining forces with Coastal Roots Hospitality, generous donors from the business community, and hundreds of volunteers, was able to deliver 350 Thanksgiving meals to Interim residents, clients and others in need in the community.

The meals were prepared and packaged by chefs and staff at Coastal Roots Hospitality's three restaurants, Montrieo Bistro, Rio Grill and Tarp's Roadhouse, with Tarp's serving as the pickup location for 10 teams of volunteers, who delivered the meals to 20 Interim sites and programs on the day before Thanksgiving. Interim administration staff worked with staff at the residential and program sites to coordinate the hand-off, safe storage, and distribution to Interim's clients.

The meals were individually packaged to comply with COVID safeguards. Turkeys were donated by individual donors and fresh vegetables and fruits were donated by 4Earth Farms of Los Angeles, a grower/shipper/packer of fresh fruit and vegetables, through the efforts of Markon Cooperative, Inc.,

according to Mark Shaw of Markon. The packaged meals also included homemade cookies baked by 20 volunteers.

In addition to the 350 meals, another 125 meals were delivered to Interim's OMNI Resource Center in Salinas to be distributed to the homeless and others in need during this holiday season.

The holiday meal delivery program will be repeated on Christmas Eve.

"We are amazed and grateful that the new ownership of Coastal Roots Hospitality is willing to take on a project like this in the middle of a pandemic and support the mission of Interim," said Barbara Mitchell, Interim Executive Director. "In turn, I hope the community will continue to support these local restaurants."

In addition to holiday meal deliveries for Christmas, Interim is also coordinating two gift giveaways for the holidays. One involves 500 pairs of new socks donated by Goodwill Industries that will be paired with a \$15 gift certificate from Interim. Girl Scout Troop #35260,



eight girls, all 10 years old and in the fifth grade, will put together the holiday "stockings" with gift cards and ribbons.

"We have a lot of clients who have no family members, so this may be all they get for Christmas. We just want to make sure everyone get something for Christmas," said Mitchell.

The second is a gift certificates for clients to purchase gifts for 200 children and grandchildren of our clients. Many of these clients want to provide gifts to their children, but don't have the funds to make the purchases. Giving gifts provides them with an important connection to their children or grandchildren.

DONOR PROFILE

How Charles and Judy Therrien Have Made a Difference

Judy and Charles Therrien have graciously made two substantial gifts to Interim over the years.

The Therriens first learned about Interim from a local therapist. Judy was in a support group for family members of people with mental illness. The purpose of this group was to provide support, advice and strategies to help people learn to support their family members who were struggling with mental illness. Judy and Charles have a daughter who had struggled with mental illness since age 12 and has a history of harming herself. Their daughter eventually became involved with Interim. They found that when their daughter needed the most help, that Interim was there for them. They felt that Interim's service model and housing was the most helpful they had found.

Charles and Judy made their first major donation about 20 years ago. "We

had invested money in tech stocks, and we decided to transfer some of the appreciated stock to Interim. Fortuitously, this was just before the stocks plunged," Judy explained to Executive Director Barbara Mitchell.

Recently the Therriens decided to make another major donation after selling their house. This recent donation was to the General Building Fund at Interim. Judy said, "I picked the Building Fund because there are so many more people who need the supportive housing from Interim and the waitlists shouldn't be so long. We want to help Interim develop more supportive housing for those that need it. To us, the main object of Interim's housing is that the services and housing are suited to support each person differently. The services at Lupine and Rockrose (two projects developed by Interim) are suited to help people with mental illness to grow towards wellness."

The Therriens also give generously to some other causes, one of which is MIT. They donate to help electrical engineering students who don't have the means to cover their education costs. Judy notes, "My husband is a graduate of MIT and he was helped by financial assistance from the school and wants to give back."

Judy hopes that their gifts will inspire others to give. "My husband and I were happy to be able to make two substantial gifts over the years to help Interim support others that are in the same situation. WE hope others will do what they can to help and support Interim. All gifts, large and small, matter."

Thank you, Charles and Judy Therrien, for helping provide housing, healing and hope to Interim's clients.

OUR MISSION

Interim's mission is to provide services and affordable housing, supporting members of our community with mental illness in building productive and satisfying lives.

OUR VISION

Interim, Inc. envisions a world in which people with mental illness are able to live, work, learn, and participate fully in the community.

Since 1975, **Interim Inc.** has been providing housing, healing, hope for adults with mental illness.

Learn more at interiminc.org   