

THE WELLNESS AND RECOVERY ACADEMY



Designed to Support the Recovery of Adults with a Psychiatric Disability and Substance Use Disorder

Interim, Inc.'s Wellness & Recovery Academy is a day rehabilitation program supporting adults with a co-occurring mental illness and substance use disorder. Program participants engage in a dual recovery process based on wellness and recovery principles with the goal of successfully integrating into their community.



Learn Recovery Principles to Build a Life Without Substance Use

"I could not believe that I could have a home, somewhere to go during the day and counselors that would help me plan a new life without drugs or alcohol and that would understand my mental illness."

~ ACADEMY GRADUATE



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, Inc. provides a wide variety of residential treatment, affordable supportive housing and social rehabilitation services to adults with psychiatric disabilities. Our services support more than 2000 clients each year. We help our clients achieve wellness and recovery and build communities where they are able to live, work, learn, and participate fully.

P.O. BOX 3222 • MONTEREY, CA 93942 • 831.649.4522

WWW.INTERIMINC.ORG

Understand and Manage the Symptoms of Mental Illness



WHAT TO EXPECT

The Academy uses wellness and recovery principles to develop the coping and recovery skills needed to successfully reintegrate into the community. Participants learn recovery skills, specifically in relapse prevention, symptom management, and emotional, social and family functioning.

Academy participants can reclaim their independence and are given the tools to maintain it through:

- Skills building groups
- Process groups / group therapy
- Community meetings
- Adjunctive therapies including behavioral activation and creative expression

All services incorporate a strengths-based and recovery focused model, based on individualized goals. Therapies are tailored to the client's specific mental health or behavioral needs.

Interim uses evidence-based practices to help program participants understand and manage the symptoms of their mental illness including:

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Trauma-Informed Care
- Motivational Interviewing
- Seeking Safety
- Harm Reduction
- Wellness Recovery Action Plan (WRAP)

REAL IMPACTS FY 22/23



Improved Their Mental Health Recovery



Satisfaction With the Quality of Services Provided

CRITERIA FOR ADMISSION

To qualify for admission to the Academy adults age 18+ must be diagnosed with a serious mental illness and substance use disorder diagnoses. They must also require support to acquire and apply coping, recovery, interpersonal, and independent living skills to function in the community.

CERTIFICATION

The Academy is certified by the State of California, Department of Healthcare Services as a Full Day, Day Rehabilitation Program.

FOR MORE INFORMATION

For more information, contact Interim, Inc. at (831) 649-4522.