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AUGUST 2023
NEWSLETTER

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Interim is Accepting Non-Medi-Cal Clients



Interim is now serving individuals it couldn't serve in the past - adults with commercial health insurance plans. In the past, the only way for someone with a serious mental illness in Monterey County to receive the services for their mental health was to go through Monterey County Behavioral Health. This process involved giving up commercial health insurance and obtaining public benefits. Only individuals who were Medi-Cal eligible and connected to Monterey County Behavioral Health could access Interim's programs.

Interim can now accept commercial health insurance in the following programs:

Manzanita House: A short-term crisis residential treatment facility. The residential program model is a community-based alternative to inpatient psychiatric care for people experiencing mental health crises.

Choices: A short-term (up to 90 days) Intensive Day Treatment Program. Designed to serve adults diagnosed with serious mental illness who experience hospitalizations for mental health reasons. The program supports those who need to manage their mental health symptoms and emotions.

Keep It Real: Offers community-based support services for individuals with co-occurring mental health and substance use disorders who are in recovery.

The Academy: A full-day rehabilitation program designed to meet the special needs of adults with mental illness with concurrent substance use disorders.

In November 2022, the Monterey Peninsula Foundation generously awarded Interim a grant to support this expansion over the next two years. The grant supports part of the program's initial staffing costs until it is self-sustaining, including an Admissions Officer, and a Business Development Specialist.

Interim, Inc. is currently out of network for most health insurance.

For more information, call (831) 216-1085.

Interim Organizes *Move for Mental Health* in October, a Fundraiser and Awareness Campaign - Sponsors Needed!

October is an important month for the mental health community. World Mental Health Day and Mental Illness Awareness Week both fall in October. Interim is organizing an awareness and fundraising event emphasizing the importance of movement to mental health.

Throughout the month of October, event participants will be encouraged to set a goal for themselves, to get outdoors and move, be it walking, hiking, running, biking, swimming, or other physical activity, while

raising funds to support Interim's vital community services!

You can help us cover the cost of bringing this event to our community by becoming a sponsor. If you own a business, lead an organization, or would just like to support this event as an individual, sponsorship includes multiple opportunities for recognition of your business among our supporters.

**MOVE
FOR
MENTAL
HEALTH**



HOW WILL YOU GET
MOVING IN OCTOBER?

A FUNDRAISER
BENEFITTING
INTERIM, INC.






**MOVE FOR
MENTAL HEALTH**

**SPONSORSHIPS
LEVELS AND RECOGNITION**

<p>STARTER - \$250</p> <ul style="list-style-type: none"> • eNews (Sept/Oct) <p>BRONZE - \$500</p> <ul style="list-style-type: none"> • eNews (Sept/Oct) • Social Media (Monthly - Sept/Oct) <p>SILVER - \$1000</p> <ul style="list-style-type: none"> • eNews (Sept/Oct) • Social Media (Monthly - Sept/Oct) • Paper Newsletter (Nov) 	<p>GOLD - \$2500</p> <ul style="list-style-type: none"> • eNews (Sept/Oct) • Social Media (Bi-monthly - Sept/Oct) • Paper Newsletter (Nov) • Website Event Page Recognition <p>PLATINUM - \$5000</p> <ul style="list-style-type: none"> • eNews (Sept/Oct) • Social Media (Weekly - Sept/Oct) • Paper Newsletter (Nov) • Website Event Page Recognition • Home Page Recognition (pre/during/post event)
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For more information or to sponsor this event:



Sun Rose Apartments is Finishing Construction in August!

Interim is proud to announce that construction on our Sun Rose Apartments project, which began in August 2021, is coming to a close in August. Housing applicants are currently being screened and selected! Sun Rose Apartments is a three-story complex of permanent and transitional housing for 17 homeless adults with mental illness who are very low income. A grand opening has not yet been scheduled but will most likely be held in October. Interim has many community donors, private and



public funders, and local government officials to thank for their support of this project, which will provide housing, healing and hope for many homeless community residents in the decades to come.

Nursing Interns Leave with More Empathy After Clinical Rotations at Interim

Sonja Sheppard, MEd, PhD, RN, Nursing Administrative Supervisor at Interim, oversees groups of nursing students who need to complete a five-week rotation in a mental healthcare environment. These RN students come from different programs throughout central California, most recently Walden University and Cabrillo College. The students spend their time observing and working alongside Interim staff to better understand the lived experiences of adults living with mental illness and their journey from homelessness to being housed.

The first thing students learn is that the mental health care process is not one that ends with a client being

handed a key to their own apartment. Interim has multiple programs that range from short-term crisis treatment at the Manzanita Houses to long-term dual diagnosis care at Bridge House. There are also over twenty housing sites with multiple units that provide transitional and permanent housing. These sites offer mental health care to residents. Mental health is an ongoing process, which Interim's intern students experience first-hand.

Dr. Sheppard admits that mental health care is not the first option nursing students want to specialize in. This is why Dr. Sheppard has focused her career in the last



ten years on educating nursing students on the unspoken stigma about people living with mental illness. They are not only the homeless we see living in the shadows, but they can also be our neighbors, our friends, and our family members. Sonja makes sure that all of Interim's interns leave with that kernel of knowledge. At the very least, that knowledge makes them more well-rounded health care professionals. More often than not, interns come back and support Interim's work once they see the impact mental health care support has on the clients they meet.

Interim Pride on Display



The OMNI Resource Center marched in the annual Pride Parade in Monterey on July 15th. Staff also manned a resource tent at Custom House Plaza following the march down Alvarado Street. The Resource Center is designed to be a welcoming, non-judgmental, and inclusive environment that provides support and resources for mental health wellness and recovery. The Center embraces diversity and fosters an inclusive environment where everyone is respected

and valued, fostering a culture of empathy and understanding. Staff recognize and celebrate the unique experiences and identities of all individuals. Interim is proud of the fact that all of our sites are designated Safe Spaces for the LGBTQI+ community. A safe space is a space where LGBTQI+ communities can freely express themselves without fear. It is a space that does not tolerate violence, bullying, or hate speech towards LGBTQI+ communities.