

Keep It Real



Keep it Real Provides a Recovery-Based Environment for Healing

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



Outpatient Recovery Support for Adults with a Co-occurring Psychiatric Disability and Substance Use Disorder

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

~ KEEP IT REAL CLIENT



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

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



INDIVIDUAL COUNSELING AND PEER SUPPORT

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.

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.

OUTREACH AND AFTERCARE SERVICES

Outreach and Aftercare Services, an expansion of KIR, 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. KIR Outreach and Aftercare also operates in South Monterey County.

REAL IMPACTS FY 22/23

95%

Eliminated All Psychiatric Hospitalizations While in the Program

95%

Reported Satisfaction with the Quality of Services Provided

CRITERIA FOR ADMISSION

The KIR 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.

FOR MORE INFORMATION

For more information, contact Keep it Real program staff directly at **831.676.3715**