



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

Interim's Manzanita House crisis residential facilities offer a community-based alternative to inpatient psychiatric care for people with psychiatric disabilities experiencing mental health crises. The program provides a structured, non-institutional, home-like environment. Our goal is to help clients resolve the crisis and learn how to avoid a recurrence. Interim has 28 beds between two facilities, located in Salinas and Monterey.



## Assists Residents to Recover from a Crisis and Provides Tools to Prevent a New One

“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



**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.

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# We Offer a Community-Based Alternative To Inpatient Psychiatric Care



In partnership with Manzanita 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 other support persons 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 care environment of support. The day services include developing skills to cope with mental illness, managing symptoms, emotional regulation, health, nutrition, hygiene practices and education about substance misuse. Clients also explore areas of personal development, including creative writing and improving self-esteem.

Throughout their treatment, clients are encouraged to learn about the effective use of psychotropic medications to manage mental illness by working closely with Manzanita's nurse and psychiatric provider. Clients meet with Manzanita's psychiatric provider at least once per week during their treatment. 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.

## REAL IMPACTS FY 22/23

85%

Reported Crisis Management and Stabilization

91%

Met or Partially Met Their Treatment Goals

## CRITERIA FOR ADMISSION

To qualify for admission to Manzanita Crisis Residential Facilities, clients must be diagnosed with a serious mental illness. Clients must also be experiencing an acute psychiatric episode and/or crisis which does not require inpatient psychiatric treatment. Clients with medical conditions that require 24-hour nursing care would not be eligible for admission.

## CERTIFICATION AND LICENSING

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

## FOR MORE INFORMATION

For more information, contact Manzanita's staff directly at **831.440.7030**.