

# CHOICES - DAY TREATMENT INTENSIVE PROGRAM



## Helping Adults with Psychiatric Disabilities Learn to Manage Mental Health Symptoms

CHOICES is a short-term day treatment intensive program, designed to serve adults who experience hospitalizations for mental health reasons and need to learn to manage their mental health symptoms and emotions. The goal is to prevent future mental health crises requiring inpatient hospital or residential crisis care.



## Choices Teaches People to Manage Their Emotions and the Symptoms of Their Illness More Effectively

“WHAT IS GREAT ABOUT THIS PROGRAM IS THE STRUCTURE, DIFFERENT GROUP TOPICS, RELATING, MAKING FRIENDS.”

~ CHOICES 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 1900 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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# Choices Prevents Mental Health Crises Requiring Hospital or Residential Care



## THE CHOICES PROGRAM

Program participants are diverted from placement in a more restrictive institutional setting to the CHOICES day treatment program following a mental health crisis.

In participation with staff, CHOICES program participants identify their desired treatment outcomes and receive an individualized treatment plan which leverages the clients' own personal strengths in managing their mental health symptoms.

Participants attend daily groups and activities that emphasize dialectical and cognitive behavioral therapies, mindfulness practices, relapse prevention, symptom management, medication education, emotional regulation, physical fitness and connection to community and peers. Therapies are designed to improve clients' daily functioning and social skills, which aids in the recovery process and improved mental health.

## A PEER-BASED RECOVERY MODEL

Participants in the CHOICES program connect directly with peers who can relate to and understand their mental health concerns in a non-judgmental supportive environment. In addition, peers who have experience in recovery work for the CHOICES program and serve as role models and teachers for CHOICES clients.

## REAL IMPACTS FY 24/25



Eliminate all psychiatric hospitalization while in the program



Report mental health crisis management & stabilization

## CRITERIA FOR ADMISSION

Clients must have a serious mental illness and/or serious functioning impairments, be able to safely participate with peers and staff in an outpatient setting and be referred by Monterey County Behavioral Health or Interim staff.

## SERVICES

Program participants are provided with transportation, as needed, to and from the program site, food (breakfast, lunch and snacks), group and individual therapy, medication education, and on-site psychiatric services.

## FOR MORE INFORMATION

For more information, contact the CHOICES staff directly at **831.800.7530**.