



ELPIDA HOUSE, INC.

7 Mt. Lassen Dr., Ste C-257 • San Rafael, California 94903

Ph • (415) 499-8613 ext. 2 Fax • (415) 499-8620

## **Residential Program for Adults with Psychiatric Disorders**

*Elpida House* provides support and assistance in a homelike setting for adults, ages 18 and over, who have prolonged psychiatric or emotional problems and who are unable to live independently. The purpose of the program and its structured, supportive environment is to enable residents to live successfully within the community, and to encourage independence, self-sufficiency, and well-being. To this end, we offer the following services:

### ***Case Management***

Supportive, individual counseling is available on a formal, weekly schedule. Additional case management is always available on an as needed basis. There are also two weekly group meetings in each house: (1) a household meeting which deals with instruction about nutrition and cooking, menu planning, grocery shopping, and any house related issues that may arise, including plans for social activities and recreation; (2) a weekly, client-centered, support group that focuses on a variety of client issues and is facilitated by the case manager.

### ***Medication***

Each resident works with a psychiatrist, who may prescribe medication as needed. The staff supervises and assists in the administration of medication when indicated. Each resident is required to maintain regular contact with his/her psychiatrist, with whom the staff also collaborates.

### ***Psychotherapy***

A staff psychotherapist is available to meet with residents on a weekly basis. This relationship provides added support for individuals as they move through the program. Research has consistently shown that the effects of medication are greatly enhanced when used in conjunction with psychotherapy.

### ***Day Program***

Each resident is expected to be involved in 10-15 hours of meaningful activity outside of the program that may include treatment, education, vocational training, employment, and/or volunteer work. Staff members assist residents in identifying and developing an individualized, structured, day program and connecting residents to specific resources in the community.



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### ***Exercise and Stress Management***

The daily schedule incorporates a morning exercise program which may include yoga, calisthenics, stretching, and walking, as well as an afternoon staff-facilitated stress reduction program that enhances residents' physical well-being and symptom management skills.

### ***Independent Living Skills***

Included in this part of the Elpida program are money management, cooking and nutrition, personal hygiene, household maintenance, and learning how to utilize public transportation and other community resources. In addition to individualized training in these areas, all of the residents of Elpida House come together on a weekly basis for a formal, psycho-educational "Life Skills" seminar.

### ***Socialization and Recreation***

Regular, monthly activities are designed with residents' specific needs in mind to improve social skills and reduce isolation. Activities such as visiting museums, going to the beach, hiking, movies, holiday events, are all part of the program.

### ***House Rules***

In order to remain in good standing in the program, residents must observe the following house rules:

- 1) No alcohol or illegal drugs are to be used while in the program.
- 2) There is to be no violence or threat of violence to self, to others, or to property.
- 3) Residents may not smoke inside the house.

### ***Guests***

In general, residents may entertain guests during their free time, up to 11 P.M. on weekdays and until midnight on Fridays and Saturdays. Residents are expected to be home by 11 P. M. Sunday through Thursday, and by midnight on Friday and Saturday. To help adjust to the program and to become acquainted with other residents, we ask all clients to be home for dinner every night and not to plan overnight visits away from the house for the first seven days after beginning the program.

### ***Family***

A meeting with prospective residents and their family members is arranged at the house as part of the interview process. We also support the families of residents through our policy of open communication, which addresses family concerns and, at the same time, protects client confidentiality. There are also regular treatment conferences, which family members may attend.



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### ***Staff***

*Elpida House* staff members are supervised by licensed clinicians with extensive mental health and supervisory experience. Most of our staff are mental health professionals who hold masters degrees, and are pursuing careers in the field of mental health.

### ***Referrals and Acceptance in the Program***

In addition to self-referrals, prospective residents are referred to *Elpida House* by various mental health and social service agencies in the community, doctors, therapists, hospitals, and families. The initial contact is usually made by telephone, followed by a visit to the house where a more detailed screening is done during an intake interview. Decisions regarding acceptance into the program are based upon whether it seems the prospective resident could benefit from our services, and whether they are a good fit for the existing community and level of care.

*In order to maintain a safe, supportive living environment, individuals with a history of violent behavior, who have been diagnosed as mentally disordered sex offenders, who are actively suicidal or who pose a high suicide homicide risk, or who are using or abusing street drugs or alcohol, are not eligible for our program.*

*It is the policy of Elpida House that no one be denied admission to services on the basis of race, color, religion, sexual orientation, or national origin.*

*Elpida House* is a private, non-profit organization. Primary funding comes from resident fees and private donations. The program provides for all of the support services mentioned above, as well as room and board.

**For additional information or to arrange a site visit,  
please contact Laura McCormick, Ph.D., Executive and Clinical Director,  
at (415) 499-8613, ext. 2. You may also visit our website at [elpidahouse.org](http://elpidahouse.org).**