



**Transitions-Mental Health Association**  
*Inspiring hope, growth, recovery and wellness in our communities*

## **Adult Transitional Program (ATP)**

The Adult Transitional Program (ATP) is a Trauma aware transitional housing program which provides a home-like setting in downtown San Luis Obispo where adults with mental illness work together and are supported in their efforts to acquire and apply interpersonal and independent-living skills. ATP is licensed to house 12 men and women, and is staffed 24 hours daily.

### **What Is It Like?**

Residents are encouraged to do the following:

- Accept gradual amounts of responsibility for the cooperative operation of the household.
- Exercise self-responsibility and move toward increasing levels of independent functioning.
- Come and go freely and participate in ongoing community activities.
- Have a productive schedule of activities during each week, which emphasizes community integration and establishing support networks in the community.

Residents hold weekly house meetings with staff to address two main areas:

- Practical operation of the household, including the division of house jobs, program house rules, and meal and activity planning.
- Relationships and support.

### **Who Is Eligible for the Program?**

Residents are referred by San Luis Obispo County Behavioral Health Services, which provides ongoing treatment and medication monitoring.



WELLNESS • RECOVERY • RESILIENCE

