

# **Mental health opens transitional housing in Tahoe**

El Dorado County Mental Health has opened a transitional housing unit in South Lake Tahoe to better meet local mental health needs.

The transitional housing site (also known as a T-house) provides a supportive living environment and services for mental health clients who need help transitioning to stable, independent living.

Up to six people at a time may live at the T-house, which provides a supportive community environment, mental health professionals and services, such as wellness groups, medication management and classes in basic life-skills such as cooking, cleaning, and managing other household responsibilities. Residents are also encouraged to explore college classes and volunteer opportunities and are assisted with job searches once they are stable.

The program is funded through state Mental Health Services Act.

Potential residents of the T-house are pre-screened by mental health staff and must meet eligibility requirements before moving in. People must also agree to live drug-free. Most residents will likely stay six to 12 months.

For more info, call 530.573.7970.