

SANCTUARY PSYCHIATRIC CENTERS OF SANTA BARBARA



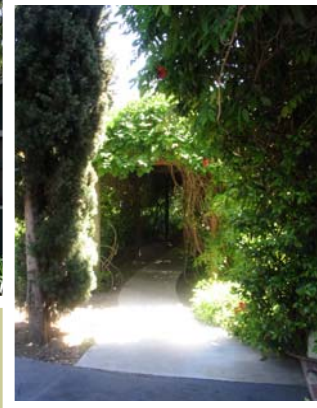
Dual Diagnosis Treatment



GROUP DESCRIPTIONS

THE DUAL DIAGNOSIS TREATMENT PROGRAM

is designed to provide a continuum of services to the substance abusing and dually diagnosed populations. These services include substance abuse treatment, education regarding mental illness, vocational services, and opportunities for superior housing. Our goal is to prevent relapse, hospitalization, or incarceration and to create opportunities for reintegration into the community.



FEBRUARY
2010





Sanctuary Psychiatric Centers
of Santa Barbara

Conveniently located in the midtown area of Santa Barbara,
the Dual Diagnosis Program provides Out-patient group
and individual therapy.

Change is difficult, especially when
patterns are deeply ingrained into
one's way of thinking and manner
of behavior.

The Dual Diagnosis program
provides a safe, therapeutic
environment in which to challenge
one's own growth.

The first step—is choosing to
commit to change.

MICHELE WOLF, LMFT
DDX PROGRAM DIRECTOR

A trained professional with extensive clinical and leadership experience. As the Program Director, Michele Wolf sets the tone and culture for the Dual Diagnosis Treatment Program. She oversees the program policy and content as well as the staff responsible for delivering the program. Her door is always open to clients either just to talk or to resolve any issues concerning them or their participation in the Dual Diagnosis Treatment Program.



MONDAY GROUPS

POSITIVE RECOVERY

This ongoing Dual Diagnosis support group blends Relapse Prevention skills with a focus on member specific issues and concerns. This group allows members the opportunity to share what is currently occurring in their lives, and provides a safe forum to express feelings and ask for feedback from the group members. Topics for the group are generated from member discussion or by the group leader and are focused on finding the positive aspects of recovery. Subject matter is explored in light of its impact on the individual's sobriety, and abstinence from alcohol and other drugs. In addition to the cathartic experience, concentration is given on the development of insight regarding how to prevent a relapse coupled with tools for relapse prevention.

SEEKING SAFETY/SAFE COPING SKILLS

Safety is the foundation of all healing work. "Safety" is an umbrella term that signifies various elements: discontinuing substance use and other self-harming behaviors, gaining control over extreme symptoms, and letting go of dangerous relationships. The means of establishing safety are life-enhancing and affirming: learning to ask for help from safe people, utilizing community resources, exploring recovery "thinking", taking good care of one's body, rehearsing honesty and compassion, and increasing self-nurturing activities.

The group revolves around one central idea: you need to stay safe. The good news is that you can learn to cope safely, no matter what negative life events come your way. Nothing has to make you use substances or engage in any other high-risk behavior. The goals are to free yourself from substance abuse, stay alive, build healthy relationships, gain control over your feelings, learn to cope with day-to-day problems, protect yourself from destructive people and situations, not hurt yourself or others, increase your functioning, and attain stability.



MONDAY GROUPS (CON'T)

DIALECTICAL BEHAVIOR THERAPY

This ongoing psycho-educational group meets one evening per week and requires a six month commitment. The focus of the group is on learning and practicing skills particularly helpful to relapse prevention and symptom management while clients steer their lives in a values-driven, sobriety-enhancing direction. Some of the important skills imparted include how to:

- 1) Connect with Wise Mind
- 2) Deal more constructively with overwhelming emotions
- 3) Increase positive emotions
- 4) Decrease harmful impulsive behaviors
- 5) Experience deeper levels of self-acceptance
- 6) Become less judgmental of yourself and others
- 7) Become more effective and fair in one's interpersonal relationships
- 8) Become more flexible in handling change

In all, this DBT Skills Group operationalizes the Serenity Prayer helping group members navigate more harmoniously between acceptance and change.



TUESDAY GROUP

RECOVERY THROUGH AWARENESS

This ongoing DDX support group blends Relapse Prevention skills with a focus on member specific issues and concerns. This group allows members the opportunity to share what is currently occurring in their lives, and provides a safe forum to express feelings and ask for feedback from the group members. Topics for the group are generated from member discussion and are based on events and the emotional content surrounding these events. Subject matter is then explored in light of its impact on the individual's sobriety and abstinence from alcohol and other drugs. In addition to the cathartic experience, concentration is given on the development of insight regarding how to prevent a relapse coupled with tools for relapse prevention.



WEDNESDAY GROUPS

THE FIRST FOUR STEPS

Early recovery is a time fraught with desperate hope, fear of failure and emotional roadblocks. This group is designed to help participants who are in the early stages of recovery focus on important insight and understanding, leading to a greater commitment to recovery. In support of this goal, we will examine each of the first four Steps from AA's 12-Step tradition in detail, using journaling and written exercises along with talk therapy to relate these steps to our own experiences, to make them ours. Participants will be asked to develop a support network for their recovery, participate in self-exploration and to share the results with people they trust within the group and within their support networks. This group is appropriate for people from any addiction orientation and also welcomes those experienced in their recovery who would like to take a fresh look at these first important Steps.

GRIEVING LIFE'S LOSSES

Our experience of loss can range from the death of a loved one to the loss of one's own talents or concept of self through the impact of mental illness or addiction. These losses are often left unacknowledged to fester and exacerbate the symptoms of mental illness and/or drive people to soothe their pain through substance abuse. In this group, we will open up the experience of loss, exploring the myriad ways it affects all of our lives, using both group process and art therapy to aid our exploration. Group members are invited to share their experiences of loss and healing with each other, witnessing and validating often hidden pain. Using art therapy techniques, we will practice moving through the grieving process in order to come to a new and healthier relationship with our losses.

AA MEETING (NO COST)

Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. These groups are run by a nonprofessional leader and can be an important addition to psychotherapy or regular group therapy.



THURSDAY GROUPS

EMOTIONAL HEALING WITH A 12-STEP EMPHASIS

This ongoing topical DDX group blends interpersonal process skills with support to assist group members with empowerment so that each participant can bring about their own healing from addiction and provide for themselves a life that “works.” Borrowing from the works of several Twelve Step programs including, but not limited to AA, NA, EA and Alanon, topics are chosen allowing group members the opportunity to share what is currently occurring in their lives while providing a safe forum to express feelings and ask for feedback from the group members.

TRAUMA & ADDICTION

Attachment trauma can result from childhood abuse (emotional, physical, sexual), abandonment, neglect, alcoholic and addicted family systems, and family systems impacted by adult mental illness. These traumas leave individuals with mood states and emotions that are often difficult to explain and over which individuals may feel powerless. Addictions temporarily soothe the internal discomfort that results, but lead to greater need for self soothing and ultimately self destruction.

In this group, we will explore the connection between addiction and the experience of trauma. We will look at how trauma leaves its mark on our emotions, bodies and behaviors. We will explore trauma using a variety of approaches, including art, drama and talk therapy, with the goal of opening up the experience of trauma to be processed and revised in the safety of the group environment. It is the goal of this group to allow participants to reshape their relationship with trauma, giving themselves greater mastery over their emotional experiences and responses, as well as tools for processing emotions and self soothing in healthy, constructive ways.



FRIDAY GROUPS

A NEW LIFE: TOOLS FOR RECOVERY

The "A New Life: Tools for Recovery" Group provides education about dual diagnosis and recovery, offering group members information and support necessary to replace an addiction-oriented lifestyle with recovery based skills. This group is designed to encourage and promote individual strengths, to support relapse prevention, to facilitate clients giving each other feedback, and to provide an environment fostering reinforcement for the development and maintenance of a clean and sober identity and lifestyle.

SYMPTOM MANAGEMENT

This ongoing experiential Dual Diagnosis group incorporates a nonverbal encouragement to substance abuse recovery issues. Group members are encouraged to explore their dual diagnosis issues through the use of art, creative exercises, and games. This group encourages small-group work and often pairs existing members into teams. In this way, each subgroup is expected to share the outcome of their work with the remainder of the group members. Due to the active nature of this group each participant must be open to a more experiential approach to recovery.



SATURDAY GROUP

RELAPSE PREVENTION

This relapse prevention group provides group members with an environment to share about issues related to dual diagnosis and recovery. Group members learn to recognize and manage relapse "triggers" and to replace dysfunctional coping skills and relapse patterns with recovery-oriented choices, problem solving, and solutions. This group encourages and promotes individual strengths and facilitates group members to offer each other feedback and support, reinforcing relapse prevention and the development and maintenance of a healthy, clean and sober lifestyle.

Outpatient Dual Diagnosis Program

Group Schedule

MON	9:30 AM – 11:15 AM	POSITIVE RECOVERY
	12:30 PM – 2:15 PM	SEEKING SAFETY/ SAFE COPING SKILLS
	5:30 PM – 7:15 PM	DBT
TUES	9:30 AM – 11:15 AM	RECOVERY THROUGH AWARENESS
WEDS	9:30 AM – 11:15 AM	THE FIRST FOUR STEPS
	9:30 AM – 11:15 AM	GRIEVING LIFE'S LOSSES
	8:00 PM – 9:15 PM	AA MEETING (NO COST)
THURS	9:30 AM – 11:15 AM	EMOTIONAL HEALING & THE 12 STEPS
	5:30 PM – 7:30 PM	TRAUMA & ADDICTION
FRI	9:30 AM – 11:15 AM	NEW LIFE: TOOLS FOR RECOVERY
	4:30 PM – 6:15 PM	SYMPTOM MANAGEMENT
SAT	7:00 PM – 8:45 PM	RELAPSE PREVENTION



Sanctuary Psychiatric Centers
of Santa Barbara

In addition to the Dual Diagnosis program,
Sanctuary Psychiatric Centers also provides
the following services:

Residential Mental Health Treatment
Outpatient Mental Health Programs
Supported Independent Living Services
In-Home Supported Living Programs

To find out more about any of
our programs, you may call

(805) 569-2785

or visit our website at:

www.spcsb.org



SANCTUARY PSYCHIATRIC CENTERS OF SANTA BARBARA

Sanctuary Psychiatric Centers
of Santa Barbara

P.O. Box 551
Santa Barbara, CA 93102

Phone: 805.569-2785
Fax: 805.563-1977

Celebrates 33 Years!

OUR GOAL:

To ensure clients have a safe, inviting environment in which to do the personal work that has led them to seek a recovery program. We hope the experience all our clients have in the Dual Diagnosis program will allow them to develop and enhance a range of skills and a sense of well being. We also hope their experience here will contribute to a strengthened sense of self as they walk in the world and enable them to pursue directions that tap their greatest potential.

**FOR MORE INFORMATION REGARDING
DUAL DIAGNOSIS GROUPS, CALL:**

805.569-2785 x212

