



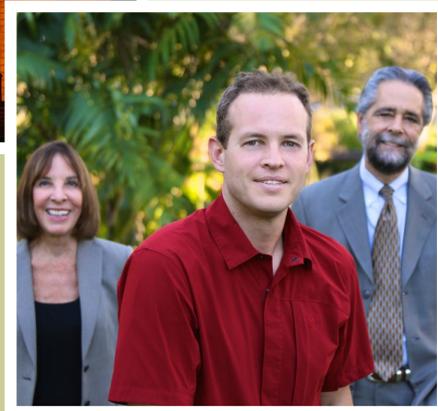
SANCTUARY CENTERS

—OF SANTA BARBARA

GROUP DESCRIPTIONS

THE CO-OCCURRING DISORDERS 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.



Sanctuary Centers of Santa Barbara

Conveniently located in the midtown area of Santa Barbara, our Co-Occurring Disorders Program provides Outpatient group and individual therapy.

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

Our Co-Occurring Disorders Program provides a safe, therapeutic environment in which to challenge one's own growth.

The first step—is choosing to commit to change.

G R O U P S

MINDFULNESS-BASED RELAPSE PREVENTION (MBRP)

MBRP is an eight week mind-body approach merging clinically-proven interventions from Relapse Prevention Therapy and Mindfulness-Based Stress Reduction. The program is designed to bring practices of mindful awareness to individuals suffering from the addictive trappings of the mind. MBRP practices are intended to foster increased awareness of triggers, habitual patterns, and “automatic” reactions that seem to control many of our lives. These practices cultivate the ability to pause, observe present experience, and bring awareness to the range of choices before each of us in every moment. Ultimately, we are working towards freedom from deeply ingrained and often catastrophic habits.

RECOVERY ENHANCEMENT: MATRIX MODEL

This curriculum-based group uses the Matrix Model which is an intensive outpatient treatment approach for substance abuse and dependence. The group setting enables clients to explore the problems of daily life and recovery while working collaboratively to target and develop effective coping skills needed for long term recovery. Group sessions promote self-esteem, dignity, and self-worth.

SEEKING SAFETY: MEN'S GROUP

Seeking Safety is a present-focused group for clients with a history of trauma and substance abuse. Seeking Safety focuses on coping skills and has the following key principles: (1) safety (helping clients attain safety in relationships, thinking, behavior, and emotions); (2) integrated treatment (working on Post Traumatic Stress Disorder (PTSD) and substance abuse); (3) a focus on ideals; (PTSD and substance abuse individually, and especially in combination, lead to demoralization and loss of ideals). This group evokes humanistic themes to restore the potential and hope for a better a future.

SEEKING SAFETY: WOMEN'S GROUP

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LEARNING TO BE FEARLESS: DEVELOPING RESILIENCY & HEALING SHAME

Learning to be Fearless is an experiential group in which members develop coping skills to “be with” and manage difficult emotions. Group members will develop a greater sense of compassion for themselves and others through increasing awareness of automatic reactions and learning skills to respond to others and themselves more effectively. Difficult emotions, once numbed, are now recognized, accepted, investigated and not attached or released in unhealthy ways.

LIVING IN BALANCE: MOVING FROM A LIFE OF ADDICTION TO A LIFE OF RECOVERY

Moving from a life of addiction to a life of recovery assists the client with developing immediate alternatives to drug use and implements a long-term plan for full recovery, including relapse prevention. This psychoeducational group covers topics such as drug education, relapse prevention, available self-help groups, and sexually transmitted diseases (STDs). The experientially based or interactive sessions are designed to enhance the client's level of functioning in certain key life areas that are often neglected with prolonged drug use: physical, emotional, and social well-being, adult education opportunities, vocational development, daily living skills, spirituality/recovery, sexuality, and recreation/leisure. These sessions include a large amount of role-play with time to actively process personal issues and learn how to cope with everyday stressors.

WELLNESS RECOVERY ACTION PLAN (WRAP)

Wellness and Recovery Action Plan (WRAP) is an evidence-based, curriculum-led approach of promoting wellness through monitoring, reducing, and eliminating emotional and physical difficulties. Using the key concepts of recovery (hope, personal responsibility, support, self-advocacy and education), clients work toward increasing personal empowerment, improving their quality of life, and achieving their own life goals and dreams free from substance use and mental health challenges.

ANGER MANAGEMENT

This Anger Management group is a psychoeducational course that uses mindfulness-based cognitive behavioral techniques to assist individuals in learning to manage anger, stop violence & the threat of violence, and develop self-control over thoughts and actions while cultivating self-compassion and empathy for others. The course combines discussion, in-group workbook exercises, and homework assignments so that the participant can better understand internal cues that occur as their anger is rising, learn relaxation exercise, and develop a personalized anger control plan.

MINDFULNESS-BASED COGNITIVE THERAPY FOR DEPRESSION

Mindfulness-based Cognitive Therapy for depression integrates cognitive therapy principles and practice into a mindfulness framework. The focus of this group revolves around teaching clients how to make a simple yet radical shift in their relationship to the thoughts, feelings, and body sensations that contribute to depressive relapse. Step by step guidelines are provided for conducting awareness exercises and cognitive interventions that help clients both gain awareness of mild states of sadness and prevent them from spiraling out of control.

DIALECTICAL BEHAVIOR THERAPY (DBT)

This group balances empathy and warm acceptance (validation) with an unwavering focus on changing problem behaviors. Through this balance, DBT aims to help change the behavioral, emotional, and thought patterns associated with difficulties in living, while promoting development of and reliance upon inner wisdom (wise mind).

ACTUALIZING SELF-CARE IN RECOVERY

Self-care is a vital part of ongoing recovery from addiction and chronic mental illness. As we grow in recovery and develop a balanced life we must learn healthy ways of caring for ourselves and managing our stress. This group uses process and psycho-education to cultivate awareness around the value of self-care and teach new strategies and techniques for increased wellness.

SMOKING CESSATION

This group is designed to enhance clients motivation to stop smoking and assist them in developing a personalized smoking cessation plan. This group will assist the client to better understand the health consequences of smoking, the nature of addiction to nicotine, and learn effective ways to break addiction. This group will also help the client to access nicotine replacement therapy available in our community and provide ongoing support and encouragement to help each person stick to their commitment to quit.

AA MEETING (OPEN TO THE COMMUNITY)

Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other so 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. These groups are run by a nonprofessional leader and can be an important addition to psychotherapy or regular group therapy.

ACCEPTANCE AND COMMITMENT THERAPY IN RECOVERY (ACT)

This group utilizes the ACT model to increase clients' ability to engage in positive, values-based behaviors while reducing dysfunctional thoughts, feelings, and behaviors. ACT uses mindfulness and cognitive behavioral components to help clients learn how to accept their experiences, observe their thoughts without judgment, be present, increase awareness, and move in the direction of their goals. Clients will use these skills to improve their ability to manage symptoms associated with co-occurring mental illness and substance use disorders.

ORIGINS AND ADDICTION

This group offers members a safe environment to share common issues related to family and recovery. The goals of the Origins and Addictions group are to develop an understanding between our addictions and our family systems, to explore how family dynamics may both effect and be effected by addiction, and to achieve the skills necessary to make personal changes which enhance the development and maintenance of a clean and sober lifestyle as well as healthy family relationships.

CONNECTED COMMUNITY:

LIVING IN INTENTIONAL SOBRIETY

Connected Community is designed to assist group members through building a sober support network. As such, we explore citizenship and community in relation to ongoing recovery. This group focuses on implementing the power of intention in creating a sense of both belonging and purpose.

THINKING FOR CHANGE

Thinking for change is an integrated, cognitive behavioral program that includes cognitive restructuring, social skills development, and development of problem solving skills to help individuals take control of their lives while strengthening their coping abilities for long term recovery.

RECOVERY THROUGH ART

This process group incorporates psycho-educational interventions for clients who experience mental disorders, substance abuse, trauma, and/or challenges in living fulfilling lives. The focus is on using art to reflect upon and explore themes encountered on one's journey in recovery. The process of creating art and reflecting on the processes allows group members to: increase their awareness of self and others, cope with symptoms, stresses and traumatic experiences, enhance cognitive abilities, and enjoy the life affirming pleasures of making art.

STRESS MANAGEMENT

One of the most common causes of relapse is stress. Stress is a normal psychological and physical reaction to the ever increasing demands of life. In Stress Management group individuals will be guided in discovering what is causing stress in their lives; explore ways to reduce the amount of stress, and thereby learn healthy coping skills to relieve stress and/or reduce its harmful effects.

THE OVERCOMERS: VETERANS IN RECOVERY

The Overcomers is a veterans-oriented group focusing on substance use recovery through gaining insight into specific recovery issues and through peer discussion, feedback, validation, and support. Topics include defining shame, practicing empathy, exploring triggers and vulnerabilities, practicing critical awareness, reaching out to others, and creating, embracing, and inspiring change. Clients learn the necessary skills via group and personal exercises, handouts, and reading assignments.

CONNECTIONS: CREATING HEALTHY SUPPORT & SETTING BOUNDARIES

This groups focuses on creating healthy support networks toward recovery. Clients learn what will help them maintain sobriety and avoid relapse by creating strong friendships and learning to manage unhealthy relationship patterns. Topics covered include developing assertiveness, responding to peer pressure, setting appropriate boundaries, and maintaining healthy limits.

JOURNALING IN RECOVERY

In this therapeutic journaling group individuals are provided a format in which to cultivate a deeper understanding of oneself and gain greater insight into specific issues related to co-occurring disorders. The main focus is the expression of the writers' internal experiences, reactions, and perceptions. Recovery themes addressed will promote self-awareness, clarity, inspiration, and problem solving skills. Narrative Therapy techniques are utilized empowering group members to rewrite their own narratives/stories.



In addition to the Co-Occurring Disorders program,
Sanctuary Centers also provides
the following services:

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

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

805.569.2785

or visit our website at:

www.sanctuarycenters.org



SANCTUARY CENTERS

OF SANTA BARBARA

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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 Co-Occurring Disorders program will allow them to develop and enhance a range of skills and a sense of well being. It is our hope that 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
CO-OCCURRING DISORDERS GROUPS
PLEASE CALL:
805.569.2785**

