

CO-OCCURRING DISORDERS

INFORMATIONAL HANDBOOK

APRIL 2017 EDITION



SANCTUARY CENTERS
— OF SANTA BARBARA

Advancing Mental Health Through Treatment and Education

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WELCOME TO THE CO-OCCURRING DISORDERS PROGRAM

Welcome to Sanctuary Centers of Santa Barbara's Co-Occurring Disorders Program. We hope our program will be a place to which you look forward to coming. Each of you is here because you are seeking a clinically challenging and appropriate program to serve as an additional resource for your on-going sobriety and recovery.

At SCSB we believe that the quality of our programs reflects our responsiveness to client needs and that recovery is indeed possible for individuals with mental illness. We assist clients in becoming aware that there is light beyond the darkness and tragedy that these ailments can bring.

We also help instill the ideas of empowerment and self-advocacy in each of our client-consumers through a carefully planned set of programs and individual supports. We help clients realize that consumer empowerment is about being able to advocate for oneself and others in a way that is life affirming and strong. To that end we involve our clients in virtually all of the decisions that affect their lives.

This booklet is designed to introduce you to the Co-Occurring Disorders Program-- who we are, what we offer, who we serve, and some considerations and expectations. Always, ask questions when they arise---everyone here knows what it is like to be new. And, even when no longer new, questions and opinions are welcomed and encouraged.

WHO'S WHO AT SCSB?

Day Treatment/Outpatient Clients – Individuals living independently in the community.

They have selected the Co-Occurring Disorders (COD) Program as an adjunct program to support their on-going recovery. In general, outpatient clients might attend as few as one group a week or as many as all group offerings a week.

Sanctuary House Residents – Clients living at Sanctuary House.

Sanctuary House clients attend COD groups as a requirement of the Sanctuary House program. The goal is to further their therapeutic work as well as enhance their socialization, sobriety, and education surrounding mental illness issues. As they progress through the program levels, Day Treatment continues to be a part of their larger individual program, although they may be attending fewer groups. Each client has a Sanctuary House Therapist/Case Manager.

Therapists/Group Providers – Trained professionals with a minimum of a Master's degree.

These individuals provide individual counseling and group therapy.

WHO'S WHO AMONG SANCTUARY LEADERSHIP

President/CEO – Barry R. Schoer

The President/CEO is responsible for the overall operation of the Sanctuary Centers. His leadership sets the tone of the organization and he has responsibility for the financial state of the organization as well as public relations. He reports to a Board of Directors which has ultimate legal and fiduciary responsibility for Sanctuary Centers.

Clinical Director – Lisa B. Moschini

A trained professional with extensive clinical, leadership and training experience. She leads the organization's clinical program. She works closely with all program directors, to guide, support and collaborate, thus ensuring a solid, effective and ever growing clinical environment. Also, as Clinical Director, she establishes and implements sound policies and procedures for the organization.

Co-Occurring Disorders Program Director – Christina Grabowsky

A trained professional with extensive clinical and leadership experience. As the Program Director she sets the tone and culture for the Co-Occurring Disorders Program. She oversees the program policy and content as well as the staff responsible for delivering the program. Additionally, she supervises the group and individual providers and works closely with Interns/trainees participating in the program. She is responsible for all administrative needs of the program. Another component of the Program Director's role is to interface with directors of all other Sanctuary programs and as such she is a member of the Sanctuary leadership team. The Director's door is always open to clients either just to chat or to resolve any issues concerning you and your participation in the Co-Occurring Disorders Program.

TREATMENT PHILOSOPHY AND OBJECTIVES

Our Co-Occurring Disorders Program is a co-ed outpatient program providing group and individual therapy to adults with a diagnosis of alcohol or drug abuse/dependence and, especially, with a concurrent diagnosis of mental illness.

Our professional staff, who have an expertise in serving the dually diagnosed client, provide a team approach to treatment. The treatment team (which includes Program Director, Clinical Director, marriage and family therapists, counseling staff, and vocational coordinator) offers a wide range of supportive services in the areas of psychotherapy, family counseling, educational guidance and prevocational/vocational training.

Program Objectives:

1. To establish a community based outpatient program to serve the adult mentally ill and/or substance abusing or dependent population of Santa Barbara County.
2. To offer a safe environment for clients with these disorders to recover from addiction problems as well as to increase coping skills for mental illness.
3. To establish a site with well-trained professionals with superior skill in working with the dually-diagnosed population.
4. To cooperate with other agencies in the county in serving this population in terms of case management, referral, and coordination of services.
5. To establish protocols for treating the dually-diagnosed based on the highest accepted standards mental health treatment and practice.
6. To create an equal opportunity and non-discriminatory environment for both staff and clients.
7. To create innovative and effective interventions to treat the dually diagnosed based on firm clinical judgment and established research.
8. For each client our program goal is the abstinence from alcohol and any mood altering drugs that may interfere with a client's optimum functioning and enjoyment of life.
9. A reduction in symptoms of mental illness and/or an increase in skills to cope with these symptoms, particularly as these affect sobriety. Progress notes and treatment plans will indicate this along with consultation with the client's psychiatrist as appropriate.
10. Increased productive and independent functioning indicated by client movement to less restrictive levels of care, increasing successful socialization, volunteer or job placement, and successful independent living.
11. Increased client awareness and capability in those skills that are necessary and helpful to client recovery, such as relapse prevention skills, ability to utilize twelve-step groups, self-assertion and communication skills, capacity to refuse addictive substances, and other coping skills that are helpful to retain sobriety.

SANCTUARY CENTERS OF SANTA BARBARA

Sanctuary Centers of Santa Barbara is a not-for-profit agency offering a unique continuum of treatment options for emotionally disabled adults, ages 18-59. Founded in 1976 as Sanctuary House, a residential treatment facility, the agency gradually expanded service to meet the broad range of client needs. Comprehensive programming and on-going follow-up services provide superior, individualized support and treatment.

Sanctuary Centers of Santa Barbara consists of the following programs:

- Sanctuary House
- Outpatient Mental Health
- Co-Occurring Disorders
- Equine Assisted Psychotherapy
- Career Development Services
- Dialectical Behavior Therapy (DBT)
- Family Counseling Services
- Arlington and Hollister Apartments
- In-Home Supported Services

CONSIDERATIONS AND EXPECTATIONS

AS A MEMBER OF OUR CO-OCCURRING DISORDERS PROGRAM

Group Rules:

1. Please leave your weapons and firearms at home
2. No violence or threat of violence.
3. Group starts on time. Please be ready to start group at its scheduled time, posted on the group room door.
4. Please call COD Program Director if you are unable to attend group.
5. If you relapse on the day of group:
 - i. Don't attend group on that day but return to your next scheduled meeting.
 - ii. Call COD Program Director to inform of your relapse and seek appropriate recovery and medical support as necessary.
 - iii. Discuss your relapse at your next meeting.
6. No clothing with logos or symbols of drugs and alcohol or clothing that is of a sexually provocative nature.
7. Report all prescribed medications to a staff member. Potentially addictive medications must be approved by your doctor and COD Program Director.
8. Submit urine analysis as requested by staff. Refusal for any reason will be considered a positive ("dirty") test and therefore a relapse.
9. What is said in the room stays in the room. The only exceptions are when staff must report child, elder, and dependent abuse, suicidal and homicidal intent, or certain legal circumstances.
10. No dating or business relationships.
11. Smoking is not allowed anywhere on SCSB property. If you are a smoker and want assistance with quitting please let the COD Program Director know and they will provide you with smoking cessation groups, information, and if necessary with aids to alleviate cravings.
12. Please refrain from using perfumes and cologne.
13. Please turn off cell phones and pagers.
14. Only water is permitted in the group room.
15. Create a safe and nurturing environment for all by showing respect: name calling and other forms of intolerance are strictly prohibited.
16. If you experience a psychiatric or medical emergency, please dial 911.

17. Talk honestly.
18. Listen and be open to new ideas.
19. Try new behaviors and new ways of thinking.

GROUNDS FOR IMMEDIATE DISCHARGE:

- Possession of weapons or firearms on Sanctuary property.
- Threats, gestures, harassment, or verbal or physical abuse of fellow group members or staff.
- Destruction or vandalism of Sanctuary property.
- Illegal possession, use, or sales of drugs on Sanctuary property.

INTERFACE WITH OTHER SANCTUARY PROGRAMS

SANCTUARY CENTERS HAS A NUMBER OF DIFFERENT PROGRAMS

Sanctuary House:

Sanctuary House is a 12-bed transitional housing facility for persons experiencing an acute episode of mental illness.

Outpatient Mental Health:

The Outpatient Mental Health Program provides continuity, support, education, alternative treatment and a consistent base from which all present, former, and referred clients can gain and maintain stability in their lives. Services include individual, group, and family therapy.

Equine Assisted Psychotherapy:

The Equine Assisted Psychotherapy program incorporates horses experientially for mental and behavioral health therapy and personal development.

Career Development Services:

Vocational Counseling Services is provided to all Sanctuary Centers clients. This program assists individuals in obtaining the skills necessary to once again become viable contributing members of the community.

Dialectical Behavior Therapy (DBT):

Dialectical Behavior Therapy provides psychosocial skills with a focus on emotional regulation, distress tolerance, and mindfulness. Services include group sessions, individual coaching sessions, and a family therapy program for parents.

Family Counseling Services:

Family Counseling Services promotes improved functioning and communication within the family system.

Arlington and Hollister Apartments:

36 studio units with supportive services. These units are reserved for low income persons living with mental illness and provides a maximum of independence while still providing therapeutic structure and support.

In-Home Supported Services (IHSS):

In-Home Supported Services Program provides support and assistance to persons who are living independently but still need a minimal amount of support to maintain healthy functioning in the community.

COMMUNITY AGREEMENTS

Sanctuary Centers of Santa Barbara

In order to create a safe and supportive environment we ask that all our members who participate in programming agree to some community agreements.

- ❖ Please turn off and put away cell phones.
- ❖ Please be respectful of our NO SMOKING POLICY, THIS INCLUDES NO SMOKING ON BREAKS.
- ❖ Keep in mind that we are not a “drop in center”, we ask all our community members to honor your attendance agreement and show up for and engage in your agreed upon groups. We will all benefit from your attendance and insight.

To be respectful of other community members we ask that you:

- ❖ Do not leave group for any reason until break.
 - Do not bring caffeinated beverages onto campus.
 - Use “I” statements –speak from your own experience
 - Please be respectful of others.
 - ❖ All comments should be free of profanity in groups and out.
 - ❖ Keep confidentiality, “what you hear here, stays here”.
 - ❖ Additional Agreements are posted

We respect everyone’s journey and offer support to one another as we actively engage in improving our health and wellness, seek to live a self- directed life and strive to reach our full potential.