

SANCTUARY CENTERS OF SANTA BARBARA
SANCTUARY HOUSE PATH TO INDEPENDENCE
& COMMUNITY REINTEGRATION

This plan is designed to provide you an opportunity to be an active participant in your treatment and to build a healthy future. We hope it will empower you to create and work toward your personalized goals for independent living, and support you as you track your progress throughout your program stay.

<u>ORIENTATION</u>	<u>RESPONSIBILITIES</u>	<u>PRIVILEGES</u>
<ul style="list-style-type: none"> ✓ Take this time to get better acquainted with the program, staff, rules, expectations, etc. ✓ Also, take advantage of our staff and peers to help support you in this initial adjustment period. ✓ Assignment of Case Manager/Therapist ✓ Assignment of staff mentor ✓ If you are thinking about the Arlington Apartments - submit an application ✓ Complete your Vocational Assessment, Treatment Plan and Goals 	<p><i>Monday to Friday:</i></p> <ul style="list-style-type: none"> ● Be present for 8:30am Morning Meeting ● Showered, dressed, hygiene, chores & breakfast completed by 9:15am ● Complete evening chores by 9:15pm <p><i>Weekend & Holiday:</i></p> <ul style="list-style-type: none"> ● Showered, dressed, hygiene, chores & breakfast completed by 11am ● Complete weekend chores by 11:30am <p><i>7 Days per Week:</i></p> <ul style="list-style-type: none"> ● Take all medication as prescribed (staff manages) & begin self-prompting for medication before med cutoff ● Attend all groups ● Attend activities/outings a minimum of 3x per week ● Interact appropriately and politely with staff and peers <hr style="width: 50%; margin: 10px auto;"/> <ul style="list-style-type: none"> ● Identify specific treatment goals with your Case Manager and begin to develop a plan of action with concrete steps toward future growth and insight ● Begin Vocational pursuits 5-10 hours weekly ● Learn the SB Public Transportation system (SCSB provides training on this) ● Reflect and explore, with Case Manager, any adjustment issues with regard to the overall program ● Explore motivation, reasons placed in residential care, and your personal goals/objectives while at SCSB ● Abstinence from drugs & alcohol ● Attend and participate in SCSB's smoking cessation group (only if you are a smoker) <hr style="width: 50%; margin: 10px auto;"/> <p style="text-align: center;">IF YOU HAVE A CO-OCCURRING DISORDER...</p> <ul style="list-style-type: none"> ● Begin work on a Relapse Prevention Plan ● Seek a sponsor in the community 	<ul style="list-style-type: none"> ✓ You can use your electronic equipment: <ul style="list-style-type: none"> ○ Monday to Friday: 2 hours, in the evening, each day ○ Saturday and Sunday: 3 hours each day ✓ Visitors allowed on a case-by-case basis <i>with Team and Case Manager approval.</i> ✓ Budget \$5 per day for outings; anything beyond <i>with Case Manager approval only. Staff will manage your money.</i> ✓ Until you are engaged in Career Development, outings with staff only, <i>remaining within line of sight during all outings and groups</i> <ul style="list-style-type: none"> ○ Once actively engaged in Career Development, you can check out with other residents ✓ You can have your electronics while out in the community and when actively engaged in Career Development

ENGAGEMENT	RESPONSIBILITIES	PRIVILEGES
<ul style="list-style-type: none"> ✓ Each program is individualized for your personal needs and does not necessarily correspond to other clients within Sanctuary House ✓ Discuss your future plans for housing and community integration with your Case Manager, family, and other integral parties 	<ul style="list-style-type: none"> • Continue to work on your orientation level responsibilities • Turn in all receipts and change on same day • Increase your involvement in vocational pursuits to 10-20 hours per week <hr/> <ul style="list-style-type: none"> • Identify your personal progress and responsibility toward your personal goals • Successfully self-prompt for medication before medication cutoff time • Process your future independent living needs, family issues, and long-term therapeutic goals with your Case Manager and counselors • Discuss your discharge options and formulate a viable plan for independent living • Provide personal transportation as needed within the community (i.e., medical appointments, vocational placements, shopping, etc.). • Continue work on your smoking cessation plan <hr/> <p style="text-align: center;">IF YOU HAVE A CO-OCCURRING DISORDER...</p> <ul style="list-style-type: none"> • Continue work on a Relapse Prevention Plan • Secure a sponsor as needed/directed • Attend a minimum of 1 community meeting. You may attend more if you wish and as decided by the team 	<ul style="list-style-type: none"> ✓ Dessert celebration at house for your accomplishments ✓ You can have all electronics ✓ Home visits and visitors <i>with Case Manager approval. Minimum 24 hour notice is required.</i> ✓ Budget \$5 to \$10 per day; anything beyond with Case Manager approval. <i>Client manages own money.</i> ✓ Lock Box to self-dispense medication <i>with team approval</i> ✓ Out individually, and with other residents, once you are actively engaged in 10 hours per week of Vocational activity. <i>Maximum 4 hours out at a time.</i> ✓ You may have your car, <i>with Medical Director approval, and for use with scheduled community activities</i>

<u>COMMUNITY INTEGRATION</u>	<u>RESPONSIBILITIES</u>	<u>PRIVILEGES</u>
<ul style="list-style-type: none"> ✓ It is now time to balance your personal therapy with day-to-day living skills ✓ Utilize and integrate personal growth and insight ✓ Balance knowledge with experience ✓ Maintain a wellness lifestyle which includes understanding and managing your mental health issues ✓ Secure community living arrangements with your Case Manager ✓ Investigate community apartment living 	<ul style="list-style-type: none"> • Continue to work on your clinical level expectations • Hold and dispense your own medication successfully and consistently. Arrive at a plan, as needed, for medication monitoring upon discharge from SCSB • Achieve 20 hours weekly/minimum in your Vocational and/or Educational pursuits. • Establish written weekly budget plan • Continued work on your smoking cessation plan (if applicable) <hr style="width: 30%; margin: 10px auto;"/> • Process termination issues in your therapy sessions (group and individual) • Explore aftercare issues and secure a definitive plan for independent living and community support <hr style="width: 30%; margin: 10px auto;"/> <li style="text-align: center;">IF YOU HAVE A CO-OCCURRING DISORDER... • Complete work on your Relapse Prevention plan • Maintain sobriety and participation in Co-Occurring Disorders groups as decided by you and the team members in your discharge planning meetings • Continue attending community meetings on a weekly basis • Continue meeting with your sponsor 	<ul style="list-style-type: none"> ✓ Choose meal for one dinner and cake/ dessert celebration at house for your accomplishments ✓ You can have all electronics ✓ Home visits and visitors <i>with Case Manager approval. Minimum 24 hour notice is required.</i> ✓ Lock box to self-dispense medication ✓ Out individually, and with other residents, with continued active engagement and independent managing of Career Development. <i>Maximum 8 hours out at a time.</i> ✓ You may have your car, <i>with team approval, to further community connections and personal enrichment</i> ✓ Once written budget plan receives team approval, you may implement weekly budget plan