

Visit our website for more detailed information and click on "Outpatient".

[www.spcsb.org](http://www.spcsb.org)

Below is our current schedule of groups so that you can see the range of opportunities available.

One can attend a full-day program, half-day program or an "À la Carte" program.



Sanctuary Psychiatric Centers  
of Santa Barbara

# Arlington Day Treatment Center

## An Outpatient Therapeutic Community

Welcome to the Arlington Day Treatment Center—a place you can look forward to coming for community and friendship. All who participate in our program are here because they're seeking a clinically challenging and appropriate program to serve as an additional resource for growth.

The Arlington Program provides individual and group therapy. We offer a variety of types of groups including: process groups—addressing personal challenges; psycho-educational groups in which specific skills are taught; expressive arts groups; therapeutic recreation groups to enable expanding socialization skills and the ability to move comfortably in the community; and Dialectical Behavior Therapy (DBT)—group and individual coaching. Learning to regulate emotions, the overall goal of DBT, is critical to personal development. DBT has proven to be extremely effective for individuals struggling with a range of mental health issues.

Our primary goal is to ensure a safe, inviting environment. We hope the experience you have in the Arlington program will contribute to a greater sense of well being. We also hope it will support a strengthened sense of self as you walk in the world; and enable you to pursue directions that tap your greatest potential.



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Current Events</b> 10:00am-11:15am	<b>Symptom Management</b> 10:00am-11:00am	<b>High Level Wellness</b> 10:00am-11:15am	<b>Connecting Through Art</b> 10:00am-11:15am
<b>Anger Management</b> 11:30am-12:30pm	<b>Addictions, Triggers, &amp; Patterns</b> 11:30am-12:30pm	<b>Walking Group</b> 11:15am-12:15pm	<b>Self-Esteem</b> 11:30am-12:30pm	<b>Relationship Skills</b> 11:30am-12:30pm
<b>Exploring Recreational Opportunities</b> 1:15pm-2:15pm	<b>Poetry Therapy</b> 1:00pm-2:15pm	<b>Exploring Your World Through Film</b> 1:00pm-4:00pm	<b>Reflections, Myths &amp; Fables</b> 1:00pm-2:00pm	<b>Vocational Group</b> 1:00pm-2:00pm
<b>Women's Group</b> 2:30pm-4:00pm	<b>Art Therapy</b> 2:30pm-3:45pm		<b>DBT Skills Group 1 or Healthy Choices</b> 2:00pm-4:00pm	<b>Life is Good</b> 2:00pm-4:00pm
<b>Socialization or Hiking</b> 2:30pm-4:30pm	<b>DBT Skills 3</b> 6:00pm-8:00pm			

You may also call for more information. ADTC Program Director 805-564-3534 x 216