

# SANCTUARY PSYCHIATRIC CENTERS OF SANTA BARBARA



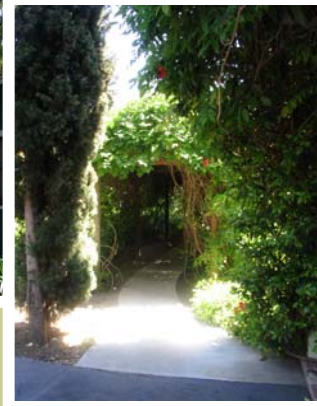
Dual Diagnosis Treatment



## 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.





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.



## **M O N D A Y   G R O U P S**

### **SEEKING SAFETY: MEN'S GROUP**

This men's only specific Dual Diagnosis group incorporates a cognitive behavioral approach with an emphasis on interpersonal skills to assist members in the management of their Relapse Prevention skills.

This group allows members the opportunity to share what is presently occurring in their lives, and provides a safe forum to express feelings and ask for feedback from the group members. Within this group members will learn and practice healthy coping skills, the promotion of insight and growth through personal exploration, and the ability to change life long self-defeating patterns and behaviors.

### **EXPLORING THE STEPS THROUGH ART**

Exploring the steps through art is a group in which clients have the opportunity to engage in the making of visual expressions for personal exploration and growth. Gaining insight and understanding as well as expressing feelings for communication to self and others are the main focus.

This group is designed to explore the twelve steps of Alcoholics Anonymous through the incorporation of Art Therapy. Each art directive is directly related to the individual steps and builds on each other to create honesty, openness, and willingness. These are the qualities that create transformation.



## T U E S D A Y   G R O U P

### **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



## W E D N E S D A Y   G R O U P S

### **RELAPSE PREVENTION**

This group incorporates elements of the Matrix Treatment Model of Relapse Prevention, and targets the skills needed in early recovery and relapse prevention. The focus of this group is to provide education, guidance, and support to assist clients in learning about triggers, patterns, and in the development of new coping skills for long term recovery.

This group introduces and promotes self-help participation, peer support, and counselor guidance through the self help process.

### **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.

### **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. These groups are run by a nonprofessional leader and can be an important addition to psychotherapy or regular group therapy.



## **T H U R S D A Y   G R O U P S**

### **E M O T I O N A L   H E A L I N G   W I T H   A 1 2 - S T E P   E M P H A S I S**

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.

### **O R I G I N S   A N D   A D D I C T I O N**

The goal of the Origins and Addictions group are to develop an understanding of the interaction 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.

This group provides group members with a safe environment to share common issues related to family and recovery.



## **FRIDAY GROUP**

### **SYMPTOM MANAGEMENT**

This ongoing experiential Dual Diagnosis group incorporates 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

### **SEEKING SAFETY**

Seeking Safety is a cognitive-behavioral group therapy that specifically targets the unique problems that result from struggling with both drug and alcohol use and symptoms associated with trauma-related disorders. Seeking Safety integrates psycho-educational and experiential group processes to assist clients in developing a variety of coping skills, including learning how to ask others for help, recognizing warning signs of high risk situations for drug and alcohol use, self-care, and coping with anxiety, panic and other trauma –related symptoms.



## **SUNDAY GROUP**

### **JOURNALING IN RECOVERY**

Journal therapy is the act of writing down thoughts and feelings to sort through issues and problems while coming to a deeper understanding of oneself or the specific issues in one's own life.

The main focus of this group is the expression of the writer's internal experiences, reactions, and perceptions. Recovery journal themes addressed will promote awareness, problem solving, stress release, motivation, clarity, inspiration, habit breaking, and releasing pent-up emotions. It is the goal of this group to allow members to reshape their experiences giving them mastery over their emotional responses, as well as tools for processing emotions and self-soothing in healthy and constructive ways.

## *Outpatient Dual Diagnosis Program*

### *Group Schedule*

<b>MON</b>	9:30 AM – 11:15 AM	<b>SEEKING SAFETY</b>
	2:30 PM – 4:15 PM	<b>EXPLORING THE STEPS THROUGH ART</b>
<b>TUES</b>	9:30 AM – 11:15 AM	<b>RECOVERY THROUGH AWARENESS</b>
<b>WEDS</b>	9:30 AM – 11:15 AM	<b>RELAPSE PREVENTION</b>
	2:30 PM – 4:15 AM	<b>THE FIRST 4 STEPS</b>
	8:00 PM – 9:15 PM	<b>AA MEETING (NO COST)</b>
<b>THURS</b>	9:30 AM – 11:15 AM	<b>EMOTIONAL HEALING &amp; THE 12 STEPS</b>
	12:00 PM – 1:45 PM	<b>ORIGINS &amp; ADDICTION</b>
<b>FRI</b>	9:30 AM – 11:15 AM	<b>SYMPTOM MANAGEMENT</b>
<b>SAT</b>	9:30 AM – 11:15 AM	<b>SEEKING SAFETY: COPING SKILLS</b>
<b>SUN</b>	11:00 AM – 12:45 PM	<b>JOURNALING IN RECOVERY</b>



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





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OF SANTA BARBARA

Sanctuary Psychiatric 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 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**

