

## SANCTUARY TURNS 30! by Eva Menkin, M.A., MFT

**H**appy Anniversary to you, Sanctuary House. Thirty years is a milestone and your beginnings in Santa Barbara coincided with mine. Your existence enriched my life, both professionally and socially.

Here is how it all began: Dr. James Mott, a psychiatrist and analyst had been working with schizophrenic patients for many years. He felt that some of these patients needed in-house care and he found a couple who could provide that housing with his constant supervision. Richard Ogust, a young man studying schizophrenics and looking for a way to use his Freudian analysis in a positive way, had in mind an alternative facility to hospitalization modeled from others, like R.D. Lang. He was looking for a home to treat schizophrenics not so much as patients but as residents with special problems, with lay counselors as "pseudo parents".

Someone introduced Richard Ogust and Dr. Jim Mott. Ogust, a young, smart, impetuous man, was eager to meet Dr. Mott who was semi retired, wise, intuitive, and had the credentials, the patients, and a place to house them. It seemed like the perfect match. They shared a vision of treatment in a home atmosphere with constant supervision. Out of their meetings came the first Sanctuary House, which Ogust found and rented with money funded by the savings of Mott and the payments of his patients who entered Sanctuary House from their previous home. Getting credentialed for a home was no small project and Dr. Mott spent many days with County Mental Health obtaining the proper permission for this project.

Next, they needed counselors and professional supervision. The counselors were carefully selected for their maturity, their experience in therapy for themselves, and their ability to work with schizophrenic patients. Many, though not professionals, had family members with this disease and had learned to cope. Most importantly, they were understanding and loving human beings who had the patience and the willingness to do this job. They received very little pay but their dedication was huge. I was to supervise their work. There were four patients to begin with and four counselors. More were added later, but the ratio was always one counselor per patient, though not necessarily the same counselor for that patient. The counselors took turns staying overnight, always in twos. The housework was shared by all including the patients. Sometimes the lines were blurred between care taker and those who needed care.

We met for supervision at my home for four years. We all learned from one another and mostly from the patients. There were differences, of course. Ogust left after Sanctuary House was well established. As often happens in organizations, the founder has the ideas and the impetus, but has difficulty when the challenges are minimized and the routines begin. He was a tremendous moving force to begin the initial process. Dr. Mott was a constant presence not only at our supervision meetings, but was at Sanctuary House daily and spoke with each person there. His dedication (without pay) was extraordinary.

*(Story continues on page 2)*

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Please send all news, ideas, or submissions by October 2nd.

Sanctuary Synergy  
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## JAMES B. CLARK (1965-2006) By Karen Hylan, Vivien Gatpandan, & Kathy

**I**t is with fondness that we remember James Clark, who passed away on June 29<sup>th</sup>. James was a valued member of the Sanctuary Community for over six years, residing first at Sanctuary House and, for the past five years, at the Hollister House Apartments. His engaging smile and quick wit will be missed by all who knew him, as will be his significant musical talent.

*For most people, James was the guy seen smoking outside the Hollister apartments or walking down from State Street. For a few of us, however, James was a special person who touched our lives and will be sorely missed. James, or J. Ames, as he let some of his friends call him, was a lawyer at heart. He got into big time trouble back in his younger days*

*and somehow managed to wiggle his way out of them. Stories from his college days were a classic! If you wanted to know how Dennis the Menace turned out in college, you could think of James, although unlike Dennis, James did not get in trouble for his mischief.*

*James was very thoughtful and gave generously of himself to a select few who would let him. He was Mr. Organizer; he shopped for the perfect gifts for his loved ones months ahead and made sure they were received in the mail in time. He was a busy guy. Everything had a time and place, including breaks and iced tea. James was the man who knew the happening place in town. He partied at Soho and State & A and knew the best spots for fancy dinners and leisurely*



*coffees. He was the ultimate gentleman and was very much respected by staff and peers.*

*Had a question about computers or guitars? James was the man. James was able to*

*(Story continues on page 9)*

## UP CLOSE & PERSONAL WITH LINDA LIKER



**Name:** Linda Liker

**Title:** Controller

**Years with SPCSB:** 1+

**What are the important things in life for you?** My husband, family, pets, nature, life.

**What was your greatest accomplishment?** I graduated from college at 36 with a 3.9 GPA. During those 4 years I took care of my children and husband, coached a girls soccer team and thought that I should be Wonder Woman. I wasn't, just hyperactive.

**Where did you get your wacky sense of humor?** I found that by not taking myself too seriously I could cope with the world. This led me to finding humor in strange places and events.

**How long have you been working with non-profits?** I've spent most of my career in for profit enterprises. My job is one where the responsibilities are basically the same no matter what the business. Since SPCSB is fairly small I wear many hats.

**What do you see in the future for non-profits in Santa Barbara?** Santa Barbara is a great community. Non-profits will survive but will most likely struggle with finances as real estate is quite expensive.

**What is your dream vacation?** Do I really have to choose one? I want it all! Some place with lots of sunshine, 80 degrees during the day, 55-60 at night, no bugs, ocean to walk beside, mountains to view, oops, I live there already. So I guess the vacation would be one with lots of adventure. Trekking in Tibet sounds good.

**Is there something about yourself you want to change?** I would like not to have arthritis

all over my body. I'll keep the grey hair and wrinkles and get back a 30 year bone structure.

**Is the cat in your office yours? Do you bring it from home each day?** Jazz belongs to someone in the neighborhood. Claudia O. and I bring food for her. She has been missing for a few weeks and we are hoping that she will return soon.

**Where did you go to school? Why did you choose accounting?** I went to SBCC and UCSB and have a BA in Economics. Accounting and math were my favorite classes. Now I would like to go back to school and take classes for fun----no papers or exams, just sit, listen and discuss.

**What do you like on your pizza?** When my stomach allowed pizza, I loved anchovies.

**What is your motivation to help?** My empathy for others, we are all in this together.

**What string of events, coincidental or possibly even destiny, brought you to working for Sanctuary Psychiatric Centers of Santa Barbara?** I have worked in many different industries over the last 25 years, each one different from the other. I was looking for a new position after being laid off from a job in Oxnard to which I was commuting. I am very happy here, even though they make me play softball! I only have a 6-mile commute.

**Will you stay at Sanctuary after you possibly grow tired of the same duties year after year?** I plan to work until I'm at least 70, so now you all can figure out how long I will be hanging around the office.

**When you retire are you going to be an active advocate for mental health or are you going to move to Hawaii and forget the whole thing?** I have been an advocate for people with epilepsy for years. This work will continue and helping those with mental health issues would seem an appropriate endeavor. And, yes, the work will continue.

**Have you ever raised money for mental health awareness? If so, would you continue raising money after you retire?** I am good at many things, but asking for donations is not one of them. I would much rather manage the funds after someone else raised them. I am good at collecting money due the company, however.

**Are you a mother and if so would you be there for your child even if it meant taking time off work to be with them?** I have 3 children and was a stay at home mother for about 15 years. I will never regret those years. Yes, I would take time off to be with one of my children, mother or husband if they needed me.

**Are you proud of your position at Sanctuary and would you like a promotion someday to more one on one contact with the clients?** I love my job at Sanctuary. I do enjoy the contact that I have with clients and would welcome more. But remember, my training is with numbers not people.

**Are you a happy person all or most of the time?** I'd say that I was a happy person most of the time. I find joy in many people, places and things. Many of you may know that I walk quite a few miles a week and love observing all the nature around me.

**Are you a flowers person or more of a chocolate person?** Chocolate most likely. I love the sentiment of receiving flowers but I must admit that watching them wilt can be a bit distressing. And chocolate is good to look at, smell and of course eat.

**Do you eat on the run before work or do you take your time and get to work late?** Neither. I get up early to go for a walk with my dog, eat breakfast and read the paper before dressing for work. I am generally at my desk by 8:15.

**If God appeared to you and told you he was going to give you Barry's job, would you be happy to have it?** It would prove that God has a sense of humor. And no, I would rather not have his job.

## 30 YEARS *continued from page 1*

I also worked without pay, but not nearly as hard as Jim. It was like doing family therapy. There were issues of "parenting" between the counselors. Sometimes one became the "good" parent and one the "bad", and we had to work on that so that each counselor could play the role of permissive parent but also have some authority. There were issues of burn out from too much responsibility and sometimes too much caring. Professional counselors have a better way of leaving their work when they go

home. These counselors were, so to speak at home and like parents, seldom left their work. Jim dealt with the behavioral problems of the patients and I was the one who dealt with the problems of the counselors. We worked very well together and the four years were a revelation to me of healing taking place in the context of all of us taking care of one another.

In closing, I would like to say that those who were the dinosaurs of organizations

sometimes think the good old days were better. This is far from our thinking. We watched Sanctuary House grow and change from a six bed facility for a few privileged patients to a truly mature professional alternative psychiatric facility, housing many who cannot pay and having an awareness when it is time to change to another grade level of care. We realized our limitations and it took others to expand on our ideas and our ideals. We wish you many more years of growth and change.

## POETIC PERSPECTIVES



### *The Warmth of Human Kindness* by Karen

In a world so heavy and barren,  
Full of sorrow, loneliness and woe;  
Poverty, pain and corruption, and  
Suffering we are unwilling to know,

The gift of a smile  
The help of a hand  
can change something meaningless  
To something grand.

So share yourself with others  
In this life you face.  
Attention, care and forgiveness  
So we don't feel out of place.

For a single smile from a stranger  
Can brighten a meaningless day  
And ease your burden, your sorrow  
And help to pave a way

To a world more caring and giving.  
We can all pitch in together  
And make this world a miraculous place,  
And brave the stormy weather.

### *Truly Alive!* by Lisa

I sit alone, I listen  
Alert and still  
"I hear my song at last,  
and I sing it." (Wendell Berry)  
I scream it, loud  
I mouth it, hushed  
I say it silly & giggly  
I sing it stern and powerfully  
I'm not self-conscious or afraid  
My lack of tune  
Never enters my mind  
I dance  
I dance & I sing & I cry & I laugh  
and I live  
I take the time to live

Then I take the courage  
To share my song  
I dance & I sing & I cry & I laugh  
My song with others, who, like me  
Sit quietly  
Alert and still  
Unsure of their power  
Unaware of their light  
And we sing  
And we touch something  
Sacred  
Something part of us  
Yet not of this world  
And we are all aware  
Of how lovely we are  
And how  
We want to live.  
We want to live & laugh & dance & sing &  
cry  
Without apology or remorse  
And we do  
We come together  
And we are part  
Of this world  
And not, sacred  
And we shine & we live & we laugh & we  
dance  
& we sing & we cry  
And hours have passed  
Or maybe just seconds  
But with a wink of an eye  
Or a quiet  
glance  
We know  
We are beautiful  
And we are truly alive!

### *Broken Heart Blues* by Jane

I feel tired today  
Wish it would rain  
And wash all my blues  
Right down the drain  
  
My head feels heavy

Like a big watermelon  
My poor back aches  
Like a truck run me over

Oh dear God  
Please take away the pain  
And the sadness in my heart  
That I am feeling today

He left me this morn  
Said he ain't coming back  
Got on that big train  
That went down that ole' track

Don't know what to do with myself  
I feel all alone  
I just sit and wait for the sound  
Of the ring of the phone

Think I'll just go to bed  
And pray tomorrow will bring  
A much brighter day  
And a new song I can sing

### *No Day But Today* by Ali

When I was younger and had to sit  
in class doing math problems  
I really hated it  
But then I realized I was free  
because I could think about other things  
and I could leave the boring classroom  
in my mind

I have always loved nature  
and I love to think about backpacking  
and walking beside beautiful meadows  
and Jeffrey pines with their huge  
pinecones and redwood trees that  
seem to go on forever

I love to sing  
but I am not very good at it  
I love musicals and people singing  
passionately

## POETIC PERSPECTIVES

I love to pretend I'm on Broadway  
singing my heart out and getting  
standing ovations  
Maybe some day I will write my own  
musical

Now that I live away from my dog  
I think about him all the time  
I have never met anyone who is  
as excited to see me as he is  
when I come through the door  
I love to play Frisbee with him  
He is very good at it  
I love to scratch him and buy him toys  
He seems very appreciative of both  
I wish he could live with me

I love to read novels because  
I can lose myself in a fantasy land—  
for better or for worse  
It is just fun to pretend I am  
another person – to see the world  
through another's eye

I love to daydream, to think about  
all these things, but sometimes  
I am happy being myself in the  
present moment  
Like Jonathan Larsen said  
in the musical RENT,  
“There's only us, there's only this.  
Forget regret or life is yours to miss.  
No other road, no other way.  
No day but Today.”

### *The Leaf* by James

As the world turns  
The leaf also turns and falls  
As it settles on the  
Hot humid pavement  
Its impermanence is showy  
Brown like the skin  
Of an immigrant worker  
Who toils for the berries

in the sun  
His back hurts or worse  
But the impermanence of his life  
Is etched in the cragged,  
Etched lines in  
His face  
His secrets, his voice  
That may be all that he has  
And the hope  
That he won't forget that.



### *Autumn* by Melanie

Gazing up at the trees  
I see myriads of Autumn colors  
orange and yellow,  
leaves all around me  
some turning brown  
laying on the ground  
I smell the familiar smell  
of an Autumn leaf fire  
I see my old neighbor  
raking an endless amount  
of leaves  
I imagine leaves  
dancing and swirling in the  
sky  
and gracefully falling to  
cover Mother Earth  
As I gaze at the Autumn  
sky  
I see the wonder that  
God made all this  
And I feel grateful to be  
alive  
and amazed at His infinite  
works

As I saunter down the  
street  
I see smiling pumpkins  
with candles  
I even see frost on  
the ground  
I feel the fresh icy air  
and inhale a deep breath  
However, the most  
amazing thing about  
Autumn  
to me  
are those glorious  
colored leaves  
that seem to be everywhere  
leaving skeleton trees  
but safely covering  
the ground with their  
eternal beauty

God bless Autumn leaves

### *What Do I Have* by Sarah

I've been here in Santa Barbara  
six years.  
I've recovered from my illness  
since I got it my sophomore year.  
That's a long time of hurt feelings,  
with much confusion.  
I've made success out of thought  
of apparent failure.  
I've grounded myself of acting up  
symptoms, that I thought would  
never fully be controlled  
for a good amount of time.  
I lost my childhood youth,  
but gradually took the edification  
of others,  
and I feel I have it mostly back.  
I've learned skills that I was headed for;  
and now only to use them!

## POETIC PERSPECTIVES

### *Feeling Lucky* by Rebekah



I feel lucky just to be alive  
to enjoy and go through  
the good and the bad parts  
of life. I feel lucky  
for each breath I inhale  
and exhale for we never know  
how many breaths  
we really do have.

I feel lucky for the times  
I am able to live in the moment,  
for the moment is what is  
promised to us.  
Yesterday is in the past  
and the future is unknown.

I feel lucky for the beautiful  
people God has put in my life.  
For my sister who is also  
my best friend, my humorous  
and smart brothers and  
my cautious parents and  
loving grandparents and  
aunts and uncles and cousins.

Sometimes I wonder  
can it really get better than this.  
Instead of dwelling on it,  
I just thank God for making  
my life like this.

### *Blues Be Gone* by Rhonda

Lord Hear my Prayer  
Near the fear  
My throat is full  
Cut to the quick  
I got no grip

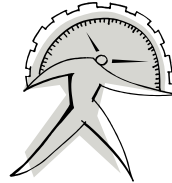
To keep my wit.

Half way through  
A long list of blues  
Sad to say  
I'm alone today.

Can I turn it around,  
Self, sight, touch and sound?  
Yes, if I try hard  
push past my pride.

Whisper deep I cry  
out the other side,  
Comes a bright new day  
and life's OK.

### *Life & Time* by Brian



Life is beautiful  
Let me look into my crystal ball  
And view life in my eyesight  
As it will always remain  
Picturesque

Life is happiness despite fear & dismay  
Always leading me to find  
Yet another day  
In which I may shine  
Righteousness on my side

Do you seek life, as beauty in it remains  
Forever to outweigh  
All those fears in your domain?  
I seek life for its eternal happiness  
No spite for the strife  
To live day by day

Take one day at a time  
Or even a moment  
I find it is life  
That brings a smile to my face  
It is life that takes away my pain

### *Thinking Like A River* by Chris

My thoughts like a river always flowing,  
Never stopping, rarely slowing.

Fast as a cheetah, sly as a fox,  
Many a thought outside the box.

Complex as an anthill's endless maze,  
Often walking in a thought-filled daze.  
Soaking up everything so quick,  
Clinging to the thoughts till they stick,

Always thinking, rarely slowing.

### *Free to Soar* by Sandy

It's time to get out of the nest  
It's time I began to soar  
My heavenly Father has trained me well  
What am I waiting for?

Sure it may be nice  
To sit and stay a while longer  
But if I don't stretch my wings  
I won't get any stronger

I want to be an example  
To the young ones left behind  
I want them to see  
The wonders they can find

I know I will get wounded  
I'll face adversity and strife  
While I'm about my Father's business  
I may even lose my life

But I'd rather spread the message  
Of my Father's grace and love  
Than to keep it to myself  
And watch from safety above

## POETIC PERSPECTIVES

### *What Happy Tastes Like*

by David

Copyrighting a clone of myself,  
sending away for my trademark,  
buying my rubber stamp, an illustrious brand.  
I am that I am.

Owner of nothing, leasing a spirit  
that's hollow and cold. Selling myself  
to the lowest bidder, I'm enslaved  
to the cosmos. Why rent out  
a windowless skull? How can  
one account for a consigned whole?

Ship my legs to Asia, my feet to Zion  
and wrap up my heart

for the world to rip apart.

There is no garage sale, no warehouse,  
no runway show. Mine is a body  
worth feathers, not gold.

There's a price for fingers for they each  
have a view. There's a jug of my soul  
that is sterile, left out to mold.

Retail ain't what it used to be,  
the middleman of my mindlessness  
has checked out with a cold.

Lunch break has come, my stomach's still  
on the shelf, cigarette after cigarette,  
no one wants my fat belt.

Intestines for hire, vestiges with a warranty.

Day's profits are sky high—

as I liquidate what I bled.

Happy hour is far from festive,  
two shot special has busted my bones.  
Going out of business I pawned away  
all with which I was born.

Labor Day helps the revenue stream,  
yet I scream, I plead, I beg  
for the universal debt. Professionalism  
a must for my May Day madness,  
shoulders already loaded up,  
brain is out in storage. Closing time  
for a closed-out miracle, my head's  
the last to go. Belly button has retired,  
his pension is about to blow.

## LIVE TO TELL: MISSION TO SOUTH AFRICA by Sandy

**I**t felt like a quick ten weeks after 20 hours on a plane. I had an incredible time in South Africa. I stayed at Christ Church Christian Care Centre, located in Johannesburg. The Care Centre is a place of refuge for orphaned children and children from dysfunctional homes. Currently there are 38 children, ages 3-18. They have been traumatized and several are HIV positive. The Centre provides education, accommodation, and spiritual counsel.

It took a couple of weeks to learn the names of the staff and kids (Nompumelelo, Kwazikwakhe, etc.). The main focus of my stay was to organize and facilitate an after-school study time. The biggest challenge was finding committed volunteers to tutor the children. It's impossible for one person to work with 25 kids in grades 2-8! I could never assume that I would have enough tutors on any given day. All of the kids speak English; however, it isn't their first language so most of them are struggling in school.

Aside from studies, I helped in the office. When the kids returned from school I would hang out with them, shoot hoops, play UNO... Once a week I brought out art supplies and found out that several kids were very artistic.

There is a lot of homelessness and crime in Hillbrow/Berea, the area surrounding The

Care Centre. I found out first hand when I was mugged! I was walking from The Centre to Christ Church when someone came behind me and grabbed the chain off my neck! Believe it or not, there is a wonderful ending to this story. The Care Centre has a bi-weekly soup kitchen for kids living on the streets.



Young man who took my chain has been coming to the soup kitchen and he actually came up to me and apologized. He shared a little about his background, about how he's been on the street for several years, sniffing glue, hit by a car... It was powerful! I wasn't upset that I didn't get my chain back

(someone stole it from him). I was just moved that he would even have the courage to come to me.

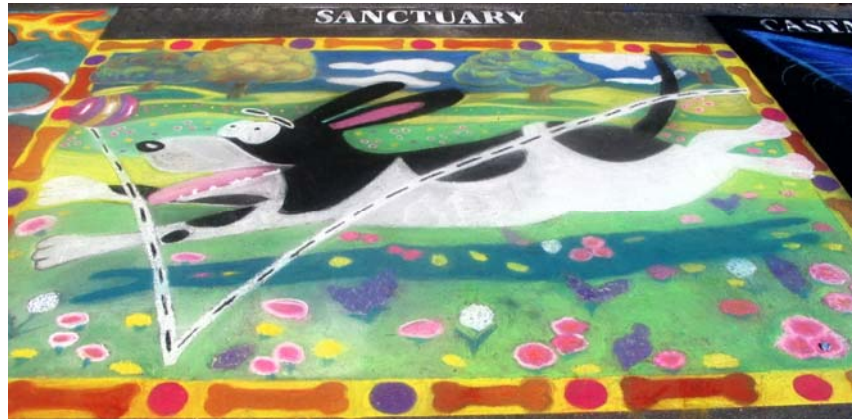
June 9<sup>th</sup> was an exciting day for me because my Pastor and six others joined me in South Africa for ten days. They were involved in planning activities for June 16<sup>th</sup>, Youth Day. June 16<sup>th</sup> is a national holiday which commemorates the death of many students who stood up against the apartheid government. Christ Church Hillbrow, and other churches use this day to teach teenagers about sexual purity and abstinence. For the younger children, it was a day of fun, including: games, songs, puppets, and arts and crafts.

We also had some time to take some day trips. We went to The Lion Park and had the opportunity to play with lion cubs. We went to Pilanesberg Game Park and saw animals in the wild.

Over all, this was a life changing experience. I put my faith and trust in God when I decided to go to South Africa, and He blessed me beyond measure. I am considering the possibility of returning and staying longer. Thank you to all who supported me and prayed for me. I couldn't have done it without you!

# CAUGHT ON CAMERA: I MADONNARI, 20<sup>TH</sup> ANNIVERSARY *by Patricia Volner, A.T.R.*

**I** Madonnari 2006 was a great success. In mid April, we began searching for a design. The group, Ali, Sarah, Carlee, and Alan, who are all dog lovers, came upon this photo of the dog chasing a ball, which was finally picked as our project for the chalk painting festival. Preparations for the event not only meant having a picture idea, but we also had to scale the picture to size. That involved making a paper square, the exact size of the square we had reserved at the Old Mission, and making grid markings of one foot squares. This enabled us to recreate our original picture from 4 x 5 inches or so to fit our 8 ft x 8 ft square at the Old Mission. The project turned out to be a lot of fun as nearly everyone has, or had at one time, a dog as a pet. It was a hot day, but we took breaks in between and we all had lunch together. We are looking forward to next year. You are welcome to join the fun. *The I Madonnari Chalk Painting Festival is held every Memorial Day Weekend at the Santa Barbara Old Mission. Preparation starts 1-2 months in advance and all SPCSB staff and clients are welcome to participate.*



## ART THERAPY

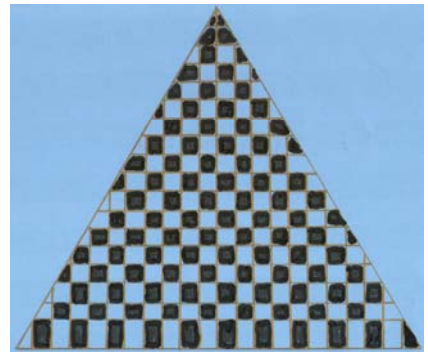
*Art Therapy groups are held on Tuesdays at the Arlington Day Treatment Center & are lead by Patricia Volner, A.T.R.*



Artist: Brian



Artist: Sarah



Artist: Jesse



Artist: Ali



Artist: Karen

## DBT SKILLS TRAINING PROGRAM CONTINUES TO GROW WITH NEWLY OFFERED FAMILY SKILLS GROUP by Karen Hylen, Ph.D.

**O**n June 20th, the Arlington Evening Treatment Program began offering a DBT Psychosocial Skills Group for family members of persons living with a mental illness. This brings the number of DBT skills groups to four, two daytime groups and now two in the evening. The Family DBT Group teaches the same skills our client members are learning: Mindfulness, Emotion Regulation, Interpersonal Effectiveness, and Distress Tolerance. The purpose of the group is to increase the effectiveness of the family member's support of their loved one by increasing their own competencies in each of these vital areas of functioning. Interest for the group was sparked by a talk I gave to the local chapter of NAMI on May 25th. Motivation was further strengthened by the eloquent and inspiring testimony of two current DBT members, Ali and Jane, who spoke that night on their personal experience of the effectiveness of DBT skills training. The Family DBT group has already completed the Mindfulness module and has just begun the Emotion Regulation module. The enthusiasm and commitment of the members are high, despite the weekly homework assignments and required daily diary cards! A Family DBT Group member writes:

*My primary reason for taking the DBT classes for families was that I have read about its effectiveness in helping those with borderline personality disorder, my daughter's secondary diagnosis. I was also interested in it because of the mindfulness component, as I have meditated for many years. Although I have only completed one module at this point, I know that practicing DBT skills will be very beneficial for me and would be for my daughter. Already, I am aware of areas in my life that require much fuller attention, dissatisfactions that can be resolved only through more awareness. I find myself looking at problem areas with more focus and attention on the components, as well as the questions that I need to address, rather than just being vaguely aware of generalized areas of distress. And I can never be reminded enough to remain in the present moment! I very much look forward to experiencing these and other benefits of DBT as our training progresses. —Daphne*

The Family DBT Group is currently meeting on Tuesday evenings from 6:30-8:00pm. If you have a family member living with mental illness and are interested in learning

more about how the group might help you support them more effectively, please contact me, Karen Hylen, at (805) 564-3534, Ext. 215.

### IN PRAISE OF DBT SKILLS TRAINING

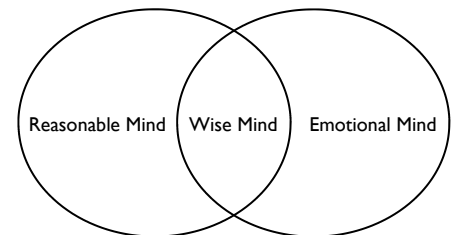
A few of the clients who are currently doing DBT Skills Training have offered to share their experience in hopes that other clients will be inspired to join the "club."

**"It's better to stir the soup [of our emotions] than to be in it." —  
Karen Hylen, Ph.D.**

*I have been participating in the DBT group at the Arlington Day Treatment Center for almost a year now. I still have numerous symptoms of my mental illness, which I struggle with day-to-day. I still have trouble with my emotional reactivity and my many other undesirable behaviors. But what I now have, that I didn't have a year ago, is a set of skills that I can draw upon to help me deal more effectively with my various moods and behaviors. The mindfulness skills, especially, allow me to step back and observe myself and my emotions rather than be consumed by them. Now, I am more likely to notice my thoughts and feelings before I impulsively act on them. This mindful distance can sometimes give me just enough distance to choose another, more healthy behavior. This is when I can draw on the numerous skills we practice to cope with our relationships, emotions, and stressors. I am extremely grateful for this excellent program! —Nancy Ann*

*I have been attending a DBT group at the Arlington Day Treatment center since November 2005 with Karen Hylen as my instructor. Since then, I have been learning and using new skills that better my life. This training addresses old behaviors that I want to change through the use of Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance skills. DBT has helped me tremendously and I feel privileged to be in the group. Here are a few examples of how some of the skills have helped me. My anxiety level has been very low and some things that used to upset me don't anymore. One distress tolerance skill that I use and*

*helps me a lot is "Distract." I do that by doing activities such as cleaning my apartment or going to the gym. Most of the time, after I use this skill, I forget what I was upset about. Another thing I do a lot is compare myself and situation to others less fortunate. After I do that, I feel better and my problems do not seem so big anymore. With the use of the Interpersonal Skills, my relationships with others have improved greatly. Most times I am able to express my feelings or needs to others without getting upset and leaving the situation or hanging up the phone (in which I usually feel embarrassed about later on). I am able to handle*



States of mind, as discussed in "Skills Training Manual for Treating Borderline Personality Disorder," by Marsha M. Linehan.

*stress a lot better than before and I don't tire out as easily. I have also become very optimistic of the future. Now life is more like an adventure to me instead of a roller coaster ride. I look forward to what each day will bring, remaining mindfully "in the moment." —Jane*

*From the very onset, it was wonderful to be conscious of the "Wise Mind" and even better to put it into effect. And that was only one of the skills you can master and achieve through DBT skills training. Karen Hylen seemed masterful as she gently coaxed the small group to find better and more effective ways to deal with life. If you come away with only one or two of the many skills, just by being in the class and trying, you will have achieved so much. —James*

*I think the DBT skills training is very beneficial for me because of the effectiveness of the cognitive skills taught in the group. I'm learning to strengthen my mindfulness skills so that they can help me become more aware of my emotions and reactions than I have ever been in my life. It was difficult to use those skills at first, however the relief I get from using the skills is definitely worth it. —Rebekah*

## CARMEN'S CORNER *by Carmen Zavala*

### Fruited Tuna Salad

Prep Time: 15 minutes

Servings: 4

#### Ingredients:

- 7 oz. Can of Tuna, drained
- 1 cup pineapple tidbits, drained
- 1 cup seedless grapes
- 1/2 cup celery sliced

- 1 large can Chinese Noodles
- 1/4 cup pecans, chopped
- 3 tablespoons olives, thinly sliced
- Mayonnaise or plain yogurt to moisten
- Lemon wedges

#### Directions:

1. Break tuna into small chunks.
2. Combine tuna with pineapple, grapes, celery, Chinese noodles (reserving some to sprinkle on top entire salad), pecans, and olives.
3. Use just enough mayonnaise or yogurt to lightly moisten mixture.
4. Serve on lettuce.



5. Sprinkle leftover Chinese Noodles on top of salad and garnish with lemon wedges and whole pecans if available.

## PHIL'S TWO-CENTS: A RESTAURANT REVIEW



Phil's 2<sup>nd</sup> favorite restaurant in Santa Barbara is **Downey's**, which is located on State Street between Victoria and the Arlington Theatre.

Downey's serves American Cuisine with steak, fish, and venison dishes on the menu. Phil reports that the venison is "pretty good" although his favorite dish is swordfish which is served grilled with a lemon butter sauce. Along with the swordfish, Phil often orders a crab toast appetizer.

The ambiance is definitely European looking with tables formally set with linen napkins and tablecloths, curtains on the windows and a chandelier adorning the dining room.

Phil reports that the service is good and a 20% tip is added. A meal which includes an appetizer, entree, dessert and beverage will come to close to \$60, without tip. Reservations are not required.

## JAMES CLARK *continued from page 1*

talk computers and took pride in his website that his brother-in-law built for him. His website, bluesparkmusic.com, is a wonderful pictorial commentary of his relationship with his instrumental "friends." He spent a lot of his time looking for the "perfect" guitar. His latest project was a \$50 beat-up guitar, which he named Junker. It brought him much frustration, anger, and joy to work on that puppy and he had planned to build this debilitated guitar back to life, showcasing its progress on his website. James was a walking encyclopedia to most of us, who would have otherwise needed *Guitars and Other Instruments for Dummies*.

It breaks my heart to know how much James tried to make others around him happy while deep inside, he hid his pain. He did not believe in bad days, just having "stupendous days." James tried to enjoy life as much as he could, the best way he could.

James, I am very sorry you're gone. I know that where you are now, they will never run out of peanut butter and jelly sandwiches, unlike the restaurant at the airport. They will always have a stack of Sweet & Low, and not those

generic "healthy" sugar substitutes. Over there, planes are flying regularly for you to admire and think of your dad while you check out what model they are. Where you are, I'm sure they'll have bottomless ice tea, in whatever flavor you like (along with the right brand of grape juice) and you won't even need to ask for ashtrays, they're just always be there ready to be used.

If you were here, I'm sure you would tell your dad, sister, brother-in-law, nephews, and all of us not to worry. I'm sure you would tell us that you did not mean to cause any of us pain. You probably had your regrets, but we will never know. What we do know for sure is that you will be missed. If you were here, I'm sure you would want others to know how special they are to others while they are alive, and not at times like these. I bet you would want them to know that everyone is special and unique and that we all have to recognize our own gifts and make the best use of what we have, despite the circumstances. I bet you would tell others to take each day one at a time and to cherish each moment.

An olive tree was planted in honor of James at a memorial service conducted on July 19<sup>th</sup>. The dedication plaque reads, "There is always music amongst the trees in the garden, but our hearts must be very quiet to hear it" — Minnie Aumonier. It is hoped that in the coming years many will find peace in remember the unending music created by their unique connection with James, as they sit in the resonating silence of this living memorial to their valued friend.

Our deepest condolences go out to James' dad, Peter, sister, Ellen, his brother-in-law, and two nephews, who were a daily source of comfort and joy through the constancy of their love and caring.



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## Calendar of Events

### On-going Events

- **Pizza Party**  
Last Friday of each month from 5-7pm at the Arlington Day Treatment Center
- **Tenant's Council Meeting**  
Last Friday of each month from 4-5pm at the Arlington Day Treatment Center
- **Santa Barbara Farmer's Market**  
Saturdays: 8:30am -12:30pm at Santa Barbara and Cota Streets. Tuesdays: 4:00-6:30pm on State Street (downtown).

### July



- **Independence Day**  
July 4<sup>th</sup>.
- **French Festival**  
July 15<sup>th</sup> & 16<sup>th</sup>. 11am-7pm  
Oak Park, SB. (805) 897-7274.  
[www.frenchfestival.com](http://www.frenchfestival.com).
- **Greek Festival**  
July 29<sup>th</sup> & 30<sup>th</sup>. Oak Park, SB.  
(805) 683-4492.

### August

- **5<sup>th</sup> Annual SPCSB Picnic & Softball Game for Staff & Clients**  
August 4<sup>th</sup>, starts at 12pm.  
Contact Shareena at (805) 569-2785 x215 for more info.
- **¡Fiesta! SB Old Spanish Days.**  
August 2-6. (805) 962-8101.  
[www.oldspanishdays-fiesta.org](http://www.oldspanishdays-fiesta.org)
- **Movie Night/Meteor Shower**  
August 11<sup>th</sup>, starts at 5pm.  
Elings Park, SB. Feature movie: E.T. [www.elingspark.org](http://www.elingspark.org)

### September

- **California Organic Festival**  
September 18<sup>th</sup>, 10am-6pm.  
Alameda Park & Alice Keck Park Memorial Gardens, SB.  
[www.organicfestival.com](http://www.organicfestival.com)

### October

- **SB Festival of Arts**  
October 13-15. SB County Courthouse. (805) 884-1881.  
[www.mefestivals.com/sba.html](http://www.mefestivals.com/sba.html)
- **Harbor & Seafood Festival**  
October 14<sup>th</sup>, 10am-5pm. Santa Barbara Harbor, SB.  
(805) 897-1962.
- **Synergy Submissions Due!**  
October 2<sup>nd</sup>. Send all submissions to: Sanctuary Synergy, P.O. Box 551, Santa Barbara, CA 93102. Questions? Call (805) 569-2785 x215.