

SANCTUARY SYNERGY

THE OFFICIAL NEWSLETTER OF
SANCTUARY PSYCHIATRIC CENTERS OF SANTA BARBARA

AUGUST 2011

VOL. 9 ISSUE 4

Summer in Santa Barbara....

Life doesn't get much better than this! The majority of the season's weather is as perfect as it gets. The opportunities are endless. From barbecues to sailing in the gorgeous Santa Barbara channel, add to that picnics and hiking in the hills or relaxing at the beach, Santa Barbara has something for everyone. Our beautiful city is the perfect environment and Sanctuary Psychiatric Centers of Santa Barbara is a place where our clients can work on their therapeutic goals while supported in a healing, natural environment.

Sanctuary Psychiatric Centers of Santa Barbara makes a dedicated effort to provide a well-rounded program that offers not only the opportunity for top notch individual counseling but also a variety of process, psycho-educational and recreational groups. Recently a group of Sanctuary House residential clients were given the treat of sailing with SPCSB board member Don Duncan on his boat on a beautiful summer evening in the Santa Barbara Channel. They had a great time! In fact Don had such a great time he agreed to come on board as our newest staff member. Don will now be SPCSB Project and Property Manager.

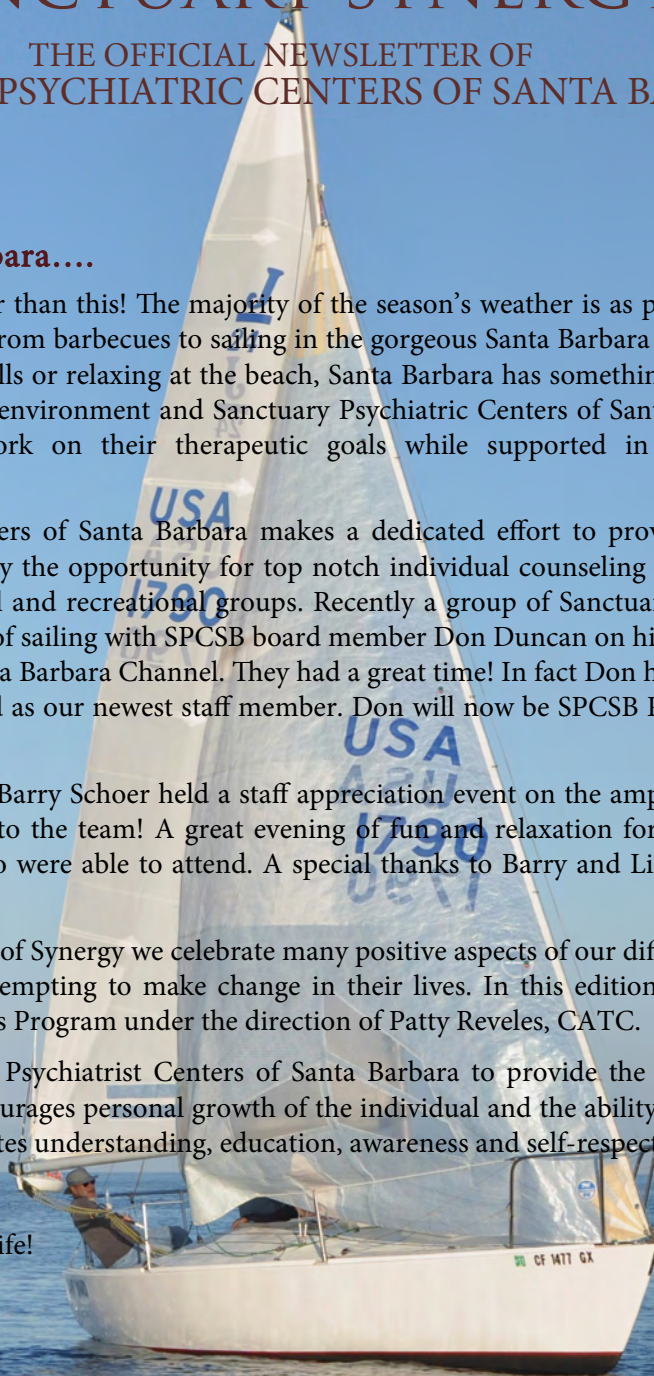
SPCSB Executive Director, Barry Schoer held a staff appreciation event on the amphibious Land Shark and we all welcomed Don to the team! A great evening of fun and relaxation for dedicated staff and SPCSB board members who were able to attend. A special thanks to Barry and Lisa for making this a memorable event for all!

In this summertime edition of Synergy we celebrate many positive aspects of our different programs and the individuals who are attempting to make change in their lives. In this edition of Synergy we will highlight the Dual Diagnosis Program under the direction of Patty Reveles, CATC.

It is our goal at Sanctuary Psychiatrist Centers of Santa Barbara to provide the best comprehensive program available that encourages personal growth of the individual and the ability to move forward in their lives in a way that creates understanding, education, awareness and self-respect.

Wishing you all the best in life!

SPCSB Synergy





Welcome aboard Don!



Executive Director: Barry R. Schoer
Clinical Director: Lisa Moschini, LMFT
Editor: Debra Simon, MFTi

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Original Artwork
By
A.I.
and
S. Bee



EXPRESSION

Through Poetry & Art Therapy

Breaking it Down

By A.I.

I want so little
That would mean so much,
A safe place
I know I can always go,
A mate to parallel me
And spot me when I stumble,
A purpose I could aid
With my wisdom of woe.
So that my falters
Could be used to build strength.
A space to make my mural
Of how I choose to grow,
A light that I could spark
With a kick start to life.

How Color Shines

By S. Bee

It's true I am good with
colors in art.
It's also true I like colors to
form my day,
And very true that the inside of
a prism,
And their outside surroundings;
Can bring color to their lives
each day.



Reality in Today; My Thoughts

By S. Bee

Clouds float through my mind,
Continuous changes taking shapes
Never to continue the same
Too many different interests in the day.

The branches spread out,
And thoughts take shape on the branches;
Some buds, flowers, or leaves.
Of course I see them different
Than other people, or at a different time,
Because of my surroundings,
The sun, sky, and nature roaming around too.

Will my view ever be the same as the clouds above?
It only continues
With more.

The Truth

By Anonymous

Ask me the reason,
To explain what is,
Why there are seasons,
And questions as big.
Ask me to contemplate
And confront what you see,
I'll answer you shortly,
With blunt courtesy.

All I know is nothing...
Both the trust,
Which is that I know nothing...
But the truth,
Which is that I know nothing...
But the truth.
Which is that I know nothing....

PARTICIPATION **Taking an Active Role in Creating Your Life and Moving Forward**

SPCSB Dual Diagnosis Program by Patty Reveles, CATC

At Sanctuary, our Dual Diagnosis Outpatient Program focuses on the treatment of those diagnosed with a mental illness as well as with a substance use disorder. People who have problems with psychiatric, or emotional disorders often use drugs or alcohol as coping mechanisms to manage their mental health symptoms. What can result are two untreated diseases if there is no help or hope.

Our program is available to offer both help and hope to those diagnosed with co-occurring disorders. Because each client is different, our treatment program is designed to meet the individual needs of the whole individual. First, through the group process our clients are offered support and guidance from staff and peers to help clients:

- Manage mental health symptoms without relapse;
- Explore safe coping skills to manage trauma, stress, and anxiety symptoms;
- Explore issues in same-gender group experiences;
- Develop relapse prevention skills and a workable Relapse Prevention Plan, and to
- Develop a clean and sober social network to assist with healthy and workable integration into the community.

Our Dual Diagnosis Program is available six days of the week. We offer group counseling sessions, individual counseling sessions, community integration through client participation in 12-step fellowship, case management, and a safe place for clients to learn to handle LIFE with safety and stability. Our clients come from a cross-section of communities and while in our Dual Diagnosis Program, our goal is to help them manage their mental health symptoms and also learn to manage their life without substituting drugs and alcohol for a healthy future.

The Synergy Welcomes a New Editor

This issue marks the beginning of a new kind of Synergy. One led by respected and admired clinician and a talented artist, Debra Simon. As the Editor for the past 8+ years (15 issues!), I am honored that Debra has agreed to take the reins and guide the development of the Sanctuary Synergy, which has always been a place where we can highlight client work and achievements, SPCSB's community involvement and growth, and staff contributions.

I am grateful to those of you who have entrusted me to articulate your submissions, your writings and your artwork, into an art form of its own. And I hope that you will continue to give Debra wonderful things to share with our community and those who support mental health care.

And with that, I will say so long, farewell to the page, but I will still be here at SPCSB tackling other projects such as our websites and our in-house designed Electronic Medical Records software, Chartman 3. On top of that, I will see you at our Annual Picnic & Softball Game for staff and clients which will be very soon. **Save the date: Friday, October 7th** (flyers will be posted soon). I hope to see you there!!

Shareena Yee

INTERACTION Community & Socialization

Upcoming Events in Santa Barbara Community

Don't miss the Mental Health Arts Festival at De la Guerra Plaza on October 1, 2011. Come out and support our wonderful artistic community.

Sanctuary Psychiatric Centers of Santa Barbara will once again be having our fun filled SPCSB Annual Picnic and Softball game on October 7, 2011. Watch for details on this event coming soon!

For other upcoming events in the greater Santa Barbara area please check out the calendar of events at the Santa Barbara Conference and Visitors Bureau: www.santabarbaraca.com



APPRECIATION Invaluable Contributions

THANK YOU

Grant Foundations

Latkin Foundation

Grant Writers

Claudia O'Brien

Lisa Moschini, LMFT

Volunteers

Lauren Carter

Catherine Saunders

Jennifer Velas

Your Donation can Benefit...

Client Services and Activities such as vocational counseling, group therapy, and in-home supportive services (which assists with medication monitoring, budgeting, and additional independent living skills). *Wish List Item: Funds to support crisis counseling*

Capital Projects to enhance our treatment and affordable housing facilities and help make clients and their families feel at home. *Wish List Item: Paint the Arlington Apartments; a new foundation for the Arlington Day Treatment Center*

General Fund to enable us to use your gift where it is most needed. *Wish List Item: Funds to expand our pilot Supported Employment Program*

SPCSB CELEBRATES OUR CLIENTS

My experience using DBT by Diana Lawton

For most of my childhood and adult life I have been plagued with a variety of mental health issues ranging from ADHD to depression to Borderline Personality Disorder. As a result I began therapy at the tender age of 13 which offered little to no relief. My pain came in waves that often scared me and leached me of the energy to press on. I became passive and dour and isolated. At the age of 16 I discovered if you added a little alcohol or marijuana to the mix life became a bit more manageable and soon my spirits lifted to the point that I graduated high school with some genuinely happy memories and a wonderful, close knit group of friends. College brought on more intensified drinking and drug use and with it again a sustained sense of artificial happiness. As long as I was a bit numb, life was fine – no, it was perfect. It was even more perfect when I fit into a size double zero as I also added constant exercise and a restricted diet of non-fat high fiber foods. Now I had an eating disorder to bring order to my life as well.

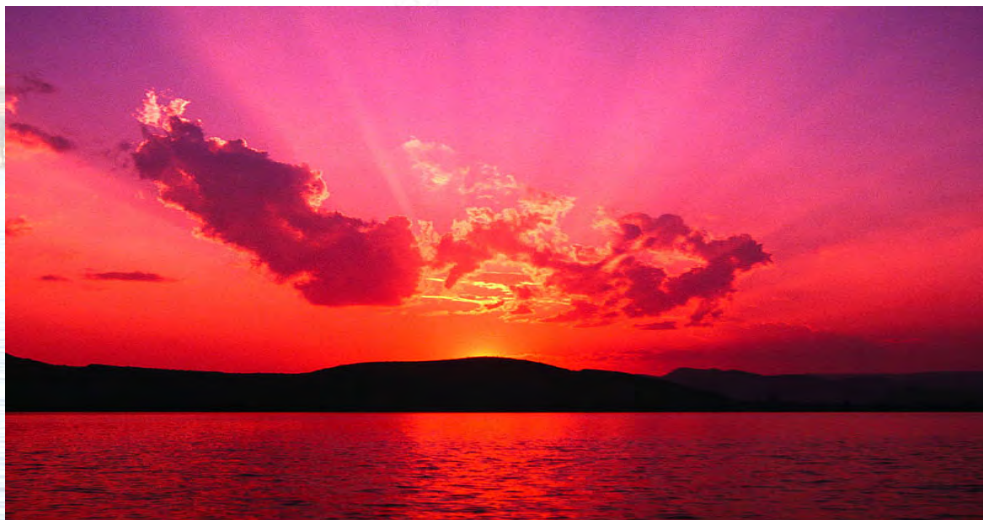
Therapy continued without much variation – my therapists were all cognitive behavioralists with some Carl Jung and Sigmund Freud thrown in for good measure. We focused on rerouting my thinking with some minor success, but I continued to drink and hurt myself via poor relationship choices, some sexual trauma and a few suicide attempts. My drinking began in earnest when I was in my late 20's and I began a pattern of withholding the truth to my various psychiatrists – none of whom guessed at how chaotic my life was becoming. As you can well imagine with all I was going through lying through my teeth was becoming first nature to me.

All I wanted was someone to keep me honest – without judgment All I wanted I found when I began a new kind of therapy in Santa Barbara called Dialectical Behavioral Therapy or DBT. After the introduction lead by head of the department guiding the courses, I felt prepared and safe. It was explained to me that this type of therapy was divided into four modules that focused on mindfulness, distress tolerance, emotional regulation and interpersonal effectiveness. At first I was worried it would be too much to absorb but as each week went by was relieved to see that each module was taught clearly and thoroughly until it was clear that each student had a firm grasp on the skills each quadrant of the square contained. I should mention that DBT can be taught individually but often it is taught in a group therapy environment due to the fact (in my opinion) that we can all bounce ideas off of one another and another plus of course is learning to trust each other's company.

As the weeks passed, I found myself reaching into my wallet to recover the “cheat sheet” I had been given of the 25 skills culled from each category – and actually used them. As opposed to my history of ignoring the wise and wonderful things to do when the “going got rough” suggested by past therapists, I was finally following orders – and loving it. There was no end of relief – I had finally discovered some really simple, basic solutions to problems I had previously viewed as being far too complex to ever diminish. A good example of using the skills came about the first month into my DBT therapy. I had just gotten off the telephone with my boyfriend, another painful fight over the telephone regarding my past transgressions. Gazing down the list I found myself clinging onto Wise Mind - the state of leaving

behind both rational and emotional mind-states and blessedly entering this third state. When I am in my wise mind I am not a victim of my heated emotional or cold logical thinking. I am guided by the truth, by what is best for me in the long run, and what is real. It was by practicing being in the state of Wise Mind that I was able to review our call and came to see we both had a small mountain of history to work through but the notion that I was at last laying down the truth was the healthiest thing I had done in literally years. I had no idea how peaceful it feels to live in your truth, and to leave the dark world of secrets and lies behind.

As the months have passed, I have gone from a co-ed DBT therapy group to individual sessions to an all women's group. I have loved each step of my journey and at times cannot believe how something so simple can be so effective. I have of my spirit that I never honestly thought I could obtain without either a drink or a drug. I am able to think more clearly than I have in years. I am living my life as an authentic, self supporting adult for the first time in...ever. I am able to succeed at work, have a warm and open relationship with family and friends, and am able to handle all of life's awful hurdles. My life is not perfect by any means but it is much less agonizing, makes a lot more sense and the best part is I don't want to throw it all away like I used to. The thoughts of suicide that used to haunt me on a daily basis have faded and I find myself actually feeling a fleeting sense of happiness as I wake up each morning – yes, even on the mornings I have to go to work. Who would have ever thought any of this was possible? Thank you thank you thank you –DBT, I am eternally changed and eternally grateful.



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Sanctuary Psychiatric Centers of Santa Barbara
P.O. Box 551
Santa Barbara, CA 93102
(805) 569-2785 phone (805) 563-1977 fax

LOOKING FOR WAYS TO HELP?
DONATE OR VOLUNTEER TODAY.