

# Canyon Manor Newsletter

October 2017

Volume 1, Number 5

## Group of the month

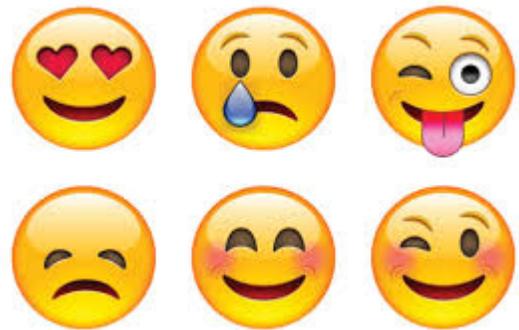
Orientation group is one of the first groups on a new client's schedule.

This group educates clients on important aspects of our program.

This includes "House Rules", our level system, the weekly schedule, and how to achieve passes. As clients demonstrate an ability to attend and participate in groups they are referred to the next level of groups.

## Halloween at Canyon Manor

October brings a number of fun events. This includes a special outing to pick pumpkins. Clients will transform these pumpkins into jack-o-lanterns at another special activity. These are displayed around the facility and clients will vote to award first, second, and third place prizes. Costumes for clients and staff are encouraged on Halloween. Some staff plans to dress as their favorite emoji.



---

## The Holidays Are Coming!

With Holidays come overnight passes. This is expected as it is a special time to enjoy family and friends. Please plan ahead and let the Social Services Worker know in advance. The conservator must approve of the pass. At Canyon Manor clients have been working very hard to remain on their medication regimen. Those who have a history of substance use are making efforts to stay clean and sober as well. Please be considerate of this while enjoying your pass with your family member. Refraining from having alcohol or any substance around when a client is on a pass with you, especially during the holiday season is highly appreciated and recommended by our staff. Remind them to take their medication while out on pass if needed. Most of all have fun together!

Enjoy the newsletter online and in color at Canyonmanor.com

Payphone numbers for clients

415-897-9752

415-897-1562

Canyon Manor

415-892-1628

Social Services Workers

Jim (Manager)- ext. 319

Rachel- ext. 317

Marina- ext. 321

Dennis- ext. 337

Mario- ext. 318

## What Can I Do To Help?



Clients value contact with their family and supportive people in their lives outside of Canyon Manor. Clients very much enjoy phone contact and passes with their loved ones. When speaking with clients who are struggling, one can always tell them to speak with their Social Services Worker. Most clients' goal is to be discharged as soon as possible. This is also the goal of the staff however; one would not want to discharge a client prematurely. It can cause harm to a client's treatment rather than a successful discharge. If relevant to a conversation one is having with a client emphasize the importance of working the program at Canyon Manor. The four main areas include hygiene, behavior, medication, and group participation. Maintaining and working on sobriety as well as acknowledging the need to continue their medications after discharge should also be encouraged. Passes are a way to demonstrate their ability to be in the community without using illegal or dangerous substances and without causing difficulties to other community members. Problematic behaviors include loitering, panhandling, approaching strangers, touching others, not staying with their pass partners, or not returning on time. Purchasing items not allowed at Canyon Manor and bringing these items back into the building is also against the rules and will result in their passes being cancelled for a period of time. Such items include but are not limited to caffeine pills or drinks, cigarettes and lighters.

## Sonoma County Fires

Many are concerned about the effects of the fires on Canyon Manor. The fires are not in Novato and there is no concern of them reaching Canyon Manor. However, there is an abundance of smoke in the air. This caused passes into the community to be cancelled for a few days due to health concerns. Staff recommended clients stay inside as much as possible to avoid breathing in the smoky air. Our thoughts are with those who are in the affected areas.

If you feel you have received this letter in error or are not interested in continuing to receive it, please call Rachel to be taken off the mailing list at 415-892-1628 Ext 317