

# Canyon Manor Newsletter

July 2017

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## How do clients “work the program” at Canyon Manor?

At Canyon Manor, there is a level system that starts at level 1 and goes up to level 4. Everyone starts at level 1 (not level 0). There are four areas in the level system: ADLs (Activities of Daily Living, in other words, hygiene), Behavior and Mental Status, Treatment Adherence, and Participation. The more independently a client performs these tasks the higher they can be on the level system. There are passes for each level. Level one clients can use patio passes. Level two can use Progress passes into the community. Level three can use peer passes which is progress passes but they get 9 a week rather than 4. Level four gets alone passes.

## Events this month

Each month there is a special outing done by the rehab staff. They post a signup sheet for clients to express interest in going and the staff chooses which 10 clients are eligible to go based on how well they are doing in the program. For this month on July 19<sup>th</sup> there will be a special outing to a beach with a BBQ!

Also on July 12<sup>th</sup> an organization called *Bread and Roses* has scheduled a performance in the evening time to play live music for the clients. This typically occurs every other month.

Some routine events include haircuts every 2 weeks, the special monthly outing, A.A. on Sundays, staff escorted outings to grab a bite to eat Thursdays and Saturdays, and the walks Monday, Wednesday, Friday, and one over the weekend.

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## How do people sign up for these outings/passes?

As stated above, for the special monthly outing, there is a signup sheet posted in an area where all clients can access it. The outings change from month to month including movies, bowling, and beach trips.

Walks are done throughout the week and a client can ask the day of the walk if they are eligible to go. A person must have been at Canyon Manor for at least 2 weeks, with appropriate behavior and participation in the program before they go on their first walk. In order to help all clients have a chance to go on the walk there are two types of walks – the fast walk and the slow walk. The fast walk is longer in length and can be a little speedier in pace. The slow walks are about half the length and slower in pace.

After clients have gone on at least two walks they can sign up for a staff escorted outing, where staff take a few clients for a bite to eat paid for by the facility. In order for this to be granted the client has to sign up for it before a group called Hall Meeting and attend this group to ask for the pass. Once a client has gone on two staff escorted outings, they can start asking for patio passes.

A.A. comes on Sundays and has a group in the facility for the clients. Everyone can attend this group.

Haircuts are done every other week. Clients can request to be put on the haircut list through staff. On the day of the haircut, a barber comes to the facility and cuts the hair of those who signed up. There is a limit of 5 to 6 clients per haircut day.

How do the clients know what level they are?

Every month clients are given and review a level assessment with a staff member. Each area has its own level (1-4).

Whatever the lowest area is on the level assessment is the clients' overall level. For example, if a client is level 2 in all areas except their participation is a level 1 then the client remains a level 1 overall. All areas must be a level 2 or higher in order to be a level 2. Refer to the example on the right.

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## The Labyrinth



One of our additions to Canyon Manor is a labyrinth in the back yard. It is a maze and can be used to help calm someone for a mediating like state or just to occupy some time. As we went smoke free, one of the activities was walking the labyrinth with music playing. The clients enjoyed it and are able to use it at their convenience.

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### Level Assessment example

Client name: John Doe

**2** ADLs: Your hygiene has been improving. Keep up the good work. Remember to keep your room organized

**2** Behavior: You have been able to get along with peers and staff. When you feel agitated let a staff member know so they can help you.

**2** Treatment: You are taking your medications with few reminders. It is important that you cooperate with any lab work needed as well when needed.

**1** Participation: This area can use some work. Try to attend the morning groups and make a comment or two on the topic while you are there.

**1** Overall Level