

Canyon Manor Newsletter

December 2017

Volume 1, Number 7

Group of the Month

Another Day Group is a Dual Diagnosis Group. Clients are assigned based on their level of participation in the program and their history of substance use. This group focuses on the importance of sobriety, skills to remain stable with a mental illness, and how to continue their recovery while out in the community. Clients do a "check in" of how they are progressing. This group gives clients an opportunity to discuss concerns they have regarding their illness and abstaining from use with each other and staff.

Activities for the month

During the Rehab groups this month there will be Wii games, Current Events, Arts and Crafts, Decorating the Birthday Banner, the Birthday Party, and Board Games.

Holidays at Canyon Manor



Once again the Holiday season is upon us. Canyon Manor recognizes that there are many holidays during this time of year and attempts to make it enjoyable for all. Information about the different holidays is posted in a community area for all to read. A menorah candle is lit in the foyer to recognize Hanukkah. This month's special outing is to choose the Christmas tree at a local tree farm. Everyone is welcome to decorate the tree while enjoying cookies and hot chocolate. Christmas day begins with a nondenominational religious service. Soon after Santa comes and gifts are given to all the residents. The Holiday meal is served at lunch "restaurant style". Staff serves clients and guests after they have been seated. If you plan to come for the Christmas meal, please notify the Social Services Worker ahead of time. Later in the month there will be a New Year's Eve party.

Sending Items in the Mail



During the gift giving season it is good to remember not to send any cash in the mail to clients. If you wish to send funds send it as a money order, cashier's check, or personal check addressed to the client. Please note it takes ten days for a personal check to clear before a client can use it whereas a cashier's check or money order can be used immediately. If you would like to send a package send it to the building address: 655 Canyon Rd Novato, CA 94947. If you would like to send an envelope it is best to send to: P.O. Box 678 Novato, CA 94948. Please do not send anything with a camera, glass, caffeine, or perishable food items.

New Year, New Program

With the New Year, a new program will soon follow. The staff of Canyon Manor

Changes in the menu

Starting December 11th the kitchen will begin the Winter menu which will include items such as Pumpkin Soup, Tamale Pie, Sweet Dijon Chicken, and Pozole. For Christmas there will be Roast Beef, Mashed Potatoes, Brussel Sprouts, Caesar Salad and Fruit Pie.

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

have been working on new groups and improving the groups that will remain from the current program. During the revision of the program, staff took into consideration the clients' requests as well as adding groups that increase skills that foster independence. The new program schedule will begin February 1st, but it will continue to be modified to the clients' needs as necessary.

When Does A Client Get Discharged?

At Canyon Manor, we recommend that clients reach level three before going to a lower level of care such as a board and care home. Reaching and maintaining level three helps the client demonstrate that they have the capability of being more independent in taking care of themselves. Although level 3 is recommended it is not required. Discharge planning is discussed with the team which consists of the Social Services Worker, Hall Staff, Case Manager, Conservator, and Psychiatrist. If appropriate, family members may be asked for their opinion as well. There is no time limit to treatment at Canyon Manor. Regardless of how long a client has been at Canyon Manor, the team looks at the progress they have made in the program and their ability to succeed in a less restricted environment. Once it has been decided that a client is ready for discharge, the Social Services Worker provides information to the county contact and sets up the transition from Canyon Manor to the next placement.



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