



# Canyon Manor Newsletter

July 2018

Volume 2, Number 7

## Group of the Month

Work group is an opportunity to learn critical work skills. It occurs in four week intervals. Clients are required to come to each group on time and stay the entire time, similar to a job. They are required to be dressed appropriately and be clean. During the group they practice interviewing skills, budgeting skills, and may do a work project. At the end of the four weeks they receive a special meal as a form of "pay". A client must attend each week in order to receive their reward dinner. Those who miss one group are encouraged to join when the group starts over.



## July Events at Canyon Manor

On Fourth of July, there was a modified program schedule with an exercise activity in the morning followed by a walk. There was a dance until lunch which was an outside barbeque. The clients enjoyed hot dogs with mustard and relish, country baked beans, corn on the cob, and watermelon. After lunch there was a movie with a snack and bingo in the afternoon. Our second annual summer party was held this month. It will start with an outside barbeque with chicken, corn, beans, and watermelon. Then a live band will play a Rock and Blues Fusion. There will be many outdoor games such as corn hole, basketball, and badminton. The party will end with ice cream sandwiches. There will be water available throughout the party. Later in the month Bread and Roses will also be coming to perform live.

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## Getting to Know Our Staff



Rachel Lindsey is one of the Social Services Workers. Born and raised in the Bay Area, she started her Canyon Manor experience while in college as an intern late 2014. After the internship was over she was able to continue as a mental health worker. She graduated from Sonoma State University with a Bachelor's Degree in Psychology and was hired as Social Service Staff when the opportunity arose in April 2016. She is the primary contact for over twenty clients and provides case management for them. She co-leads groups such as Discussion Group, Dual Diagnosis, and DBT. She is a great asset to Canyon Manor.

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## A portion of an article from [Goodtherapy.org](http://Goodtherapy.org) What Is Dialectical Behavior Therapy?

DBT can be used to treat people with chronic or severe mental illness. DBT focuses on self-harm, eating and food issues, addiction, posttraumatic stress, and borderline personality. DBT was originally designed to treat people who had



## Monthly Special Outing

*Special Outing this month will be going to McNear's Beach for games and a barbeque.*

## Contact Us

### 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

Dennis- ext. 337

Mario- ext. 318

If there are any topics you'd like to see addressed in the newsletter please let us know by calling Rachel at 415-892-1628 Ext 317

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chronic suicidal thoughts and self-harm behaviors as a symptom of borderline personality. DBT can be used in a variety of mental health settings. It incorporates the following five components:

1. **Enhance Clients Capability.** DBT provides opportunities for the development of existing skills. In treatment, four basic skill sets are taught. These are emotion regulation, mindfulness, interpersonal effectiveness, and distress tolerance.
2. **Generalization to the Clients Natural Environment.** DBT therapists use various techniques to encourage the transfer of learned skills across all settings. People in therapy may learn to apply what they have learned at home, at school, at work, and in the community. For example, a therapist might ask the person in treatment to talk with a partner about a conflict. The person may use emotion regulation skills before and after the discussion.
3. **Enhance Clients Motivation.** DBT uses individualized behavioral treatment plans to reduce problematic behaviors that might negatively affect quality of life. For example, therapists might use self-monitoring tracking sheets so sessions can be adapted to address the most severe issues first.
4. **Structuring the Environment with Case Management**  
Case management strategies help the client manage his or her own life, such as their physical and social environments. The therapist applies the same dialectical, validation, and problem-solving strategies in order to teach the client to be his or her own case manager. This lets the therapist consult to the patient about what to do, and the therapist will only intervene on the client's behalf when absolutely necessary.
5. **Capability and motivational enhancement of therapists.** Because DBT is often provided to people who experience chronic, severe, and intense mental health issues, therapists receive a great deal of supervision and support to prevent things like vicarious traumatization or burnout. For example, treatment-team meetings are held frequently to give therapists a space to provide and receive support, training, and clinical guidance.

**DBT**  
dialectical behavior therapy  
creating a life worth living

