



# Canyon Manor Newsletter

August 2018

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## Group of the Month

Coping Skills Group is an opportunity for clients to learn and use different coping techniques. Some skills include “Activities to Take My Mind Off My Problems”, Self-soothing, and “Getting My Feelings Out”. This group is open to all and meets twice a week.

## Monthly

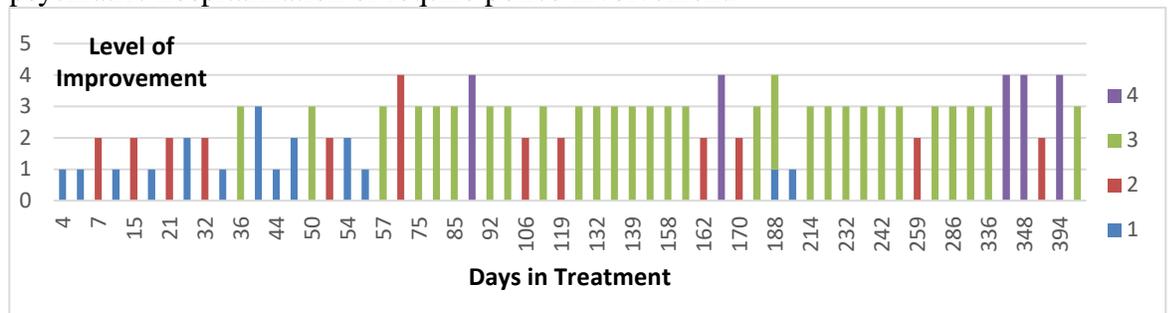
### Special Outing



The Special Outing this month will be to McNear’s Beach for games and a barbeque.

## What are the results of treatment at Canyon Manor?

Canyon Manor has been tracking treatment outcome for the last 18 months and the results are dramatic. Below is a bar graph representing client’s improvement over time. Clients stability was rated at discharge on a 1 to 4 scale indicated along the vertical axis. 1 was no improvement or became less stable, 2 was stayed about the same as when admitted, 3 is clear progress in stability, and 4 is dramatic improvement. The horizontal axis is the length of time at Canyon Manor at discharge with the left side starting at a few days and going to over a year on the far right. This chart is able to visually display longer treatment time at Canyon Manor is associated with better outcomes. Over time clients tend to improve, becoming increasingly stable. Very few clients who discharged after 6 months showed little or no improvement. Nearly all clients made a clear improvement and several were dramatically more stable by one year. In general, the longer a client is treated at Canyon Manor prior to discharge the greater their level of rehabilitation. This level of improvement is likely to result in their ability to function successfully in a less restricted environment, such as a board and care home or independent living. Greater improvement and increased stability may also result in a decreased need to return to psychiatric hospitalization or require police involvement.



## Getting to Know Our Staff

*Congratulations!*



great work ethic and her dedication shows in her work!

Congratulations to Rosa Maravilla on becoming our new full time Mental Health Worker on AM shift. Rosa has been with Canyon Manor since May 2016 and has been working for other staff while out on leave. Before that, she was working primarily on PM shift. Rosa is a CNA and has many years of experience including working at both general and acute psychiatric hospitals. Rosa has a



## Protect Yourself from Damaging Stress (Health.harvard.edu)

To better cope with stress, consider how you might minimize factors that make it worse. Here are some tips that can help you better manage stress and hopefully prevent some of the damaging effects it could have on your brain.

**Establish some control over your situation.** If stress isn't predictable, focus on controlling the things that are. "Having a routine is good for development and health," says Dr. Kerry Ressler, professor of psychiatry at Harvard Medical School. Predictability combats stress.

**Get a good night's sleep.** Stress can result in sleep difficulties, and the resulting lack of sleep can make stress worse. "Sleep deprivation makes parts of the brain that handle higher-order functions work less well," says Dr. Ressler. Having healthy sleep habits can help. This includes going to bed and waking up at the same time each day, avoiding caffeine after noon, and creating a relaxing sleep environment.

**Get organized.** Using strategies to help manage your workload can also reduce stress. For example, each day, create a list of tasks you need to accomplish. This way, your duties won't seem overwhelming. "Laying tasks out like this helps reduce the feeling that the brain is being bombarded. It can also help you predict when you are likely to be stressed.

**Get help if you need it.** Reaching out can help you become more resilient and better able to manage stress, which may ultimately protect your brain health. Earlier intervention may reduce disability caused by stress-related complications later on.

**Change your attitude toward stress.** "A life without stress is not only impossible, but also would likely be pretty uninteresting — in fact, a certain degree of stress is helpful for growth," says Dr. Ressler. So, rather than striving for no stress, strive for healthier responses to stress.

### Is all stress created equal?

While the effect of stress on the brain is well documented, it's less clear exactly what type of stress will prove more damaging. Do brain problems occur when you are under a small amount of stress or only when you experience long-term stress? "That's a tough question, because stress is a broad term that is used to describe a lot of different things," says Dr. Ressler. The stress you might experience before you take a test is likely very different from the stress of being involved in a car accident or from a prolonged illness. There are additional factors that make stress more harmful. In particular:

**The stress is unpredictable.** Animal research shows that animals that could anticipate a stressor — for example, they received a shock after a light turned on — were less stressed than animals that received the same number of shocks randomly. The same is true in humans, says Dr. Ressler. If a person can anticipate stress, it is less damaging than stress that appears to be more random.

**There is no time limit on the stress.** If you are stressed about a presentation at work or an upcoming exam, the stress you are experiencing has an end point when you know you will get relief. If the stress has no end point — for example, you are chronically stressed about finances — it may be more challenging to cope with.

**You lack support.** If you feel supported during your stress, you are likely to weather it more successfully than if you don't.

### 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

Darius- ext. 321

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

If you feel you have  
received this letter in  
error or are not  
interested in  
continuing to receive  
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to be taken off the  
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