



# Canyon Manor Newsletter

April 2019

Volume 3, Number 4



## Resident Council

Resident council gives a voice to the client community. During Resident Council Group, residents may address topics of concern. Following parliamentary procedure, a president, vice-president, etc. are elected. Minutes are taken and later reviewed by our Administrator. During the once a week Community Planning group, the Resident council and the other residents vote on the Community Activity that occurs later in the day. Options may include a dance, basketball, ping-pong, bingo, a movie or some other activity. There are announcements of upcoming events such as the Ice Cream Social. The community votes to replace council members as vacancies arise. It can be exciting for a client to be voted into office and is an opportunity to learn to serve as a leader.



## April Activities

In early April, there was an Ice Cream Social, fund-raising event. The clients and staff were able to buy a scoop of ice cream for a dollar.

Other toppings were provided such as chocolate syrup and sprinkles. This is always a joyful event. The funds collected are used to buy snacks for the Friday Community Activity. For Easter, clients will be able to dye eggs. There will be an Easter Egg hunt with first, second, and third prizes to those who find the most eggs. A Bread and Roses band called Coastal Wreckage will be coming to play live music for the clients.



## Getting to Know Our Staff

Boriana Grigorova, Bonny for short, has joined our Rehabilitation team! Originally from Bulgaria, she has been in the Bay Area since she was a teenager. She has previously worked with survivors of Traumatic Brain Injury. Currently, she is completing her last few classes to earn her degree in Psychology at Dominican University. She plans to go onto a PhD program for Clinical Psychology. She gets along well with the residents and staff at Canyon Manor. She is leading several groups such as Orientation, Movement, Dual Diagnosis, and DBT Skills. She enjoys reading about spirituality and philosophy as well as working out and exercising. Welcome to the team Bonny!

## What is a Behavioral Plan?

### Monthly Special Outing



The Special Outing this month is going to the movie theater.

### 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

Michlene- 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 it, please call Rachel to be taken off the mailing list at 415-892-1628 Ext 317

Many clients display inappropriate behaviors or need motivation to work on their treatment. Passes are part of the motivation for clients and are provided for all clients as they progress. Some clients need special help to progress. Behavioral plans can help encourage clients to stop a problem behavior or motivate them to try more healthy or adaptive behaviors.

These special plans provide clients with a specific task or goal to achieve, with a positive reinforcer given when successful. Clients may need help with tasks such as showering regularly or going to groups. An example is, if the client showers a specified amount of times in a week, they can order take-out food, or go on a shopping outing at the end of the week.

Recently, a client complained he couldn't manage going to more than a few groups a week. With a behavior plan, he increased his group attendance to 50 groups, the highest group attendance at Canyon Manor!

This success motivated him to work even harder on his treatment and he quickly progressed toward discharge. Other plans include negative consequences such as losing passes when displaying out-of-control behavior however, positive reinforcers are typically a better and more effective. Behavioral plans are individualized to a client and their preferences. These plans are made by the treatment team at Canyon Manor and include input from the client, case managers and conservators.

