



The Sanctuary at The Woodlands

TRANSITIONS PROGRAM: FACT SHEET

- ❖ The Transitions Program at The Sanctuary at the Woodlands is an intensive outpatient program (IOP) for adults admitted to a local care residence.

Transitions is a person-centered program of recovery from mental illness: it recognizes the ongoing challenges of mental health symptoms while adapting treatment to the individual's strengths, needs, social and spiritual capital.
- ❖ Transitions includes comprehensive psychiatric assessment, three hours of group therapy four times weekly, up to one hour of individual therapy, family therapy, and support services. Transitions is intended to last six-twelve weeks based on client progress and needs.
- ❖ Transitions does not treat dementia(s) as such. Staff understands dementia(s) as organic disease—chronic, progressive, and often fatal—affecting organic brain processes which cannot be reversed by psychiatric treatments such as medication and psychotherapy.
- ❖ Transitions does, however, treat psychiatric disorders, including: mood disorders (bipolar I and II, major depression), psychotic disorders (schizophrenia and schizoaffective disorder), adjustment disorders, and anxiety disorders (panic disorder, OCD, PTSD).
- ❖ Symptoms of psychiatric disorders often overlap with dementia-related neurocognitive decline, and a growing body of evidence suggests psychiatric disorders such as depression may contribute to onset and acceleration of dementia if left untreated.

Adjustment to the care residence community activates stress associated with change in occupational roles, intimate relationships, and the home environment.
- ❖ Transitions treats adjustment disorders, which present within 3 months of an identifiable life event such as admission to a care residence.

Not only is admission to a care residence a stressful life event for the new resident but also for family members. Transitions offers family therapy to members of the resident's support system who often cope with their own difficulties arising from placement of a family member in a care residence.
- ❖ Transitions utilizes initial and ongoing assessment of psychiatric symptoms, participation in activities of daily living, and cognitive functioning to evaluate residents' progress toward individualized goal acquisition.