

Square ONE

at Glen Oaks

All of You Counts

Intimacy and isolation

The challenges of rapid changes and transitions

A sense of identity, independence and connectedness to family, friends and others

Depression, anxiety, thoughts of harm and substance use

What am I going to do with my life?

New beliefs and values

Higher expectations and big life decisions

GLEN OAKS IS HERE – 903-454-6000

Follow the SELF Method

Safety
in self, relationships and environment

Emotional Management
identify and regulate emotions

Loss
deal with grief and losses that come with change and in relationships

Future
new ways of relating and new behaviors



Reference: <http://www.sanctuaryweb.com/TheSanctuaryModel/THESANCTUARYMODELFOURPILLARS/Pillar3SharedLanguage.aspx>

Behavioral Healthcare

Inpatient Care

Restore
Renew
Refresh

Outpatient Care

Reclaim
Recharge
Recreate



For more information on Square One at Glen Oaks, call 903-454-6000

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