

The Sanctuary® Model

The Sanctuary® Model is a theory-based, trauma-informed, trauma-responsive, evidence supported guide for creating a safe and non-violent environment for the clients in our care and the staff that care for the clients.

"The Sanctuary® Model rests on four 'pillars': Scientifically grounded knowledge about trauma, adversity, and attachment; the Sanctuary® Commitments as a values-based, interactive system; a Shared Language we call 'S.E.L.F'; and a set of practical instructions, the Sanctuary® Toolkit, for creating and maintaining a Sanctuary® culture." - *sanctuaryweb.com*

The Seven Commitments

There are seven Shared Values or Commitments that everyone in the agency practices in their daily work:

Emotional Intelligence Teaching and Modeling affect management skills; Managing our feelings so that we don't hurt ourselves or others.

Growth and Change Restoring Hope, meaning and Purpose; Creating hope for our clients and ourselves.

Non-violence Building and modeling safety skills and a commitment to higher goals; Being safe outside (physically), inside (emotionally), with others (social) and to do the right thing (moral).

Open Communication Overcoming barriers to healthy communication, reduce acting out, enhance self-protective and self-correcting skills, teach healthy boundaries; Saying what we mean and not being mean when we say it.

Shared Governance Creating and Modeling civic skills of self-control, self-discipline, and administration of healthy authority; Shared decision-making.

Social Learning Building and Modeling Cognitive skills; Respecting and sharing the ideas of our teams.

Social Responsibility Rebuilding social connection skills, establish healthy attachment relationships; Together we accomplish more; Everyone makes a contribution to the organizational culture.

"Sanctuary is Nonviolence, which means Safety and no fighting. Sarah reed feels like a safe zone and keeps kids happy."
-RR

"I think that growth and change is important because it helps us realize we have struggles and things in our past that we can accept, learn and grow from. Sarah Reed has helped me do that."
-MK

"Sanctuary means being Open and caring. It makes me feel safe."
-AJ