



# Sanctuary® Model



The mission of Sarah A. Reed Children's Center is to promote the emotional well-being of children and families, helping them to realize their potential and experience success.

## Sanctuary® at Sarah Reed

The Sanctuary® Model is an organizational and treatment intervention based on the tenets of trauma theory and an understanding of systems theory.

The mission of Sanctuary® is to teach individuals and organizations the necessary skills for creating and sustaining healing from physical, psychological, and social trauma and adversity, and to keep believing in the unexplored possibilities of future.

The Sanctuary® Model is designed to facilitate the development of structures, processes, and behaviors on the part of staff, clients and the community-as-a-whole that can counteract the biological, affective, cognitive, social, and existential wounds suffered by the victims of traumatic experience and extended exposure to adversity (Bloom, 2011).

## S.E.L.F. in Our Setting

- S-Safety
- E-Emotions
- L-Loss
- F-Future



These four components are the organizing framework for treatment planning, community conversations and collaborative decision-making, and allow teams to focus on the most important aspects of helping people heal from trauma in a simple and accessible way. SELF frames our conversations, allows us to touch on the complex issues our clients and communities face using a very simple framework.

“ It is easy to forget just how much of who we are today is shaped by where we come from and what we have experienced.  
- Dr. Sandra Bloom ”

## The Seven Commitments

The philosophical underpinnings of the Sanctuary Model are reflected in seven simple commitments, the seven things that all staff and clients must agree to in order to create a community that helps people heal from traumatic experiences and chronic stress.

**A Commitment to Nonviolence:**  
being safe outside, inside, with others and to do the right thing

**A Commitment to Emotional Intelligence:**  
managing our feelings; think before we act/speak

**A Commitment to Social Learning:**  
respecting and sharing the ideas of our teams

**A Commitment to Shared Governance:**  
shared decision making

**A Commitment to Open Communication:**  
saying what we mean and not being mean when we say it

**A Commitment to Social Responsibility:**  
together we accomplish more; support the community

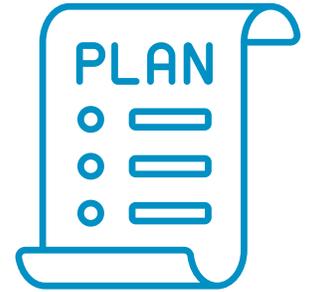
**A Commitment to Growth and Change:**  
creating hope for all



## OUR TOOLS

### Treatment or Service Planning

All members of the team work together to develop a strength-based treatment or service plan of goals, objectives, and strategies to promote growth and change. Everyone has a voice, input, and responsibilities.



### Psychoeducation

S.E.L.F. Psychoeducation is the tool we use to teach about trauma and strategies to promote success through the S.E.L.F. components and philosophy.

### Community Meeting

During community meeting everyone answers questions about their emotions, goals, and social supports. All clients and staff review daily to promote open communication and emotional intelligence.

*How are you feeling?  
What is your goal?  
Who can help you if  
you need any help?*



### Safety Plans

Everyone has a Safety Plan identifying coping skills to help manage emotions and behaviors to stay safe.

### Self-Care Plans

Everyone develops a Self-Care Plan of activities we do to help us proactively de-stress and recharge. It is a lifestyle.



“ Trauma-informed [organizations] offer a sanctuary of safety and support, a place where people can bring their whole selves and be valued for who they are.

- Dr. Sandra Bloom ”

