



## What is Sanctuary®?

Sanctuary® is a trauma-informed method for creating or changing an organizational culture in order to more effectively provide a cohesive context within which healing from psychological and social traumatic experience can be addressed.

How does it all fit together?

You can't have a model with out some underlying assumptions/concept

- A) Psychobiology
- B) Injury Model
- C) Learned Helplessness and Reenactment
- D) Parallel Process
  - a. Vicarious Trauma



OK, so we agree that people (kids, families, and ourselves) experience trauma and that there is a reaction in the brain that people are injured (and can heal), that it is difficult because we have learned to react in a stressful environment and that this can impact the people around us.

So, Sanctuary is supposed to create change... *how?*

1. Sanctuary uses **SELF** as a framework... view it as a map for the journey...
  - 1) **Safety**
  - 2) **Emotional Management**
  - 3) **Loss**
  - 4) **Future**



"When a person experiences a **TRAUMATIC** event, some sort of **LOSS** is experienced. When a loss is experienced, a person may feel overwhelming **EMOTIONS**. These overwhelming emotions often lead to **UNSAFE** behavior. This unsafe behavior has consequences that affect a persons' **FUTURE**."

2. Sanctuary uses the **7 commitments** to mitigate against the effects of trauma...
  - 1) A commitment to **Nonviolence**
  - 2) A commitment to **Emotional Intelligence**
  - 3) A commitment to **Social Learning**
  - 4) A commitment to **Shared Governance**
  - 5) A commitment to **Open Communication**
  - 6) A commitment to **Social Responsibility**
  - 7) A commitment to **Growth and Change**



Great... so now we know why we have the issues we have... we have a map to figure out how to make change... and we have some strategies to mitigate the effects of a stressed person and a stressed system...

What do we **DO??**

1. The Toolkit

- a. **Community Meetings**
- b. **Safety Plans**
- c. **Red Flag Reviews**
- d. **Psycho-education**
- e. **Team Planning Conferences**
- f. **Team Meetings**



2. Make and **practice** the commitments

- a. **Nonviolence**: Be safe: physically, psychologically, socially, morally
- b. **Emotional Intelligence**: Handle our feelings with out becoming destructive towards ourself/others
- c. **Social Learning**: Teach as well as listen and learn from others
- d. **Shared Governance**: Practice a democratic process- allow everyone to have a say
- e. **Open Communication**: Talk!! Talk to each other, use healthy confrontation skills, practice keeping healthy boundaries
- f. **Social Responsibility**: Pitch in, and encourage others to pitch in
- g. **Growth & Change**: Allow change in ourselves and in others



Photo Credit: John Kathman & Jessica Rose