



Sanctuary[®] Tools

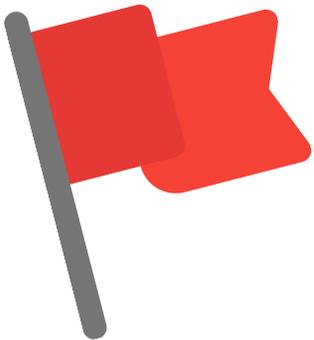
Community Meeting

The first phase of trauma recovery is creating a safe environment, where feelings are identified and shared. We do this by starting group conversations with a Community Meeting, whereby healthy habits are promoted through “feelings checks”. Being aware of and able to verbalize ones’ feelings is important, and Community Meetings help us to make emotional connections and goal attainment part of our everyday ritual. The group asks each other these three questions: How are you feeling? What are your goals for today? Who can you ask for help?



Red Flag Meetings

Red Flag Meetings can be called by anyone—whether it is a family, client, or staff member—to address a critical incident or growing concern that should be discussed by all stakeholders in the group. Typically, Red Flag Meetings are called ahead of a crisis occurring to prevent escalation, or after a crisis to function as a debriefing. A Red Flag Meeting is a helpful tool to respond to a problem before it grows into a bigger concern, to gather information and perspectives on the issue, and to develop a prevention plan to contain the problem from escalating in the future. During these meetings, all stakeholders are heard from and empowered to participate.



Self-Care Plans

A Self-Care Plan is a tool used by staff, families, and clients to structure and balance the demands of their life with a plan for mental, spiritual, physical, and emotional renewal. Self-Care Plans can be utilized every day to create a harmonious balance between life’s stressors and enrichment activities.



Safety Plans

Clients, staff, and families create and utilize a Safety Plan to address healthy responses to life’s emotional triggers. These plans outline ways to handle stress, anger, and uncomfortable emotions in safe, healthy ways by outlining alternative coping skills that can be used. Safety Plans promote personal safety and the safety of others when they feel unsafe or threatened.

