SANCTUARY IN SCHOOLS: IMPLEMENTING TRAUMA-INFORMED PRACTICE IN SCHOOLS

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ANDRUS
WHO ARE WE?

• ANDRUS
• Private, not-for-profit
• Mission: ANDRUS nurtures social and emotional well-being in children and their families by delivering a broad range of vital services and by providing research, training and innovative program models that promote standards of excellence for professional performance in and beyond our service community.
• Mental Health Division: clinic-based & school-based clinical services in Yonkers, White Plains & Peekskill, NY
In a nutshell.....Sanctuary is a treatment and organizational change model that integrates trauma theory with the creation of therapeutic communities which provide safety for both clients and the staff who work with them.
A belief that adversity is an inherent part of human life, and that many of the behaviors that lead clients to care are directly related to those experiences – and that people and groups of people can heal from those experiences.

A perspective that asks: “what’s happened to you?” rather than “what’s wrong with you?” when organizing goals and assessing strengths and challenges.
THE FOUR PILLARS OF SANCTUARY

TRAUMA THEORY

SANCTUARY COMMITMENTS

S.E.L.F

SANCTUARY TOOLKIT
“What's wrong with you?”

TO

“What happened to you?”
The Relationship of Adverse Childhood Experiences to Adult Health Status

- A collaborative effort of Kaiser Permanente and The Centers for Disease Control

Vincent J. Felitti, M.D.
Robert F. Anda, M.D.
In 1998, largest study of its kind ever (almost 18,000 participants)

Examined the health and social effects of adverse childhood experiences over the lifespan

Majority of participants were 50 or older (62%), were white (77%) and had attended college (72%).
ACE CATEGORIES

WHEN YOU WERE 18 OR YOUNGER

1 POINT /CATEGORY – ADD TO GET TOTAL ACE SCORE

- PHYSICAL ABUSE
- SEXUAL ABUSE
- EMOTIONAL ABUSE
- PHYSICAL NEGLECT
- EMOTIONAL NEGLECT
- MENTAL ILLNESS
- SUBSTANCE ABUSE
- DOMESTIC VIOLENCE
- PARENTAL SEPARATION/DIVORCE
- INCARCERATION

ABUSE

HOUSEHOLD
Adverse Childhood Experiences play a significant role in determining the likelihood of the ten most common causes of death in the United States.

ACE Score of 0 - majority of adults have few, if any, risk factors for these diseases.

ACE Score of 4 or more - majority of adults have multiple risk factors for these
ACEs Study
Strong, Graded Relation to What Happened in Childhood & Incidents of:

- smoking
- hepatitis
- heart disease
- fractures
- diabetes
- obesity
- alcoholism
- substance abuse
- depression and attempted suicide
- sexually transmitted diseases
- poor occupational health
- job performance
- teen pregnancy – including paternity
16% had ACE score of 4 or more

One-fourth had ACE score of 2 or more

Two-thirds had ACE score of 1 or more ACE score

One third had 0 ACE score
High Risk Behavior

Poor Adaptation

Death

Healthcare

Mental health

Substance abuse

Social welfare

Criminal justice

Employability

= DEBT

ACES STUDY
THE SANCTUARY COMMITMENTS

UNIVERSAL PRINCIPLES

A set of agreements we make as a community to prevent trauma exposure and mitigate its impact on individuals and the community as a whole.
A range of practical skills that enable individuals and organizations to:

- more effectively deal with difficult situations
- build community
- develop a deeper understanding of the effects of adversity and trauma
- build a common practice
Community meetings
Psychoeducation Groups
Red Flag Meetings
Safety Plans
Self Care Plans
Team Meetings
Treatment Planning Conference
We Cannot Hope to Change the Lives of the people we serve, If We Cannot Change the Environments in Which Care and Intervention Takes Place
THE SANCTUARY TOOLKIT

Community Meetings

Safety Plans
S.E.L.F. Psychoeducation
Red Flag Reviews
S.E.L.F. Treatment Planning
Team Meetings

Sanctuary Toolkit
A Safety Plan is a list of activities that a person can choose when feeling overwhelmed so that she/he can avoid engaging in unsafe behavior.
Why Are Safety Plans Important?

Safety Plans keep people safe by helping to regulate emotions.
Clients who struggle with managing emotions learn from others who can manage their emotions.
DOMAINS OF SAFETY

- Physical
- Social
- Moral
- Psychological
WHAT ARE “SELF-REGULATING OPTIONS”?

You can do them yourself

They are RELATIONAL tools

They can be done anytime anywhere!

Examples: Breathing, silently counting backwards, massaging one’s hands, silent prayer
The Sanctuary Toolkit

Community Meetings
Safety Plans
S.E.L.F. Psychoeducation
Red Flag Reviews
S.E.L.F. Treatment Planning
Team Meetings
How are you feeling?

What is your goal?

Who can you ask for help?
COMMUNITY MEETING: WHY?

Structure/Routine (Group norm)
Predictability
Caring for others
Bridging
The power of the Circle
Shared Responsibility
Trauma Recovery-Creating Group Safety
How are you feeling?

What is your goal?

Who can you ask for help?
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- “NEVER GIVE UP. YOU CAN MAKE IT NO MATTER WHAT COMES. NOTHING IS EVER ACHIEVED WITHOUT A STRUGGLE.”
  — Marian Wright Edelman

- “IF WE HAVE NO PEACE IT IS BECAUSE WE HAVE FORGOTTEN THAT WE BELONG TO EACH OTHER”
  — Mother Teresa